USS

The Center Page

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

OCT / NOV 2026



USS - United Senior Services

ISSUE 2026-10

Director's Corner

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

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

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

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

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

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

DIRECTORS

- Levi Duncan, Interim CEO
- Connie Craig, President
- Lori Zakel, Vice President
- Mark Elliott, Treasurer
- Wendy Ford, Secretary
- Brad Boyer
- David Carey
- Adrienne Forgette
- Michele Hemphill
- Arlin Par Tolliver
- Dr. Maurice Stinnett
- Annette Turner

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.

Dear United Senior Services Members and Community,

One of the things I have come to appreciate about USS is how many different things it can mean to different people.

For some, USS is where you come to exercise, play pickleball, take a class, enjoy a meal, or spend time with friends. For others, USS is transportation, support at home, access to important resources, or simply someone who can help navigate the challenges that come with getting older. That range is one of our greatest strengths.

The people we serve are changing. Expectations are changing. Technology is changing. So is the way people think about aging. Looking ahead, USS will continue to evolve with the changes, while serving as an ever-stronger resource for Clark County.

What should never change is the sense of community that makes this place special. Whether you have been a member for twenty years or walked through our doors for the first time this week, I want USS to be a place where you feel welcomed, build relationships, and have the opportunity to keep doing the things that make life meaningful.

There is a lot ahead for USS, and I am excited about where we are going. Most of all, I hope you will be part of shaping what comes next.

Sincerely,

Levi Duncan
Interim Chief Executive Officer



Enon Education & Special Events



Quilting with Fern

Thursday, October 15, 2026 at 1:00 PM

Come join us for a special afternoon of quilting, creativity, and community! We're delighted to welcome Fern Thielen, who brings more than 50 years of quilting experience to share with us. Fern will teach us the beautiful Cathedral Window quilting pattern and guide us through the techniques needed to create this classic design. Whether you're an experienced quilter or simply curious to learn something new, everyone is welcome!

Quilt with Fern and discover the beauty of Cathedral Window quilting!



Snacks & Facts: Fall Recovery

Thursday, October 22, 2026 at 10:00 AM

Join us for Snacks & Facts and learn helpful tips about fall recovery, mobility, and staying strong. Our guest speaker, Amanda Larabee, PT, from Ohio Valley Medical Center Physical Therapy Group, will share valuable information and answer your questions. Enjoy snacks, learn something new, and connect with others!

Sponsored by First Light Homecare





Fall Tea Party at USS Enon!

Friday, October 23 at 12:30 PM

Grab a partner, invite two friends, and join us for a delightful Fall Tea Party! Each group will create their own festive fall tea table, complete with tablescape, finger foods, and fabulous fall fashion. Everyone will have a chance to vote, & prizes will be awarded for:

- Best Tablescape
- Best Finger Foods
- Best Dressed

Come ready to sip, snack, socialize, and show off your creativity!

Sponsored by Springfield Masonic Community.

Don't miss the fun! Please register for these events with Tammy Sanderson at 937-863-0043.
Hope to see you there!

Downtown Education

Volunteer Opportunity -

Lunch & Learn

October 1, 12:00pm – 1:00pm
Mercy Health-Springfield will partner with United Senior Services to present information about Breast Cancer, as we age, and spreading awareness of treatment and early detection.

Led by Mercy Health – Breast Cancer Navigator, Tracy Adrian, and Dr. Daniels.

November 5, 12:00pm – 1:00pm
Mercy Health-Springfield will partner with United Senior Services to present information about Lung Cancer treatment and early detection.

Led by Mercy Health – Lung Cancer Navigator, Angela Wagner, and Dr. Tawil.

Lunch & Learns are sponsored by Villa Springfield

Art of Aging

October 27, 2:00-3:00pm
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

Snacks & Facts: Medicare Open Enrollment

October 8, 11am - 12:20pm
Sarah Florimonte, the local Community Liaison from the Ohio Department of Insurance will be coming to discuss Medicare Open Enrollment, Medicare Part A/B, Part C, and D and to help answer questions regarding the enrollment process on navigating the various plans.

Garden Club

October 5, 12:30pm-1:30pm

November 2, 12:30pm- 1:30pm

Book Club

October 26, 3:00-4:30pm
The Invention of Wings - by Sue Monk Kidd

November 23, 3:00-4:30pm
Theo of Golden - by Allen Levi

Fitness Center Orientation NEW!

First Friday of Every Month, 12pm
New to the Fitness Center or need a refresher? Join us for Fitness Center Orientation!

Learn how to safely and confidently use the equipment, become familiar with the Fitness Center, and get helpful guidance to support your fitness goals.

Our orientation is led by a certified personal trainer with extensive experience, who is available to answer questions and help you get started on the right track. Come learn, move, and feel confident in the Fitness Center!

