

inside Scoop

July / August 2011

News & Views for Springdale Adults

Looking Ahead

By the time you receive this newsletter, the changes to the Springdale Community Center will have been implemented. Our hope is that things have gone smoothly.

At times like this, it would be great to have a crystal ball to reveal the future. In the coming months, there will continue to be more changes to the adult and senior programming at the SCC; I am now in a part-time position with the Springdale Parks & Recreation Department. Over the next several months, Sharon and I will be evaluating what programs provide the most benefit and focus on ways to improve them. Attendance is a factor that will be considered. If a program or class consistently has low attendance, it may be in jeopardy.

We will continue to look for more cost-effective ways to create programs for our members. For the past couple of years, I have had a lot of success with partnerships. We have a new class for the month of August - YogaStretch - sponsored by Personal Touch Home Health Services and Wellspring at Evergreen. This 5-week class will improve your balance and flexibility. I hope that you all take advantage of this free class so that we are able to bring you more sponsored events.

My new schedule has me at the Community Center on Mondays, Tuesdays and Thursdays; so stop by to see me with any questions or concerns (or compliments, of course).

Enjoy the rest of your summer!

Anna

Library in Motion: Picture a Patriot

Thursday, July 14 2:30 p.m.

We are trying something different with this month's program. Denise Sretchen, Forest Park Branch Manager of the Public Library of Cincinnati and Hamilton County, will be providing patriotic frame kits for 15 registrants. You will have the opportunity to assemble the frame and bring the completed frame home. Perfect for those military photos of your loved ones!

There are only 15 kits available; please call 346-3910 to reserve your seat.



Bible Sticks

**Thursday, August 25
1:30 p.m.**

Come to the SCC and experience the beautiful craftsmanship of Ron Vance's wood carvings. In 1988 Ron Vance carved a walking stick for the simple enjoyment of it. This has since led to him carving over a dozen sticks with Bible stories and teachings, and a ministry in sharing his art work.

Don't miss the opportunity to see these works of art up close and Ron's presentation about each carving. Please call 346-3910 to reserve your seat for this FREE presentation.



Creating Community Through People, Parks and Programs

Family Friendly Activities

Aquatic Activities

Springdale Parks & Recreation has pool activities to keep you cool and entertained this summer! All of our activities are fun and affordable. Check out these (& more) online at www.springdale.org/goplay

Watercize/Aqua Zumba

Thursday 6:30-7:30 p.m.

Saturday 11:00 a.m.- noon

Dive into this no sweat workout and experience a party in the pool! Our popular aquatics guru Patricia Cox (385-6111) will lead you through a fun and refreshing workout for all ages and fitness levels. Familiar water exercises combined with the new moves of Zumba provide a high energy, no-impact no-sweat workout! \$25/5 classes per Resident; \$30/5 classes per Non-Resident; Walk-ins \$7/Resident, \$8/Non-Resident

Family Fun Day at the Pool

Sunday, July 24 2:00-4:00pm



Round up the family and grandkids for a crazy, fun day at the pool! We have noodle races, balloon launches, deck art and a surprise or two! Don't forget to adopt your duck the week before and cheer it on at the annual FFD Duck Race.

This summertime family favorite is free to those with a pool membership. Regular guest fees apply.

Goldfish Swim

Saturday, August 13 12:00pm

1,002 fish fill our pools for this annual tradition! Kids ages 12 and under catch the fish with their bare hands - no nets, no buckets or help from Mom & Dad! Be sure to bring a plastic container to take your new pet home. Regular guest fees apply.

**Pool Closes for the Season
Sunday, August 14**

Health & Wellness

Badminton **FREE!**

T 10:30 a.m. - 12:00 p.m.

Blood Pressure Checks

FREE! 3rd Tuesday

10:30 a.m. - 12:30 p.m.

Body Sculpting

F 5:45 - 6:45 p.m.

Cardio Kickboxing

T, TH 5:45 - 6:45 p.m.

SA 11:00 a.m. - 12:00 p.m.

Chair Volleyball **FREE!**

M 10:00 - 11:30 p.m.

W 12:00 - 1:30 p.m.

Cornhole **FREE!**

W 12:30 p.m.

Jazzercise

M & W 5:45 - 6:45 p.m.

T, TH, SA 9:30 - 10:30 a.m.

Let's Get Fit **FREE!**

M, W 10:30 - 11:30 a.m.

Line Dancing With the Helts

M 1:00 - 2:00 p.m.

L.I.F.E. **FREE!**

T, TH 11:00 a.m. - 12:00 p.m.

R&B Line Dancing

W 6:50 - 7:50 p.m.

SA 12:45 - 2:00 p.m.

Slimnastics **FREE!**

M, W, F 9:15 - 10:15 a.m.

Stay Fit **FREE!**

TH 1:30 - 2:30 p.m.

