

# inside Scoop

News & Views for Springdale Adults

## So Many Things to Do!

The old adage of 'so much to do and so little time' doesn't fit for our summer at the SCC! There is so much to do, but plenty of time!

I encourage everyone to get involved in our new Springdale Summer Survivor. Fun competitions that will put smiles on your face and possibly prizes in your pocket- check out the article for the full Scoop! We will also be holding a photography contest for all the great things happening within Springdale Parks & Recreation! Submit your favorite summertime photos- one may be used in our upcoming publications and all will be displayed at the Community Center. And in all the hubbub of the new, don't forget about the tried and true happenings- our many popular classes and luncheons.

I hope everyone enjoys the beginning of summer and don't forget your sunscreen!

*Anna*

## Take the Challenge!

Springdale Parks & Recreation is holding a fun new competition this summer- Springdale Summer Survivor. Don't worry there won't be any disgusting challenges like the television show - we promise there will not be any bug eating! In this summer-long challenge you will compete against your peers for prizes and bragging rights! These events are for all activity and age levels.

There will be set times when you can come to the SCC and compete. All scores will be tallied at the end of the summer, and the winner in each age category will be awarded the Springdale Summer Survivor. The age groups will be 25-39, 40-54, 55-69, and 70 and older. The events will be held on the second and fourth Mondays of the month with *extra bonus points given to those who participate in Cardboard Regatta during Family Fun Days at the Pool on Sunday, June 27.*



The Springdale Summer Survivor schedule:

**June 14:** 1:00-3:00 p.m. & 6:00-8:00 p.m.

Wii Bowling Challenge- best score wins!

**June 28:** 1:00-3:00 p.m., & 6:00-8:00 p.m.

Badminton hits- how many hits in one minute!

**July 12:** 1:00-3:00 p.m., & 6:00-8:00 p.m.

Hula hoops- how long can you keep the hoop moving!

**July 26:** 1:00-3:00 p.m., & 6:00-8:00 p.m.

Rock, paper, scissors! Take on an SCC staff member!

**August 9:** 1:00-3:00 p.m., & 6:00-8:00 p.m.

Brain Teaser- see if we can stump you!

Stop by the Community Center or call Parks and Recreation at 346-3910 for more information.



**FREE!**

**7:00-8:00 p.m.**

**Great  
for All Ages!**

Grab your family or come alone! Join us for these FREE programs geared toward adults and children. Naturalists from the Hamilton County Park District will present these fun and informative programs. There will also be live animals at some of these presentations!

**Tuesday, May 18 - Wildlife Surprise!**

*Creating Community Through People, Parks and Programs*

# Get Movin' at the SCC!

## Health & Wellness

### Around Springdale Parks Photo Contest

#### Share Your Favorite Parks & Recreation Picture!

Summer is a great time to take photos, and Springdale parks are ideal locations! Springdale Parks & Recreation is holding a photography contest this summer, with only three rules: the photo must be taken in a Springdale Parks & Recreation location (parks, pool and Community Center), the photographer must also be an amateur and a Springdale resident age 18 or older.

So now it's time to put that fantastic photo of little Julie playing soccer to good use! How about the photo of Ty at a family pool outing? Or what about the beautiful wildflowers at one of our parks? All entries must be submitted digitally and submitted on a disk labeled with the entrants name and contact information.

The contest runs June 1 - September 1. Entries will be displayed in the Community Center lobby, and the winning entry may even be featured in one of our publications. Don't delay - submit those summertime photos today! For more information, please call Anna at 346-3910.

#### African Dance & Drumming

SA 12:30 - 1:30 p.m.

#### Badminton FREE!

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

#### Blood Pressure Checks FREE!

3<sup>rd</sup> T 10:30 a.m. - 12:30 p.m.

#### Body Sculpting

F 6:00 - 7:00 p.m.

#### Cardio Kickboxing

T, TH, SU 6:00-7:00 p.m.

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

#### Chair Volleyball FREE!

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

W 1:00 - 2:30 p.m.

#### Chair Yoga FREE!

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

#### Cornhole FREE!

W 12:30 p.m.

#### Get Up & Go! Bootcamp FREE!

M 5:30 - 6:15 p.m.

W, F 6:15 - 7:00 a.m.

#### Jazzercise

M & W 6:00-7:00 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.

#### Slimnastics FREE!

M,W, F 9:00-10:00 a.m.

#### Stay Fit FREE!

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

#### Zumba

M 7:15-8:15 p.m.

T, TH 7:15-8:15 p.m.

## Social

#### Games Galore FREE!

F 1:00 p.m.

Check the calendar for regularly scheduled activities.

## Pool Opens May 29!

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](http://www.springdale.org/goplay)

#### Adult Swim Lessons

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

Begins June 10 for 8 weeks

Our easy-going instructors will work with you at your own ability level and at a pace comfortable to you. \$10/Pool Member; \$20/Non-Pool Member; \$60/Non-Res

#### Watercize w/Aqua Zumba

Wed 6:30 p.m. & Sat 11:00 a.m.