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

Downtown Special Events

USS Friday Night Dance

October 9th, 5pm-8pm
Tickets go on sale on Monday September 14.
Join us for an early evening of music, dancing and fun! ***Come dressed for Halloween!*** Serving Lee's Chicken for dinner.

The Jammers Autumn Performance

The Jammers will be performing on **October 27 from 12pm-1:30pm**, in MP10. The songs will be on theme for the Halloween season, so come prepared for a spookily good show.

Let's Be Thankful Luncheon

Friday, November 6
This luncheon is a traditional Thanksgiving meal that was started in 2021 by an anonymous donor and is held at the Marriott. This donor wants to provide a special meal for those who are grieving a recent loss, facing the holidays alone, or have no family nearby.

Guest speaker is the Assistant Director of the Department of Health. Reservations will open October 1, and the last day to make a reservation for luncheon is October 23rd.

Sanders' Luncheon

The annual Sanders' Luncheon will be held at the Marriott on **Tuesday, December 1**. Started in 1988 by Sig and Ilse Sanders, the luncheon celebrates their life together by bringing holiday cheer to those in need.

Reservations will open October 1, and the last day to make a reservation for this luncheon will be November 16.

Veterans Day Breakfast

November 9, 9am-11am

USS would like to honor our Veterans with a hot breakfast, served in MP1. There will be a Veteran pinning ceremony. Come to the Matthies Welcome Desk to sign-up for this event.

Sponsored by Villa, Oasis, First Light Homecare, Springfield Assisted Living, and Cherish Hospice.

Fall SAILL Classes

The following classes are still open to enrollment for this term:

Acrylic Aurora Borealis Workshop
Friday, October 9,
12pm-2pm

Wet Chalking & Floating Chalk Workshop
Friday, October 16,
12pm-2pm

Impressionist Chalk Self-Portrait Workshop
Friday, October 23,
12pm-2pm

Multimedia Abstract Floral Collage Workshop
Friday, November 6
12pm-2pm

Changes in Women's Fashion, 1750-1880
Thursdays, October 8- November 5
10am-11am

All classes are offered at USS Downtown unless otherwise noted. Registration for classes opened on August 24 at 9am.

Medicare Open Enrollment

This service is only for those who are already recieving Medicare. USS will offer appointments with an OSHIIP-trained benefit counselor during open enrollment.

October 15 - December 7

USS counselors provide Medicare beneficiaries with free information regarding current Medicare Advantage (Part C) or Medicare Prescription Drug (Part D) coverage. Additional counselors from OSHIIP, a division of the Ohio Dept. of Insurance, will be available to meet with on October 29th and November 12th. **If you want an in-person review at USS, call and leave a voice message at 937-521-3006.** A USS representative will return your call to schedule an appointment starting Tuesday October 1st.

If you do not need an in-person appointment, you may visit www.insurance.ohio.gov for additional Medicare resources or call 1-800-686-1578 to connect with an OSHIIP counselor by phone or video call.

Open Enrollment Snacks & Facts

October 8, 11am - 12:20pm

Sarah Florimonte, the local Community Liaison from the Ohio Department of Insurance will be coming to discuss Medicare Open Enrollment, Medicare Part A/B, Part C, and D and to help answer questions regarding the enrollment process on navigating the various plans.

Exciting Exercises Downtown

Let's kick off the Spooky Season with the Plankenstein Challenge!

September 28 - October 30: Join mad scientist Professor Plankenstein in a body building competition guaranteed to put the AB in Abominable; the CORE in your Corpus; and the Freak in your OBLIQUES! Sign up at the front desk…if you dare!



Complete the weekly workout three times and keep track of your plank hold. There will levels to the competition so that everyone is able to participate. More instructions will be given upon participation time. Entry is free and prizes will be awarded.

EnerChi Time Change

Now on Wednesdays at 5pm

Find your balance and energy with SilverSneakers EnerChi! This relaxing yet effective class blends Tai Chi and Qigong-inspired movements to enhance strength, stability, flexibility, and mental focus. Enjoy smooth, flowing exercises that help reduce stress and support healthy, active living.

Puzzle Tournament Recap

USS and the Jigsaw Puzzle Group wish to congratulate the winners of the 2026 Henry H Lyon Memorial Jigsaw Puzzle Tournament. The Team Competition was held on July 23, 2026, with 3 teams. The winning team, "This Doesn't Fit", finished their 600-piece panoramic flying eagle-shaped puzzle in 2 hours. In our head-to-head competition on July 30, 2026, fourteen contestants were divided into three skill groups. Eight people competed in the 300-piece Division. This year we introduced the Challengers Division. Both Doug Andrews and Judy Hoy stepped up to compete against each other and face the most difficult puzzle the tournament has offered to date where Doug placed first by a very narrow margin.