Zumba

T, TH 6:50 - 7:50 p.m.

*Check the calendar for
regularly scheduled
activities.*

Silver Streaks Enjoy a Winning Season!

This spirited group is in its fifth season and continues to improve every year! Their winning record of 10-4 is a direct result of their teamwork and coaching by Donna Lanter. Donna's continued involvement as a volunteer coach combined with the leadership of team captains, Shirley Farley and Eddy Jenkins, will help them continue with their winning ways!





Springdale Parks & Recreation Department Adult and Senior Calendar July 2011



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/Sunday |
|-----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|-----------------------------------------------------------------------|----------------------------|
| | | | | 1 9:00 Slimnastics 1:00 Euchre | 2 |
| 4 Independence Day Closed | 5 10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly | 6 9:15 Slimnastics 10:00 Creative Stamping 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole | 7 9:30 500 11:00 L.I.F.E. 1:00 Cards | 8 9:15 Slimnastics 9:30 Investment Club 1:00 Euchre | 9 10 Closed |
| 11 9:15 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing | 12 10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly | 13 9:15 Slimnastics 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole | 14 9:30 500 11:00 L.I.F.E. 1:00 Cards 1:30 Library in Motion | 15 9:15 Slimnastics 11:30 Senior Luncheon 1:00 Euchre | 16 17 Closed |
| 18 9:15 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing | 19 10:30 Badminton 10:30 Blood Pressure Checks 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly | 20 9:15 Slimnastics 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole 6:00 Prime Time Diners | 21 9:30 500 11:00 L.I.F.E. 1:00 Cards | 22 9:15 Slimnastics 1:00 Euchre | 23 24 Closed |
| 25 9:15 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing | 26 10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly 9:00-4:00 Hearing Screenings | 27 9:15 Slimnastics 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole | 28 9:30 500 11:00 L.I.F.E. 1:00 Cards | 29 9:15 Slimnastics 1:00 Euchre | 30-Jul 31 Closed |



Springdale Parks & Recreation Department Adult and Senior Calendar August 2011



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/Sunday |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|-------------------------|
| <p>1</p> <p>9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing</p> | <p>2</p> <p>10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly</p> | <p>3</p> <p>9:00 Slimnastics 10:00 Creative Stamping 10:30 Let's Get Fit 12:30 Corn Hole 12:00 Chair Volleyball 12:30 Corn Hole 1:30 YogaStretch</p> | <p>4</p> <p>9:30 500 11:00 L.I.F.E. 1:00 Cards</p> | <p>5</p> <p>9:00 Slimnastics 1:00 Euchre</p> | <p>6</p> <p>Closed</p> |
| <p>8</p> <p>9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing</p> | <p>9</p> <p>10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly</p> | <p>10</p> <p>9:00 Slimnastics 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole 1:30 YogaStretch</p> | <p>11</p> <p>9:30 500 11:00 L.I.F.E. 1:00 Cards</p> | <p>12</p> <p>9:00 Slimnastics 9:30 Investment Club 1:00 Euchre</p> | <p>13</p> <p>Closed</p> |
| <p>15</p> <p>9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing</p> | <p>16</p> <p>10:30 Badminton 10:30 Blood Pressure Checks 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly</p> | <p>17</p> <p>9:00 Slimnastics 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole 1:30 YogaStretch 6:00 Prime Time Diners</p> | <p>18</p> <p>9:30 500 11:00 L.I.F.E. 1:00 Cards</p> | <p>19</p> <p>9:00 Slimnastics 1:00 Euchre</p> | <p>20</p> <p>Closed</p> |
| <p>22</p> <p>9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing</p> | <p>23</p> <p>10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly</p> | <p>24</p> <p>9:00 Slimnastics 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole 1:30 YogaStretch</p> | <p>25</p> <p>9:30 500 11:00 L.I.F.E. 1:00 Cards 1:30 Bible Sticks</p> | <p>26</p> <p>9:00 Slimnastics 1:00 Euchre</p> | <p>27</p> <p>Closed</p> |
| <p>29</p> <p>9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing</p> | <p>30</p> <p>10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly</p> | <p>31</p> <p>9:00 Slimnastics 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole 1:30 YogaStretch</p> | | | |

Fun & Affordable Travel

Overnight Travel One Day Trips

Discover Lake Geneva / August 15-18

Lake Geneva is a beautiful lake resort that is visited by many Chicago millionaires; this is your opportunity to play with the rich and famous! Enjoy a ride on the U.S. Mail Boat and plenty of free time to do as you would like- shopping, walking the lake, or visiting the Geneva Lake Museum of History. Enjoy a wine tasting at a local vineyard and dinner at Millie's Restaurant. Next visit Spring Green, home of the House on the Rock and Taliesin. Tour both of these beautiful homes and learn their unique histories. You may register for this trip by calling Joy Tour & Travel at 777-8221.

