

The Center Page

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

June / July 2026



Director's Corner



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
- Adrienne Forgette
- Michele Hemphill
- Sarah Lemon
- Arlin Par Tolliver
- Lori Zakel
- Stephen Massey, CEO

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.



Dear Friends,

I would like to extend my sincere thanks to everyone for the incredibly warm welcome I've received at United Senior Services here in Clark County. It is truly an honor to serve as your CEO and to be part of such a vibrant and caring community.

Over the coming year, my goal is to foster an environment where every individual feels supported, connected, and empowered—both within our Senior Center and throughout the broader community. Together, we will continue building a place where seniors are not only cared for, but inspired to thrive and truly Age Amazingly, as we carry on the Legacy and vision of Betty Pitzer, our founder. "We get as much reward as the people we're serving"

Thank you for your continued support of USS. I look forward to all that we will accomplish together. What a wonderful time to be a senior in our community!

Warmest regards,

Stephen Massey

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



24/7 CALL, TEXT, CHAT

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.



Enon Education & Special

Snacks & Facts: You are Smarter than your Cellphone-Intro to Tech Literacy

In partnership with the Clark County Public Library, join us at the United Senior Services Enon Satellite June 9th at 10:30am for this one-hour Snacks and Facts session covering password management, storage basics, digital tools, including free Library Apps, and other resources. Sponsored by Springfield Masonic Community.

Tribute to the King

Get ready to Shake, Rattle & Roll! Join USS Enon June 23rd at 12:30pm for Lonnie Jay Freeman's Tribute to the King. This high-energy Elvis impersonator brings the voice, the moves, and the magic of the King of Rock 'n' Roll. Don't miss this unforgettable afternoon of music and memories. Sponsored by Forrest Glen.

Magic of Painting with Wool

July 14th at 10:30am at USS Enon, artist Karen Shmerler of KSpitzr Designs will guide you through using colored wool roving, felt as a canvas, and a needle felting tool to punch color into felt. This beginner's workshop will explore color blending, texture building, and creative expression in a calm, supportive setting. Karen Shmerler is sponsoring this event.

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

Ice Cream Social

Cool off with us at the USS Enon Ice Cream Social on July 23, 2026, at 12:30pm. Enjoy music from DJs Mike and Amy Stooksberry. Please bring a dessert or topping to share. Be ready for a perfect afternoon of treats, tunes, and togetherness. Sponsored by Forest Glen.



250 Years of America

Celebrate 250 Years of America with a community potluck at USS Enon on July 30th at 12:30pm. Bring your favorite dish to share. Enjoy a special visit from guest appraiser Ken Ludington of KL/Auctions. Members are invited to bring up to three antique items from home for a professional on-site appraisal. Join us for great food, great company, and a fun look into the treasures of our past. Sponsored by Springfield Masonic Community.



Exciting Exercises at USS Downtown!

Silver Sneakers Circuit

Silver Sneakers Circuit, previously Exercise in Disguise is still at USS! Beginning this month Marian Plank, our fitness coordinator, is leading the class designed for all levels to keep you moving! \$5 per class if you are not a USS registered Silver Sneakers Member. If you are a Silver Sneakers Member registered with USS this fee is paid by Silver Sneakers. Classes will be held on Fridays at 12:30pm, USS Downtown.

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 at 4:15pm, USS Downtown.





USS Downtown Education

 = Volunteer Opportunity

Garden Club

June 1st & July 6th , 12:30pm

Landscape Specimens That Provide for Wildlife. Beautiful trees, shrubs and vines to attract wildlife to your yard.

July 6thThe Plant Doc is In-Your plant is not looking well. We can help! The Clark County Ask A Master Gardener Volunteer Helpline Team invites you to bring in plant samples, pictures or general gardening questions to receive research-based diagnoses and advice.

Lunch & Learn

June 4th, 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. In addition Dr. Eric Espinosa Urology Specialists of Ohio to give information about Prostate Health.

Making Hearing Part of Healthcare for All

June 12th, 1:00pm

Local owners, Bill Bruns and Tim Cross will share with you the importance Hearing Care plays in your overall health. You will learn why many do not have access to quality Hearing Healthcare and what is being done to make the Standard of Care available for all Ohioans. Refreshments and Meet & Greet provided by Earzlink Hearing Care.