Puzzles donor - United Senior Services.
Prizes and food sponsors - Cherish Hospice, Vancrest Health Care, and Brookdale Buck Creek Senior Living

July 23- Team Winners

1st This Doesn't Fit
Judy Hoy, Doug Andrews, Keith Fry

2nd The Misfits
Steve Haynes, Cheryl Dover, Eva Williams, Nancy Preece

3rd The K/Carols (Third)
Anita Stoner, Carol Armbrust, Karol Boyer

July 30- Individual Winners

300-piece (Intermediate)
1st - Anita Stoner
2nd - Carol Armbrust
3rd - Cheryl Dover

500-piece (Advanced)
1st - Pam Hudson
2nd - Steve Haynes
3rd - Nancy Preece

Challengers (New Category)
1st - Doug Andrews
2nd - Judy Hoy





If you missed this tournament, the puzzle group will have an in-group Round Robin event on Thursday, November 5, 2026, from 1pm to 6pm. It's free. You are welcome to come and hone your skills for the next tournament event in July 2027.



BETHEL TOWNSHIP
11200 Gerlaugh Rd
Medway, OH 45341
937-323-4948
Tue & Thu 10:00 am-1:30 pm

Bethel Calendar

USS
UNITED SENIOR SERVICES

OCTOBER 2026

TUESDAYS	THURSDAYS
6 Bethel Police & Fire Masonic Home Bingo **11:30a**	8 Bethel Police & Fire Bookmobile **11a**
13 Forest Glen Activity **11:30a**	15 Bookmobile **11a** Laurels Huber Heights Bingo **11:30a**
20 Dessert Cleaning Day	22 Bookmobile **11a** Good Shepherd Activity **11:30a**
27 Blood Pressure & Diabetes Checks - William **10:30a**	29 Bookmobile **11a** Birthday Celebrations **11:30a**

Thank you to our sponsors: *Cherish Hospice, Forest Glen, Good Shepherd Village, Laurels of Huber Heights, Masonic Home, Masonic Senior Community, Mercy, OSU Extension, Vancrest Health Care Center, & Villa/Wright Rehab*

NOVEMBER 2026

TUESDAYS	THURSDAYS
3 **CLOSED FOR VOTING**	5 Bookmobile **11a** Vancrest Bingo **11:30a**
10 Forest Glen Activity **11:30a**	12 Bookmobile **11a**
17	19 Bookmobile **11a** Laurels Huber Heights Bingo **11:30a**
24 Blood Pressure Checks **10:30a** Birthday Celebrations & Jammers Holiday Music	26 **CLOSED FOR THANKSGIVING**