Cape Cod / September 7-13,

Join us on a lovely late summer trip to Cape Cod. It's the perfect time to visit as the peak tourist season is over and the weather is still warm and comfortable. We'll visit Mystic Seaport where you can see and tour authentic Tall-mast clipper ships from the mid-1800's. In Plymouth, MA we'll view Plymouth Rock, board the Mayflower II and tour Plymouth Plantation. Then spend 3 nights in Hyannis, the heart of Cape Cod. Take a beautiful cruise to Martha's Vineyard and tour the island with a local guide. Go whale watching and sightsee along route 6A, one of the most scenic drives in the nation! You may register for this trip by calling Joe Ramos of Provident Travel at 763-3080.

When Coal Was King / October 17-18

The hills of Guernsey County in Ohio are rich in coal history. You will ride the rails, eat a Hobo lunch and dinner, tour an actual company store, visit a coal baron home built in 1905 and the Miner's Memorial Park. The final stop is to The Wilds- one of the largest and most innovative wildlife conservation centers in the world. You may register for this trip by calling Joy Tour & Travel at 777-8221.

KitchenAid, Bicycle & Neil Armstrong Museums

Wednesday, August 17

Take a short drive north to Greenville, OH and visit home of the famous KitchenAid Museum and factory. After the tour enjoy lunch on your own at the Montage Café in quaint downtown Greenville. After lunch you are off to New Bremen to visit the Bicycle Museum and then on to our final stop at the Neil Armstrong Museum. Deadline to register is July 17. Reservations can be made at the front desk with checks made payable to Springdale Senior Citizens Club.

A Covered Bridge Day

Wednesday, September 28, 2011

Putnam County Indiana is known as Covered Bridge Country. Spend time enjoying the beauty of Lieber State Park- home of Indiana's largest waterfall Cataract Falls. Enjoy an elegant gourmet lunch on the Cataract Falls Covered Bridge complete with linen tablecloths, china and flowers. Then shop at the General Store and visit Hilltop Orchids where thousands of orchids are in stock with over 500 always in bloom. You may register for this very popular trip by calling Joy Tour & Travel at 777-8221.

Whitewater Train and Metamora Canal Days Friday, October 7

We will take a short drive to Connersville to enjoy the fall train ride to Metamora. After the train you will enjoy two hours of the first day of Canal Days. Enjoy shopping or lunch (on your own) and then board the train for the return ride to Connersville. Deadline to register is September 7. Reservations can be made at the front desk with checks made payable to Springdale Senior Citizens Club.



Senior Activities

Senior Picnic Luncheon

Friday, July 15 11:30 a.m.

Summer is a perfect time for a picnic- especially when it's indoor with air conditioning! Join us for a splendid summer afternoon with your picnic favorites. A lunch menu of fried chicken, potato salad, baked beans, cole slaw and dessert will be served.

Then sit back and be entertained by Laura Hazelbaker with the sounds of the classical violin or fiddle. Since 2004, Laura has been touring the world with a very famous senior citizen, country and pop music legend Ray Price, but her talents don't stop there. Laura has toured in symphony settings with a Christian celtic band and locally she's the bandleader and vocalist for her jazz trio and her personal favorite, a cowboy western swing band in which she sings, fiddles and plays rhythm guitar.



If it involves a classical violin or fiddle, chances are she's been there and done played that! From The Kennedy Center to Radio City Music Hall and The Grand Ole Opry, she's played to audiences of thousands. A delightful and engaging entertainer who easily wins over the crowd.

Don't wait to register for this popular lunch. Cost is \$7.50 for members and \$10 for guests; please register with payment by July 13.

Hearing Screening

**Tuesday, July 26
9:00 a.m. - 4:00 p.m.**

Do you hear, but don't understand? Do you have difficulty hearing in groups or restaurants? Do you ask others to repeat themselves? If you answered yes to any of these questions, don't miss the FREE hearing screening at the SCC!

Ellis-Scott & Associates Hearing Solutions will park their mobile testing unit in the upper parking lot. Appointments with a hearing expert are available every 10 minutes. These appointments will consist of a hearing test, otoscopic exam and hearing consultation.

Call 346-3910 to make your appointment!

Summer Reading

Thanks to the generosity of our members at the SCC, there are hundreds of books within our Lending Library! Biographies, thrillers, romance? No problem! We have new releases as well as the Classics. Stop by the Senior Lounge and borrow a book today!

Many thanks to our book volunteer extraordinaire, Barb Hendrix, for all her hard work organizing the books!

Prime Time Diners

Wednesday, July 20
Fire House Grill, Blue Ash

Wednesday, August 17
Rib City, Springdale

Meet at the restaurant at 6:00 p.m.
Please register by the Monday prior to the date.