Art of Aging: Making Wise Energy Choices

June 15th, 10:00am

Kathryn Metz, from OH Consumers’ Council will be onsite to discuss how to save money on your gas and electric bills and avoid paying too much. Register at the Welcome Desk. Sponsored by Arbors at Springfield.

Lunch & Learn

July 9th 12:00pm

Mercy Health–Springfield, will partner with United Senior Services to present information about Sleep Health, as we age, and the importance of sleep to your overall wellbeing.

This lunch and learn will be led by Mercy Health – Springfield Sleep Lab Manager, Lindsay Brinson.

Member Orientation

July 21st, 1:30pm

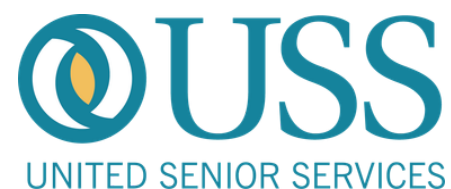
If you are new or have been a member for years, this is your guide to getting the most out of your membership. Join us for a presentation and tour of USS.

I Scream; You Scream!

August 4th 1:00pm-3:00pm

Join us for our annual Downtown USS Ice Cream Social on August 4th at 1:00pm! Members and their families are invited for this summer fun event. In addition to ice cream, you will enjoy a special performance by the Vintage Voices. Thank you Forest Glen for being our sponsor. All Members and their guests register at the Welcome Center by July 27th.

Lunches Sponsored by:



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



Special Events!

 = Volunteer Opportunity



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.

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.

Be a Lifeline!

Volunteer Guardianship: A Lifeline for Seniors

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

Studies show that regular visits to seniors in long-term care facilities can dramatically improve their health and overall well-being. For many older adults, depression can take hold after just 30 days in an unfamiliar environment. As a volunteer guardian, your presence could be the support they need to feel seen and valued. Training is provided online, allowing you to prepare at your own pace, with ongoing support from the probate court and a dedicated USS Volunteer Advocate.

For more information, reach out to the USS Advocacy Coordinator, at 937-323-4948 x 218.



Registration for classes opens at 9:00 am
Monday, June 22 at USS Downtown. All classes are
offered at USS Downtown unless otherwise noted.

Creative Arts

Vinyl Mesh Market Bag

Learn how to make a vinyl mesh bag to take shopping. A variety of fabrics can be used as in vegetables for the market or seashells for a beach bag. Supply list available at enrollment.

Instructor: Phyllis Bageant

Fee: \$20 class fee

Schedule: 4 sessions meeting on Mondays,
July 13 - August 3, 1:30-3:30pm



Moonlit Cherry Blossom Tree Acrylic Workshop



Create a serene and peaceful acrylic paint composition on canvas of a Cherry Blossom Tree under the moon, following detailed step-by-step instructions. Learn the basics of using the acrylic paint medium including application & composition, shading & highlighting, blending & mixing.

Instructor: Sarah Vith

Fee: \$25 class and material fee

Schedule: 1 session meeting on
Friday, July 17; 12pm-2pm

Mountains in Watercolor Workshop

Create a beautiful watercolor composition on canvas of a mountain scene, with detailed, step-by-step instructions. Learn the basics of watercolor application including shading, blending, and composition.

Instructor: Sarah Vith

Fee: \$25 class and material fee

Schedule: 1 session meeting on Friday, July 24, 12pm-2pm

Palm Trees at Sunset

Acrylic Workshop

Create a fun and bright acrylic paint composition on canvas of palm trees at sunset with detailed step-by-step instructions. Learn the basics of the acrylic paint medium including composition and application, shading and highlighting, blending and mixing.

Instructor: Sarah Vith

Fee: \$25 class and material fee

Schedule: 1 session meeting on
Friday, July 31, 12pm-2pm



Organic Approach to Art

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

Fee: \$25 class fee

Schedule: 5 sessions meeting on Thursdays, July 16 - August 13, 4-6pm



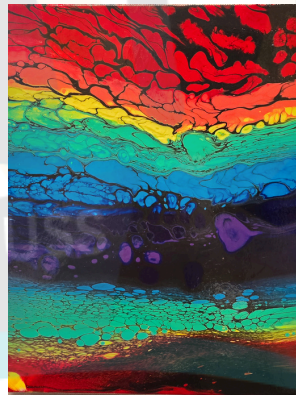
Acrylic Paint Pouring Workshop

Learn to mix acrylic paints with pouring mediums, explore techniques like flips and dirty pours, and manipulate paint to create cells and beautiful abstract paintings.