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Downtown: October 2026

Activity times, dates and rooms are subject to change

BUILDING HOURS:
Mon-Thu 7:00am-7:00pm
Fri 7:00am-4:30pm
Sat 8:00am-12:00pm

Cafe Lunch

M-F	**11a-1p**

Billiards

M-TH	**7a-6:45p**
F	**7a-4:15p**
S	**8a-11:45**

Fitness Center

M-TH	**7a-6:45p**
F	**7a-4:15p**
S	**8a-11:45**

Ping Pong

M-TH	**7a-6:45p**
F	**7a-4:15p**
S	**8a-11:45**

LP Open Swim

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

WWP Open Swim

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

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Water Aerobics **9-10a** R $	Yoga Hatha **8:30a-9:25a** R $	Warm Water Aquatics **9-10a** R $	Water Aerobics **9-10a** R $	Water Aerobics **9-10a** R $
Blocks to Blankets **10a-12p** ***Ocotber 13 & 26**** NC D	Water Aerobics **9-10a** R $	Long Arm Quilting **9a-1p** R $ *Only with quilting instructor present*	Full Body Exercise **9-10:15a** NC D	Weaving **9:30-11:30a** NC D *Only for current class members*
Let's Get Moving **10:30-11:30a** NC D	Full Body Exercise **9-10:15a** NC D	Vintage Voices **9-11a** NC D	Tai Chi **10a-12p** NC D	Drums Alive **10:30-11:30a** 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** NC R	Land Arthritis **T/TH 10-11a** NC R	Duplicate Bridge **12p-3p** NC D
WWP Volleyball **11a-12p** R $	Land Arthritis **T/TH 10-11a** NC R	Ladies Who Lift **11:30a-12:30p** R $	Hand & Foot (Cards) **11a-4p** NC D	Samba (Cards) **12p-4p** NC D
Ladies Who Lift **11:30a-12:30p** R $	Moving with Music **10:30-11:30a** NC D	Bingo **1-3:30p** D $	USS Jammers **11:30a-1:30p** NC D	Euchre **1-3:30p** NC D
Duplicate Bridge **12p-3p** NC D	Bid Euchre **11:30a-4p** NC D	Connecting Threads **1-3:30p** ***October 21**** NC D	Cribbage **12:30p-2:30p** NC D	Bridge **1-3p** NC D
Garden Club **12:30p-1:30p** ***October 5**** NC D	USS Jammers **11:30a-1:30p** NC D	Crafting Group **1-3p** NC D	Pinochle **12p-3:30p** NC D	
UNO/Phase 10 **1-3p** NC D	Friendly Euchre **12p-3p** NC D	Card Making Club **1-3:30p** ***October 14 & 28**** NC D	Water Arthritis **T/TH 1-2p** NC R	
Tai Chi **2-4p** NC D	Pinochle **12p-3:30p** NC D	Samba (Cards) **12:30p-6p** NC D	Jigsaw Puzzle Group **1-6:45p** NC D	
Singles Group **4-6p** ***October 26**** NC D	Long Arm Quilting **1-6p** R $ *Only with quilting instructor present*	EnerChi (Silver Sneakers) **5p-6p** NC D	Photo Club **3-4:30p** ***October 1 & 15**** NC D	
Self Defense **5-6:30p** R $	Mahjong **1-3p** NC D		Parkinson's Exercise **2-3p** NC D	**SATURDAYS**
Book Club (*The Invention of Wings*) **3-4p** ***October 26**** NC D	Water Arthritis **T/TH 1-2p** NC R		Retro Splash **4-5p** R $	Foot & Nail Clinic **8a-12p** ***October 17**** R $
	Chair Volleyball **2-4p** NC D	**Key**	Yoga Hatha **3:45p-4:45p** R $	USS Jammers **10-11:30a** NC D
	Parkinson's Exercise **2-3p** NC D	$ - Cost NC - No Cost D - Drop-In R - Registration Required WWP - Warm Water Pool LP - Lap Pool	Chair Volleyball **4:45-6:45p** NC D	Retro Splash **10-11a** R $
	Drums Alive **4-5p** R $			

Advanced Pickleball

M, F	**7-10a**
M	**4-6:30p**
T	**12p-1:30p**
W	**7-11a**

Novice Pickleball

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

Intermediate Pickleball

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

Intro to Pickleball

W	**3-4:30p** ***October 7****

Pickleball Drills

W	**3-4:30p** ***October 21****

Open Court Pickleball

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

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Billiards

M-TH	7a-6:45p
F	7a-4:15p
S	8a-11:45

Fitness Center

M-TH	7a-6:45p
F	7a-4:15p
S	8a-11:45

Ping Pong

M-TH	7a-6:45p
F	7a-4:15p
S	8a-11:45

LP Open Swim

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

WWP Open Swim

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

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Water Aerobics **9-10a** R $	Yoga Hatha **8:30a-9:25a** R $	Warm Water Aquatics **9-10a** R $	Water Aerobics **9-10a** R $	Water Aerobics **9-10a** R $
Blocks to Blankets **10a-12p** ***November 9 & 23*** NC D	Water Aerobics **9-10a** R $	Long Arm Quilting **9a-1p** R $ *Only with quilting instructor present*	Full Body Exercise **9-10:15a** NC D	Weaving **9:30-11:30a** NC D *Only for current class members*
Let's Get Moving **10:30-11:30a** NC D	Full Body Exercise **9-10:15a** NC D	Vintage Voices **9-11a** NC D	Tai Chi **10a-12p** NC D	Drums Alive **10:30-11:30a** 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** NC R	Land Arthritis **T/TH 10-11a** NC R	Duplicate Bridge **12p-3p** NC D
WWP Volleyball **11a-12p** R $	Land Arthritis **T/TH 10-11a** NC R	Ladies Who Lift **11:30a-12:30p** R $	Hand & Foot (Cards) **11a-4p** NC D	Samba (Cards) **12p-4p** NC D
Ladies Who Lift **11:30a-12:30p** R $	Moving with Music **10:30-11:30a** NC D	Bingo **1-3:30p** D $	USS Jammers **11:30a-1:30p** NC D	Euchre **1-3:30p** NC D
Duplicate Bridge **12p-3p** NC D	Bid Euchre **11:30a-4p** NC D	Connecting Threads **1-3:30p** ***November 18*** NC D	Cribbage **12:30p-2:30p** NC D	
Garden Club **12:30p-1:30p** ***November 2*** NC D	USS Jammers **11:30a-1:30p** NC D	Crafting Group **1-3p** NC D	Pinochle **12p-3:30p** NC D	
UNO/Phase 10 **1-3p** NC D	Friendly Euchre **12p-3p** NC D	Card Making Club **1-3:30p** ***November 11 & 25*** NC D	Water Arthritis **T/TH 1-2p** NC R	
Tai Chi **2-4p** NC D	Pinochle **12p-3:30p** NC D	Samba (Cards) **12:30p-6p** NC D	Jigsaw Puzzle Group **1-6:45p** NC D	
Singles Group **4-6p** ***November 30*** NC D	Long Arm Quilting **1-6p** R $ *Only with quilting instructor present*	EnerChi (Silver Sneakers) **5p-6p** NC D	Photo Club **3-4:30p** ***November 5 & 19*** NC D	
Self Defense **5-6:30p** R $	Mahjong **1-3p** NC D		Parkinson's Exercise **2-3p** NC D	
Book Club (*Theo of Golden*) **3-4p** ***November 23*** NC D	Water Arthritis **T/TH 1-2p** NC R		Retro Splash **4-5p** R $	
USS Closures	Chair Volleyball **2-4p** NC D	**Key**	Yoga Hatha **3:45p-4:45p** R $	
November 25 (Closing at 4:30) - Thanksgiving	Parkinson's Exercise **2-3p** NC D	$ - Cost NC - No Cost D - Drop-In R - Registration Required WWP - Warm Water Pool LP - Lap Pool	Chair Volleyball **4:45-6:45p** NC D	
November 26, 27, & 28 - Thanksgiving	Drums Alive **4-5p** R $			