In Sympathy

Springdale Parks & Recreation would like to extend their deepest sympathy to the families and friends of Community Center Members Leonard Hagedorn and Mayo Taulbee who recently passed away.

Stay Active! Get Involved!

Summer Physical Fun 45 (SPF 45)

Wednesday 9:15-10:00 a.m.
July 6 - August 10

Grab your kids, grab your grandkids, heck, grab your neighbors kids too (with permission of course!) and get ready for an energetic and fast-paced experience. Get the kids off the couch, out from the tv and get them moving! When the weather is nice we'll head outdoors to hike, climb and jump or if the weather is not-so-nice we'll stay indoors to run, scooter around and hula hoop. This jam-packed FREE class is for ages 6-11.

grAB a 6-pack!

Monday, Wednesday 12:15-12:45 p.m.
July 18 - August 24

If you're tired of doing the same boring crunches over and over, then this FREE class is perfect for you! Work all your core muscles in just 30 minutes. Each class will include a short warm-up, exercises that focus on your abs, obliques and lower back and a brief cool down with stretch. We'll do exercises with stability and medicine balls, resistance bands and more. This class will have you looking great for summer and back to work (or the pool!) in less than an hour.

Meet the Intern

We would like to welcome Maria New to the Fitness Center Team. She is interning this summer with us from The University of Cincinnati. Maria has an Associates Degree in Health & Fitness and will finish her Bachelors Degree in Health Promotion and Education this summer. She has certifications in Resistance Training and Personal Training.

YogaStretch - NEW!

Wednesdays, 1:30 p.m.
August 3-31

We are excited to introduce a new exercise class to the SCC! YogaStretch is a total body stretching class which includes all the major and minor muscle groups, designed to improve overall flexibility & balance. You can expect gentle stretching to enhance a greater range of movement. Each participant works at his or her own rate and you can sit or stand during all of the exercises (no mat work on the floor).

This FREE class is available because of partnerships with Personal Touch Home Health Services and Wellspring at Evergreen. Personal Touch is a national home healthcare agency providing nursing, therapies and home health aides. Wellspring has personalized services to meet your needs with Assisted Living, Rehabilitation, Skilled Nursing and Respite.



Creative Stamping

Wednesday, July 6 & August 3
10:00 a.m.

Join Edith Hulsman to make lovely seasonal cards. You'll learn a new technique to enhance and embellish your creations. Stop by the lobby to view samples of what you'll be making. Bring your favorite scissors for assembling the cards. Cost is 5 cards for \$10 or 5 cards for \$8 if you bring your own adhesive. Call the front desk to register!

Springdale Senior Citizens Club

The Springdale Senior Citizens Club is open to residents who are at least 55 years of age and retired. The social starts at 9:30 a.m. every Tuesday. Meetings are held the 2nd and 4th Tuesdays of each month at 12:00 p.m. Several senior-only trips are planned each year.

Refrigerator Reminder

RD = Registration Deadline

July

| | | |
|----|------------|---------------------------|
| 04 | CLOSED | |
| 06 | 9:15 a.m. | SPF 45 Begins |
| 06 | 10:00 a.m. | Creative Stamping |
| 14 | 2:30 p.m. | Library in Motion |
| 15 | 11:30 a.m. | Senior Picnic Luncheon |
| 18 | 12:15 p.m. | grAB a 6-Pack |
| 20 | 6:00 p.m. | Prime Time Diners RD 7/18 |
| 26 | 9:00 a.m. | Hearing Screening |

August

| | | |
|----|-----------|---------------------------|
| 03 | 10:00a.m. | Creative Stamping |
| 03 | 1:30 p.m. | YogaStretch begins |
| 17 | 6:00 p.m. | Prime Time Diners RD 8/15 |
| 25 | 1:30 p.m. | Bible Sticks presentation |
| 31 | 1:30 p.m. | Last class of YogaStretch |

Community Center Hours

Fitness Center & Indoor Track open at
6:00 a.m. Monday - Friday mornings.

| | |
|-----------------|-----------------------|
| Monday - Friday | 9:00 a.m. - 8:00 p.m. |
| Saturday | 9:00 a.m. - 5:00 p.m. |
| Sunday | Closed |

Holiday Hours

Monday, July 4 (Independence Day) -
SCC Closed / Pool Open 1:00-6:00pm

Need a Reminder?

We hear from many people that they wanted to attend an event and forgot. Springdale Parks & Recreation can help! Sign up for our e-mail alerts and newsletters to stay on top of the classes and events at the SCC. We won't inundate you with e-mail but you may be surprised at what you learn! Stop by the front desk to sign up!

**New
Community
Center
Hours**

PRSR STD
U.S. POSTAGE
PAID
Cincinnati OH
Permit No. 1448

Springdale Parks & Recreation
11999 Lawview Ave
Springdale OH 45246