Instructors: Cindy Lockwood & Victoria Trempe

Fee: \$10 class and material fee

Schedule: 1 session meeting on
Thursday, August 27, 1-3pm



Watercolor Poppies Workshop

Create a lovely watercolor composition on canvas of poppy flowers, with detailed step-by-step instructions. Learn the basics of watercolor application, including shading, blending and composition.

Instructor: Sarah Vith

Fee: \$25 class and material fee

Schedule: 1 session meeting on Friday,
August 7, 12pm-2pm





2026 USS TOURS

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: \$3799 per person (2 in a room)



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

Boston Celebrating America's 250th 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! 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

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)

BETHEL CALENDAR



JUNE 2026		JULY 2026	
TUESDAY	THURSDAY	THURSDAY	TUESDAY
Bingo (MSC) 11:30a 2	Bookmobile 11a Bingo (VC) 11:30a 4	Bookmobile 11a 2	Bingo (MSC) 11:30a 7
Bingo (FG) 11:30a 9	Bookmobile 11a 11 Dessert & Discussion Parks&Recreation 11:30a	Bookmobile 11a 9 Bingo (GSV) 11:30a	Bingo (FG) 11:30a 14
Bingo (GSV) 11:30a 16	Bookmobile 11a 18 Bingo (LHH) 11:30a	Bookmobile 11a 16 Bingo (LHH) 11:30a	Dessert & Discussion Movie 11:30a 21
Annual Celebration Jammers 11:30a 23	Bookmobile 11a 25 Birthday Celebration CH 11:30a	Bookmobile 11a 23	Showdown 11:30a Left Right Center 28
Thank you to our sponsors: Cherish Hospice (CH) Forest Glen (FG) Good Shepherd Village (GSV) Laurels of Huber Heights (LHH) Masonic Home (MSC)	Masonic Senior Community (MSC) Mercy OSU Extension Vancrest (VC) Villa/Wright Rehab (VWR)	Bookmobile 11a 30 Birthday Celebrations (CH) 11:30a	

UNITED SENIOR SERVICES

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

Downtown: July 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 & 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	Tuesdays	Wednesdays	Thursdays	Fridays	
Water Aerobics 9-10a R-\$	Yoga Hatha 8:30-9:30a R-\$	Warm Water Aquatics 9-10a R-\$	Water Aerobics 9-10a R-\$	Water Aerobics 9-10a R-\$	
Blocks to Blankets 10-12p NC-D *July 6 & 20*	Water Aerobics 9-10a R-\$	Long Arm Quilting 9a-1p R-\$	Full Body Exercise 9-10:15a NC-D	Weaving 9:30-11:30a NC-D	
Let's Get Moving 10:30-11:30a NC-D	Full Body Exercise 9-10:15a NC-D	Vintage Voices 9a-11a NC-D	Tai Chi 10-12p NC-D	Drums Alive 10:30-11:30p R-\$	
Land Arthritis M/W 10:30-11:30a NC-R	Chair Yoga 9:30-10:30a R-\$	Land Arthritis M/W 10:30-11:30a R-\$	Land Arthritis T/TH 10:00-11:00a NC-R	Duplicate Bridge 12-3p NC-D	
WWP Volleyball 11-12p R-\$	Land Arthritis T/TH 10:00-11:00a NC-R	Older American's Day & Fair R-\$ *May 6 @ Fairgrounds*	Hand & Foot Cards 11-4p NC-D	Samba (Cards) 12-4:30p NC-D	
Ladies Who Lift 11:30-12:30p R-\$	Moving With Music 10:30-11:30a NC-D	Ladies Who Lift 11:30a-12:30p R-\$	USS Jammers 11:30-1:30p NC-D	Silver Sneakers Circuit 12:30-1:30p R-\$	
Duplicate Bridge 12p-3p NC-D	Bid Euchre 11:30-4p NC-D	Bingo 1-3:30p D-\$ *No Bingo May 6*	Cribbage 12:30-2:30p NC-D	Euchre 1-3:30p NC-D	
Garden Club 12:30-1:30p NC-D *July 6*	USS Jammers 11:30-1:30p NC-D	Crafting Group 1-3p NC-D	Pinochle 12-3:30p NC-D		
UNO/Phase 10 1-3p NC-D	Friendly Euchre 12-3p NC-D	Card Making Club 1-3:30p NC-D *July 8 & 22*	Water Arthritis T/TH 1-2p NC-R		
Tai Chi 2-4p NC-D	Pinochle 12-3:30p NC-D	Samba (Cards) 1-5p NC-D	Jigsaw Puzzle Group 1-6:45p NC-D	Saturdays	
Book Club 3-4p NC-R *Jul 27*The Women:Kristin Hannah	Long Arm Quilting 1-6p R-\$	EnerChi (Silver Sneakers) 4:15-5:15p NC-D	Photo Club 3-4:30p NC-D *July 2 & 17*		Foot & Nail Clinic 8a-12p R-\$ *July 18th*
Singles Group 4-6p NC-D *July 27*	Mahjong 1-3p NC-D	Education	Parkinson's Exercise 2-3p NC-D	USS Jammers 10-11:30a NC-D	
Self Defense 5-6:30p R-\$	Water Arthritis T/TH 1-2p NC-R		Mercy Health Lunch & Learn July 9th, 12-1 pm Importance of sleep to your overall wellbeing.	Retro Splash 4-5p R-\$	Retro Splash 10:00-11:00a R-\$
Gentle Yoga 4:30p D-\$	Chair Volleyball 2-4p NC-D	Lindsay Brinson-Mercy Sleep Lab R-NC	Yoga Hatha 3:45-4:45p R-\$	Key	
USS Closures	Parkinson's Exercise 2-3p NC-D		Chair Volleyball 4:45-6:45p NC-D		\$: Cost
	July 3 rd	Drums Alive 4-5p R-\$			D: Drop-in
July 4 th				NC: No Cost	
				R: Registration Required	
				WWP: Warm Water Pool	
				LP: Lap Pool	