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

Advanced Pickleball

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

Novice Pickleball

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

Intermediate Pickleball

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

Intro to Pickleball

W	3-4:30p
	November 4

Pickleball Drills

W	3-4:30p
	November 18

Open Court Pickleball

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

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7571 Dayton-Springfield Rd
Enon, OH 45323
937-863-0043
Mon - Fri 9:00am-3:00pm

Enon: October 2026

USS
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MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Thank you to our sponsors: Cherish Hospice (CH), Carla D Henneman (CDH), Pam Cornette (PC), Ohio Valley PT (OVMC), Dayspring Rehab (DSR), Karen Shmerler Designs (KSD), Forest Glen (FG), Springfield Masonic Community (SMC), FirstLight Home Care (FLH), De Sturm (DS), Fulton's Finest (FF), Fern Thielen (FT), Good Shepherd Village (GSV), Vancrest Health Care (VHC), Villa Springfield (VS), Wright Rehab (WR), Xenia Health & Rehab (XHR)		$ - Cost NC - No Cost D - Drop-In R - Registration Required	1 Billiards **9a-3p** NC D Music Maestros **10a** NC D Hand & Foot **12:30p** NC D Craft with De **1p** NC R **(DS)**	2 Chair Yoga **9a** $ D Billiards **10:30a-3p** NC D Stitchers **11:30a** NC D Puzzle Group **11:30a-3:30p** NC D
5 Billiards **9a-3p** NC D Full Body Exercise **9a** NC D Cornhole **12:30p** NC R Hand & Foot **12:30p** NC D Sunshine Singers **2:15p** NC D	6 Billiards **9a-3p** NC D Mexican Train Dominoes **10a** NC D Clay Craft w/ Pam **12:30p** NC R... **(PC)** Euchre **1p** NC D	7 Billiards **9a-3p** NC D Full Body Exercise **9a** NC D Congregate Meals **11a-12p** $ R Dessert: **(GSV) (CDH)** Games **12p** NC D	8 Billiards **9a-3p** NC D Birthday Party **12:30p** NC R... **(VS) (WR)**	9 Chair Yoga **9a** $ D Billiards **10:30a-3p** NC D Pillows **10:30a** NC D Stitchers **11:30a** NC D Puzzle Group **11:30a-3:30p** NC D
12 Billiards **9a-3p** NC D Full Body Exercise **9a** NC D Cornhole **12:30p** NC R Hand & Foot **12:30p** NC D Sunshine Singers **2:15p** NC D	13 Billiards **9a-3p** NC D Felt Painting w/ Karen **10a** NC R... **(KSD)** Euchre **1p** NC D	14 Billiards **9a-3p** NC D Full Body Exercise **9a** NC D Congregate Meals **11a-12p** $ R Dessert: **(DS) (CDH)** Chair Volleyball **1p** NC D	15 Billiards **9a-3p** NC D Music Maestros **10a** NC D Hand & Foot **12:30p** NC D Quilting with Fern **1p** NC R **(FT)**	16 Chair Yoga **9a** $ D Billiards **10:30a-3p** NC D Stitchers **11:30a** NC D Puzzle Group **11:30a-3:30p** NC D
19 Billiards **9a-3p** NC D Full Body Exercise **9a** NC D Cornhole **12:30p** NC R Hand & Foot **12:30p** NC D Sunshine Singers **2:15p** NC D	20 Billiards **9a-3p** NC D Chair "Moving to Music" **10a... NC D (CH)** Mexican Train Dominoes **10a** NC D Euchre **1p** NC D	21 Billiards **9a-3p** NC D Full Body Exercise **9a** NC D Congregate Meals **11a-12p** $ R Dessert: **(FG) (CDH)** Chair Volleyball **1p** NC D	22 Billiards **9a-3p** NC D Snacks & Facts: Fall Recovery... **10a-11a** NC R **(FLH)** Bingo **12:30p** NC R **(XHR)**	23 Chair Yoga **9a** $ D Pillows **10:30a** NC D Stitchers **11:30a** NC D Puzzle Group **11:30a-3:30p** NC D Fall Tea Party **12:30p** NC R **(SMC)**
26 Billiards **9a-3p** NC D Full Body Exercise **9a** NC D Cornhole **12:30p** NC R Hand & Foot **12:30p** NC D Sunshine Singers **2:15p** NC D	27 Billiards **9a-3p** NC D Dogs 101 **10a-12p** NC D **(FF)** Euchre **1p** NC D	28 Billiards **9a-3p** NC D Full Body Exercise **9a** NC D Congregate Meals **11a-12p** $ R Dessert: **(VHC) (CDH)** Chair Volleyball **1p** NC D	29 Billiards **9a-3p** NC D Music Maestros **10a** NC D Halloween Potluck **12:30p... NC R (SMC)**	30 Chair Yoga **9a** $ D Billiards **10:30a-3p** NC D Stitchers **11:30a** NC D Puzzle Group **11:30a-3:30p** NC D

ENON SATELLITE
7571 Dayton-Springfield Rd
Enon, OH 45323
937-863-0043
Mon - Fri 9:00am-3:00pm

Enon: November 2026

USS
UNITED SENIOR SERVICES

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
2 Billiards **9a-3p** NC D Full Body Exercise **9a** NC D Cornhole **12:30p** NC R Hand & Foot **12:30p** NC D Sunshine Singers **2:15p** NC D	3 **CLOSED FOR VOTING**	4 Billiards **9a-3p** NC D Full Body Exercise **9a** NC D Congregate Meals **11a-12p** $ R Dessert: **(GSV) (CDH)** Games **12p** NC D	5 Billiards **9a-3p** NC D Music Maestros **10a** NC D Hand & Foot **12:30p** NC D Craft with Anna **1p** NC R	6 Chair Yoga **9a** $ D Billiards **10:30a-3p** NC D Stitchers **11:30a** NC D Puzzle Group **11:30a-3:30p** NC D
9 Billiards **9a-3p** NC D Full Body Exercise **9a** NC D Cornhole **12:30p** NC R Hand & Foot **12:30p** NC D Sunshine Singers **2:15p** NC D	10 Billiards **9-3p** NC D Mexican Train Dominoes **10a** NC D Felt Painting with Karen **10a** NC R... **(KSD)** Euchre **1p** NC D	11 Billiards **9a-3p** NC D Full Body Exercise **9a** NC D Congregate Meals **11a-12p** $ R Dessert: **(DS) (CDH)** Chair Volleyball **1p** NC D	12 Billiards **9a-3p** NC D Chair "Moving to Music" **10a...** NC D **(CH)** Birthday Party **12:30p** NC R **(VS) (WR)**	13 Chair Yoga **9a** $ D Billiards **10:30a-3p** NC D Pillows **10:30** NC D Stitchers **11:30a** NC D Puzzle Group **11:30a-3:30p** NC D
16 Billiards **9a-3p** NC D Full Body Exercise **9a** NC D Cornhole **12:30p** NC R Hand & Foot **12:30p** NC D Sunshine Singers **2:15p** NC D	17 Billiards **9-3p** NC D Mexican Train Dominoes **10a** NC D Euchre **1p** NC D	18 Billiards **9a-3p** NC D Full Body Exercise **9a** NC D Congregate Meals **11a-12p** $ R Dessert: **(FG) (CDH)** Chair Volleyball **1p** NC D	19 Billiards **9a-3p** NC D Music Maestros **10a** NC D Thanksgiving Potluck **12:30p...** NC R **(SMC)**	20 Chair Yoga **9a** $ D Billiards **10:30a-3p** NC D Stitchers **11:30a** NC D Puzzle Group **11:30a-3:30p** NC D
23 Billiards **9a-3p** NC D Full Body Exercise **9a** NC D Cornhole **12:30p** NC R Hand & Foot **12:30p** NC D Sunshine Singers **2:15p** NC D	24 Billiards **9-3p** NC D Dogs 101 **10a-12p** NC D **(FF)** Euchre **1p** NC D	25 Billiards **9a-3p** NC D Full Body Exercise **9a** NC D Congregate Meals **11a-12p** $ R Dessert: **(VHC) (CDH)** Chair Volleyball **1p** NC D	26 **CLOSED FOR THANKSGIVING**	27 **CLOSED FOR THANKSGIVING**
30 Billiards **9a-3p** NC D Full Body Exercise **9a** NC D Cornhole **12:30p** NC R Hand & Foot **12:30p** NC D Sunshine Singers **2:15p** NC D		***Thank you to our sponsors:*** Cherish Hospice (CH), Forest Glen (FG), Dayspring Rehab (DSR), Fulton's Finest (FF), Good Shepherd Village (GSV), Carla D Henneman (CDH), Anna McElroy (AM), Karen Shmerler Designs (KSD), Springfield Masonic Community (SMC), Vancrest Health Care (VHC), Villa Springfield (VS), Wright Rehab (WR)		$ - Cost NC - No Cost D - Drop-In R - Registration Required