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

July 10th & 24th No Novice

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

Pickleball

Beginner Lessons

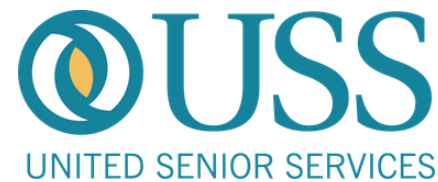
W 3:00p - 4:30p
July 1st & 15th

Pickleball Skills

F 10:00a - 12:00p
July 10th & 24th

Open Courts Pickleball

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



USS ENON SATELLITE

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

ENON JUNE 2026



USS

MON	TUE	WED	THU	FRI
Billiards 9-3p NC-D Full Body Exercise 9a NC-D 1 Bridge 12p R NC Cornhole 12:30 p NC-D Sunshine Singers 2:15p NC-D	Billiards 9-3p NC-D 2 Mexican Train Dominoes 10a NC-D Euchre 1p NC-D	Billiards 9-3p NC-D 3 Full Body Exercise 9a NC-D Congregate Meals 11-12p R\$ Dessert (GSV) Games 12p NC-D	Billiards 9-3p NC-D 4 Music Maestros 10a NC-D Hand & Foot (Cards) 12:30p NC-D Craft with De 1p NC-R (DS)	Chair Yoga 9a D-\$ 5 Billiards 10:30a-3p NC-D Stitchers 11:30a NC-D Puzzle Group 11:30-3:30p NC-D
Billiards 9-3p NC-D 8 Full Body Exercise 9a NC-D Hand & Foot 12:30p NC-R Cornhole 12:30p NC-D Sunshine Singers 2:15p NC-D	Snacks & Facts 9 You're Smarter than the Smart Phone (CCPL) & (SMC) 10:30a NC-R Billiards 12p -3p NC-D Euchre 1p NC-D	Billiards 9-3p NC-D 10 Full Body Exercise 9a NC-D Congregate Meals 11-12p R\$ Desserts (CH) Chair Volleyball 1p NC-D	Billiards 9-3p NC-D 11 Chair "Moving to Music" 10a NC-R (CH) Birthday Party 12:30p NC-R (WR) (VS)	Chair Yoga 9a D-\$ 12 Billiards 10:30a-3p NC-D Pillows 10:30a NC-D Stitchers 11:30a NC-D Puzzle Group 11:30-3:30p NC-D
Billiards 9-3p NC-D 15 Full Body Exercise 9a NC-D Bridge 12p NC-R Cornhole 12:30p NC-D Sunshine Singers 2:15p NC-D	Billiards 9-3p NC-D 16 Mexican Train Dominoes 10a NC-D Euchre 1p NC-D	Billiards 9-3p NC-D Full Body Exercise 9a NC-D 17 Congregate Meal 11-12p R\$ Desserts (FG) Chair Volleyball 1p NC-D	Billiards 9-3p NC-D 18 Music Maestros 10a NC-D Hand & Foot (Cards) 12:30p NC-D	Closed to Observe 19 Juneteenth
Billiards 9-3p NC-D 22 Full Body Exercise 9a NC-D Cornhole 12:30p NC-D Hand & Foot 12:30p NC-R Sunshine Singers 2:15p NC-D	Billiards 9-3p NC-D 23 Elvis Tribute Artist, Lonnie Freeman A Tribute to the King 12:30p R-NC (FG)	Billiards 9-3p NC-D 24 Full Body Exercise 9a NC-D Congregate Meal 11-12p R\$ Desserts (VHC) Chair Volleyball 1p NC-D	Billiards 9-3p NC-D 25 Potluck 12:30p NC-R (SMC)	Chair Yoga 9a D-\$ 26 Billiards 10:30a-3p NC-D Pillows 10:30a NC-D Stitchers 11:30a NC-D Puzzle Group 11:30-3:30p NC-D
Billiards 9-3p NC-D 29 Full Body Exercise 9a NC-D Bridge 12p NC-R Cornhole 12:30p NC-D Sunshine Singers 2:15p NC-D	Billiards 9-3p NC-D 30 Dogs 101 10a-12p NC-D (FF) Euchre 1p NC-D			KEY \$: Cost D: Drop-In NC: No Cost R: Registration Required