2026 TOURS

Biltmore Christmas

December 3-6, 2026
Tour Fare: $2399 per person (2 in a room)
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.

Pasadena Tournament of Roses Parade

December 29, 2026 - January 2, 2027
Tour Fare: $3349 per person (2 in a room)
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.

2026 DAY TRIPS

Fall Snooty Fox
November 12 - $80 per person

La Comedia "Santa Claus"
December 10 - $125 per person

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.

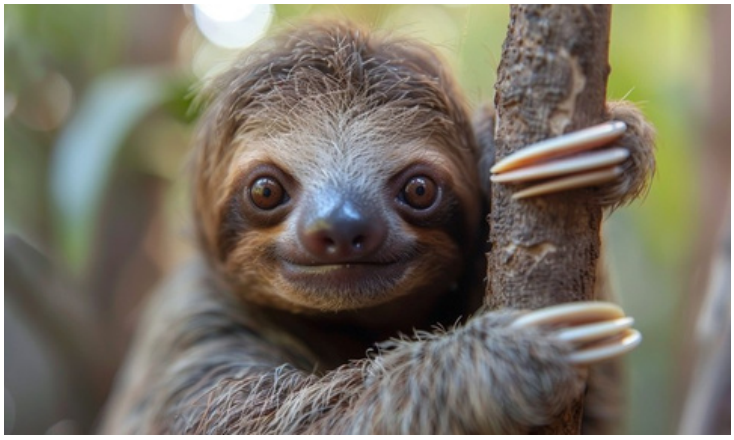
USS Travel

2027 TOURS

The full 2027 USS tour list will be available in the December/January Center Page.

Costa Rica - Beyond Senses

February 18 - 28, 2027
Tour Fare: $5299 per person (2 in a room)
Activity Level: Moderate to Heavy



This 10-night itinerary includes San Jose, Poas Volcano National Park, Mistico Arenal Hanging Bridges Park, Sloth Tour, La Fortuna hot springs, Monteverde, Jaco and Manuel Antonio National Park and more! Costa Rica is a tiny world unto itself, full of lush vegetation, wild animals, pristine beaches all untouched by the modern world allowing you to enjoy nature at its best!

Norwegian Prima Caribbean Cruise

March 13 - 21, 2027
Tour Fare: COMING SOON!
Activity Level: Moderate



This itinerary is the ultimate blend of European charm and tropical adventure. It perfectly balances the vibrant history and dramatic desert landscapes of the Southern Caribbean with the lush, mountainous beaches and legendary duty-free shopping of the Eastern Caribbean. Cruising to these four unique destinations, Tortola-British Virgin Islands, St. Thomas-US Virgin Islands, Willemstad, Curaçao and Oranjestad, Aruba can be described as a dynamic journey of contrasts. Each destination unveils its own story, leaving you with memories that hum with the warmth and soul of the Caribbean.

Scotland - Wild about the Highlands

April 8 - 18, 2027
Special Preview: Friday, October 16, 11am
Tour Fare: COMING SOON!
Activity Level: Moderate



Scotland's dramatic landscapes and deep cultural heritage make it one of Europe's most compelling destinations. Journey through mist-draped glens and alongside mirror-still lochs, explore medieval castles perched on volcanic crags, and discover the proud traditions of a nation defined by its whisky, its clans, and its enduring spirit. Edinburgh's historic Royal Mile and the untamed Highlands await you!

Discover more information about USS Travel

Visit ussohio.org/travel or contact Cindy Lockwood at 937-521-3009 or clockwood@ussohio.org

AmeriCorps Seniors

Retired and Senior Volunteer Program



RSVP Spotlight: United Senior Services

We want to take a moment to express our sincere appreciation for the many ways you give your time, talents, and energy to USS each week. Whether you are greeting members with a smile at the Welcome Desk, Bingo, helping in the Meals Dept., teaching a class, serving at our Bethel or Enon locations, or lending a hand with special projects and events, your contributions make a difference.

You may not always see the impact of what you do, but we see it every day in the smiles of our members, the connections you help create, the programs you make possible, and the welcoming environment you help build. Your dedication, kindness, and willingness to help are what make United Senior Services such a special place.

From RSVP, thank you for showing up, sharing your talents, and being such an important part of our USS family**.** We are incredibly grateful for each and every one of you!

More Volunteer Opportunities

We will need help again with our first round of the annual Membership Drive, this November. Sign up to help with memberships from November 2nd until the 14th . On November 9th, we will be honoring our Veterans with a breakfast and pinning ceremony. Sign up to help at these events in the Welcome Center Volunteer binder.

Partner Site Volunteers Needed!

Restoration Park Church:
Medway, Ohio
ReStore- Sorting donation items
(Help much needed)

Animal Welfare League Thrift:
Springfield
Sorting donations and assist customers

Clark County Literacy Coalition:
Springfield
Help needed

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!

New RSVP Team Member

Please join us in welcoming Marla Fagans to our AmeriCorps Seniors RSVP team! Marla has transitioned from her former role at USS to the volunteer department. She is excited to work with all of our volunteers that she met through membership services and to continue helping the program grow. She loves comedy movies, does diamond art, & loves to talk about her nieces and nephew. She is also a lover of Mallow cups and m&ms. Welcome, Marla!



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.

AmeriCorps Seniors

Springfield Foundation
For good. For ever. For all.

Social Support Groups

OCTOBER

Date	Activity	Register	$	Level
1	Lunch & Learn	●		Low
2	Springfield Statues Tour Group 1	●	●	M-H
5	Amity Wellness			Low
6	Jumbo Hungry Hippo			L-M
8	Roll & Create a Picasso Face			Low
9	Springfield Statues Tour Group 2	●	●	M-H
12	Manicures			Low
13	Birthday Bingo			Low
15	"I Love Lucy" Day			Low
16	Pendelton's Farm Market Group 1	●	●	M-H
19	Are You Smarter Than a 5th Grader?			Low
20	Chair Yoga			M-H
22	Tattoos with Artist Tran			Low
23	Pendelton's Farm Market Group 2	●	●	M-H
26	Pumpkin Carving (BYO Pumpkin)			Mod
27	Halloween Party	●		Low
29	Billiards			Low
30	Der Dutchman Group 1	●	●	M-H

NOVEMBER

Date	Activity	Register	$	Level
2	Pinecone Crystals	●		Low
3	Birthday Bingo			Low
5	Mystery Activity			Low
6	Let's Be Thankful Luncheon	●		L-M
9	Amity Wellness			Low
10	Chair Yoga			M-H
12	Candy Bag Treat Toppers			Low
13	Der Dutchman Group 2	●	●	M-H
16	Manicures			Low
17	Friendsgiving Potluck			Low
19	Color by Number	●		Low
20	Billiards			Low
23	Bunny Show and Tell with Maria			Low
24	Agility Dogs at Enon Satellite & Carriage Inn	●	●	L-M
30	Ribbon Angel Decorations			Low

Activity Levels Key:

L-M: Low to Moderate
MOD: Moderate
M-H: Moderate 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.

USS Support Groups

For more information 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: October 14 & November 11 - An educational hour will be included both dates from 4:30-5:30pm prior to the meeting. 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

In partnership with the Clark County Combined Health District, we offer 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 5:30-6:30pm.

Upcoming Meetings: October 7 & November 4

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: October 10 & November 14. Open to the public.

Interested but cannot attend in person? No problem, just scan the QR code to join the meeting online.

Grief Support Group

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 October 20** from 5:30–6:30 PM. The **following meeting on November 17** will include an educational hour from 4:30–5:30pm, followed by supportive group time from 5:30–6:30pm. 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
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

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 & independent living.

UNITED SENIOR SERVICES
Elderly United of Springfield & Clark County, Ohio, Inc

125 W Main St,
Springfield, OH 45502

Important Dates

THANKSGIVING CLOSURES:

November 25 at 4:30pm & All Day November 26-28



Remaining 2026 Dances:

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

November 13th, tickets go on sale October 12th

December 11th, tickets go on sale November 16th

Returning Classes:

Yoga Hatha
Tuesdays- 8:30am - 9:25am
Thursdays- 3:45pm - 4:45pm

Hula Hoop Group
Fridays- 9:30am - 10:30am
(last Friday is 11/13)

Drums Alive
Tuesdays- 4pm - 5pm
Fridays- 10:30am - 11:30am

Retro Splash
Thursdays- 4pm - 5pm
Saturdays- 10am - 11am