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 JULY 2026



MON	TUE	WED	THU	FRI
<p>KEY \$: Cost D: Drop-In NC: No Cost R: Registration Required</p>		<p>1 Billiards 9-3p NC-D Full Body Exercise 9a NC-D Congregate Meal 11-12p R\$ Desserts (GSV) Games 12p NC-D</p>	<p>2 Billiards 9-3p NC-D Music Maestros 10a NC-D Hand & Foot Cards 12:30p NC-D Craft with Anna 1p NC-R (AM)</p>	<p>3 Closed for Holiday</p>
<p>6 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>7 Billiards 9-3p NC-D Mexican Train Dominoes 10a NC-D Euchre 1p NC-D</p>	<p>8 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>9 Billiards 9-3p NC-D Chair Moving with Music 10a NC-D (CH) Birthday Party 12:30p NC-R (VS/WR)</p>	<p>10 Chair Yoga 9a D-\$ Billiards 10:30a-3p NC-D Pillows 10:30a NC-D Stitchers 11:30a NC-D Puzzle Group 11:30-3:30p NC-D</p>
<p>13 Billiards 9-3p NC-D Full Body Exercise 9a NC-D Cornhole 12:30p NC-D Hand & Foot Cards 12:30p NC-D Sunshine Singers 2:15p NC-D</p>	<p>14 Billiards 9-3p NC-D Crafts with Karen 10:30a NC-R (KSD) Euchre 1p NC-D</p>	<p>15 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>16 Billiards 9-3p NC-D Music Maestros 10a NC-D Hand & Foot Cards 12:30p NC-D</p>	<p>17 Chair Yoga 9a D-\$ Billiards 10:30a-3p NC-D Stitchers 11:30a NC-D Puzzle Group 11:30-3:30p NC-D</p>
<p>20 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>21 Billiards 9-3p NC-D Mexican Train Dominoes 10a NC-D Euchre 1p NC-D</p>	<p>22 Billiards 9-3p NC-D Full Body Exercise 9a NC-D Congregate Meal 11-12p R\$ Desserts (VHC) Chair Volleyball 1p NC-D</p>	<p>23 Billiards 9-3p NC-D Ice Cream Social 12:30p NC-R (FG) Music Mike&Amy Stooksberry</p>	<p>24 Chair Yoga 9a D-\$ Pillows 10:30a NC-D Stitchers 11:30a NC-D Puzzle Group 11:30-3:30p NC-D</p>
<p>27 Billiards 9-3p NC-D Full Body Exercise 9a NC-D Cornhole 12:30p NC-D Hand & Foot Cards 12:30p NC-D Sunshine Singers 2:15p NC-D</p>	<p>28 Billiards 9-3p NC-D Dogs 101 10a-12p NC-D (FF) Euchre 1p NC-D</p>	<p>29 Billiards 9-3p NC-D Full Body Exercise 9a NC-D Congregate Meals 11-12p R\$ Desserts (FLH) Chair Volleyball 1p NC-D</p>	<p>30 Billiards 9-3p NC-D Potluck 12:30p NC-R (SMC) 250 Years of America Celebration Appraiser Ken Ludington-KL Auctions</p>	<p>31</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)

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)

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)

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.

Pasadena Tournament of Roses Parade

December 29, 2026 - January 2, 2027

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

Cincinnati Reds vs NY Mets

June 17 - \$139 per person

Chocolates & Flowers

July 23 - \$115 per person

Ohio State Fair Senior Day

August 4 - \$59 per person

Outdoors Ohio

October 15 - \$99 per person

Fall Snooty Fox

November 12 - \$80 per person

Holiday Show

Date TBD - \$TBD per person

**2026 SAILL SUMMER CLASS CATALOG
REGISTRATION BEGINS
JUNE 22ND**

Zentangles Workshop

Zentangles is a meditative easy to learn art form that uses structured repetitive patterns to create intricate abstract art. "Yoga for the Brain" designed to promote relaxation, focus and creativity.

Instructor: Sarah Vith

Fee: \$25 class and material fee

Schedule: 1 session meeting on Friday, August 14, 12pm-2pm

Beaded Succulent

Create a stunning wire-wrapped succulent "plant" using crystals and beads. The finished art will never die and will sparkle beautifully in the light.

Instructors: Jenn Queen & Shanon Queen

Fee: \$50 class and material fee

Schedule: 4 sessions meeting on Mondays, July 20 - August 10, 2-4pm



Wire & Beaded Tree

Create a beautiful wire and beaded wrapped tree. Cut and shape wire and beads into leaf shapes. Then mount your tree on a rock base, making a unique piece of art.

Instructors: Jenn Queen & Shanon Queen

Fee: \$45 class and material fee

Schedule: 4 sessions meeting on Wednesdays, July 22 - August 12, 2-4pm

Health & Wellness

Summer Mind, Body & Spirit Series

Join this unique 4-week journey designed to support your well-being through creative expression, education and holistic self-care practices. Each week offers a different experience, guiding you to explore new ways of reconnecting with yourself - mentally, emotionally, and physically. This series blends creativity, nature-based practices, and practical wellness tools to help you feel more balanced, aware, and supported in your everyday life.

Instructor: Catherine Hinkle

Fee: \$30 class and material fee

Schedule: 4 sessions meeting on Wednesdays, July 15 - August 5, 4:30-5:30pm

Rock Your World

Learn the positive energies of crystals, minerals, and gemstones and the beneficial effects of these natural gifts from Mother Earth that from the beginning of life on this planet, humankind has used for the intrinsic energy and stunning beauty. Participants will need to bring a writing notebook. Maximum 25 participants.

Instructor: Lemoine Rice

Fee: \$25 class fee

Schedule: 5 sessions meeting on Mondays, July 13 - August 10, 4:30-5:30pm

R&B Line Dancing

Come out and move, groove and learn the latest line dances, including the Electric Slide, The Cookout, Pop That Fan, Boots on the Ground, My Girl, Whiskey Slide, Cupid Shuffle, Biker Shuffle, Wobble, and Just in Case! Step-by-step instruction is provided.

Instructor: Nettie Carter-Smith

Fee: \$ 25 class fee

Schedule: 5 sessions meeting on Wednesdays, July 15 - August 12, 12-1pm



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, Wednesday, 2-3:30pm: July 15 Industrialists | August 19 Athletes

Railroads of Springfield

Learn a comprehensive history of the railroads of Springfield and Clark County from the very first railroad through town in 1848 to the current lines. This presentation will cover the rise and changing roles of the four rail lines serving the Rose City.

Instructor: Daniel Meckstroth

Fee: \$5 class fee

Schedule: 1 session meeting Friday, July 24, 1:30-2:30pm

Cooking

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: 5 sessions meeting on Wednesdays, July 15 - August 12, 3-5pm

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.

Register in person with USS Member Services beginning at 9:00am on June 22nd. Telephone registrations will be returned after 12:00 noon on June 22nd. Please call 937-323-4948 ext 112 to register by telephone.



AmeriCorps Seniors

Retired and Senior Volunteer Program

Volunteers Needed at Partner Sites!

Restoration Park Church: Medway, Ohio

reStore: Sorting donation items
(HELP much needed)



Animal Welfare League Thrift: Springfield

Sort Donations and assist customers

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

H.E.L.P. House: London, Ohio

Sort donations, help clients "shop", serve a meal

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 Americans Day (recap)

We recently hosted our annual Older Americans Day celebration at the Clark County Fairgrounds and it was a great success. We would like to again congratulate the 2026 award recipients all of whom are RSVP members! Congratulations to Tom and MaryJane Rumpke, Debbie Farmer, Shirley Harris, and Nancy Finke.

The AmeriCorps Seniors Retired and Senior Volunteer Department's annual fundraising raffle was held at Older American's Day. We had a portable gas grill, a massage tech bundle, a robot vacuum, air purifier and Brita tank (x2), an air fryer, and some gift cards. This year was our best year yet bringing in \$1,438 in ticket sales! Thanks for supporting our volunteers!



RSVP Spotlight: Clark County Ag. Society

The Clark County Agriculture Society has been an AmeriCorps Seniors RSVP partner site for many years. At each years Clark County Fair you see RSVP members volunteering at the Golden Wedding celebration, throughout the Master Gardeners displays in the Arts and Crafts building, in the Heritage Center of Clark County booth, and the VFW post 1031 participates in the opening ceremonies as the honor and color gaurd. The VFW post 1031 also serves in the Clark County Pork Producers trailer as a yearly fundraiser. Additionally, RSVP Volunteers run the golf cart shuttles throughout the entire week of the fair providing much needed accessibilty for older or disabled citizens to be able to enjoy this community event. Sign up for golf cart driving is now available at the Matthies Welcome Center (USS)

Thank you to Dean Blair and The Board of Directors for allowing us to partner in this weeklong exposition of Clark County's best.



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.

Social Support Groups

June 2026

July 2026

Date	Activity	Register	Fee	Level
1	Puzzles			Low
2	Stained Glass Mason Jars	●		M-H
4	Lunch & Learn	●		L-M
5	Shopping at the Green Grp 2	●	●	Low
8	Choose your Exercise			M-H
9	Paper Lanterns	●		M-H
11	Ice Cream Social	●		Low
12	Copey's Meat Market Grp 1	●	●	Low
15	Manicures			Low
16	Birthday Bingo	●		M-H
18	Movie & Popcorn (Black Panther)	●	●	Low
22	Wheel of Fortune			Low
23	Hanging Jelly Fish Decoration	●		L-M
25	Billiards			M-H
26	Copey's Meat Market Grp 2	●	●	Low
29	Nerf Gun Precision Training			Low
30	Chair Yoga			Low

Date	Activity	Register	Fee	Level
2	Paper Stars	●		M-H
6	Choose Your Exercise			L-M
7	Bubble Art			Low
9	Mystery Activity			L-M
10	Freshwater Farms & Farmer's Daughter Grp 1	●	●	L-M
13	Manicures			Low
14	Birthday Bingo	●		Low
16	Root Beer Floats	●		M-H
17	Freshwater Farms & Farmer's Daughter Grp 2	●	●	L-M
20	Jeopardy			Low
21	Painting with Clay	●		Low
23	Billiards			L-M
24	Movies Group 1 (Moana Live Action)	●	●	M-H
27	Music Bingo			Low
28	Chair Yoga			L-M
30	Wii Bowling			M-H
31	Movies Group 2 (Moana Live Action)	●	●	

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.

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: **June 10th & July 8th**

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 meetings: **June 3rd & July 1st**

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, **June 4th** from 5:30 pm – 6:30 pm. USS will be closed on Thursday, July 2 after 4:30pm.

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: **June 13th, July 11th**. 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. Ongoing support group meetings are held on the third Tuesday of each month. The next meeting will be **June 16th** from 5:30–6:30 PM. The following meeting on **July 21st** will include an educational hour from 4:30–5:30 PM, followed by supportive group time 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.

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

Mark Your Calendars!



Remaining 2026 Dances:

All dances will be held on Fridays and doors open at 4:45 pm

August 14th, tickets go on sale July 20th

Live Bluegrass/Country music by The Muleskinner Band

September 11th, tickets go on sale August 17th

October 9th, tickets go on sale September 14th

November 13th, tickets go on sale October 13th

December 11th, tickets go on sale November 16th