Dive in to 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! Sessions (10 weeks) begin June 9. Session Fee: \$50/Resident; \$60/Non-Res Walk-Ins: \$7/Resident; \$8/Non-Res

#### Family Fun Day at the Pool

Sunday, June 27 3:00-5:00 p.m.

Cardboard Regatta - All hands on deck! Amateur boat builders of all ages will be challenged to design, build and race boats made entirely of corrugated cardboard and duct tape. Free with admission to the pool!

#### Pre-Season Pool Hours

|           |                 |
|-----------|-----------------|
| May 29    | 12:00-5:00 p.m. |
| May 30-31 | 1:00-6:00 p.m.  |
| June 1-4  | 4:00-7:00 p.m.  |
| June 5    | 12:00-5:00 p.m. |
| June 6    | 1:00-6:00 p.m.  |



# Springdale Parks & Recreation Department Adult and Senior Calendar May 2010



| Monday  | Tuesday  | Wednesday   | Thursday                                       | Friday   | Saturday/Sunday                           |
|---|--|---|--|--|---|
| 31<br>Memorial Day<br>1:00- 9:00 p.m.   |  |   |  |  | 1   |
| 3<br>9:00 Slimnastics<br>10:00 Chair Volleyball<br>10:30 Let's Get Fit<br>12:30 Duplicate Bridge<br>1:00 Pinochle<br>1:00 Line Dancing  | 4<br>11:00 L.I.F.E.<br>12:30 Party Bridge<br>1:00 Tripoly  | 5<br>9:00 Slimnastics<br>10:30 Oil Painting<br>10:30 Let's Get Fit<br>12:30 Corn Hole<br>1:00 Chair Yoga<br>1:00 Chair Volleyball                                       | 6<br>9:30 500<br>11:00 L.I.F.E<br>1:00 Cards   | 7<br><b>Cost Containment Day</b><br><b>Center Closed</b>   | 8   |
| 10<br>9:00 Slimnastics<br>10:00 Chair Volleyball<br>10:30 Let's Get Fit<br>12:30 Duplicate Bridge<br>1:00 Pinochle                      | 11<br>11:00 L.I.F.E.<br>12:30 Party Bridge<br>1:00 Tripoly   | 12<br>9:00 Slimnastics<br>10:30 Oil Painting<br>10:30 Let's Get Fit<br>12:30 Corn Hole<br>1:00 Chair Yoga<br>1:00 Chair Volleyball                                      | 13<br>9:30 500<br>11:00 L.I.F.E.<br>1:00 Cards | 14<br>9:00 Slimnastics<br>9:30 Investment Club<br>10:00 Participants Council<br>1:00 Euchre<br>1:00 Games Galore | 15<br><b>2:00 Afternoon at the Movies</b> |
| 17<br>9:00 Slimnastics<br>10:00 Chair Volleyball<br>10:30 Let's Get Fit<br>12:30 Duplicate Bridge<br>1:00 Pinochle                      | 18<br>10:30 Blood Pressure Check<br>11:00 L.I.F.E.<br>12:30 Party Bridge<br>1:00 Tripoly<br><br><b>7:00 Springdale's Gone Wild</b> | 19<br>9:00 Slimnastics<br>10:30 Oil Painting<br>10:30 Let's Get Fit<br>12:30 Corn Hole<br>1:00 Chair Yoga<br>1:00 Chair Volleyball<br><br><b>6:00 Prime Time Diners</b> | 20<br>9:30 500<br>11:00 L.I.F.E.<br>1:00 Cards | 21<br>9:00 Slimnastics<br>10:00 Wii<br><b>11:30 Senior Luncheon</b><br>1:00 Euchre                               | 22  |
| 24<br>9:00 Slimnastics<br>10:00 Chair Volleyball<br>10:30 Let's Get Fit<br>12:30 Duplicate Bridge<br>1:00 Line Dancing<br>1:00 Pinochle | 25<br>11:00 L.I.F.E.<br>12:30 Party Bridge<br>1:00 Tripoly   | 26<br>9:00 Slimnastics<br>10:30 Oil Painting<br>10:30 Let's Get Fit<br>12:30 Corn Hole<br>1:00 Chair Yoga<br>1:00 Chair Volleyball                                      | 27<br>9:30 500<br>1:00 Cards                   | 28<br>9:00 Slimnastics<br>1:00 Euchre  | 29<br><b>Pool Open!</b>                   |
|   |  |   |  |  | 30  |





# Fun & Affordable Travel for Adults!

## One Day Trips

### All Aboard June 25

Trains, trains, and more trains for a fun filled adventure! You will board the train for a beautiful countryside ride around Lebanon. Then it is lunch at the historic Golden Lamb Restaurant and after lunch will enjoy the wonderful EnterTrainment Junction Museum with the world's largest indoor interactive train display. Cost is \$89, please call Joy Tour & Travel at 777-8221 to register for this trip.

### Mystery Trip June 28

Are you brave enough to sign up for a day of fun not knowing where you will be going? Here are a few clues: a mansion and its' gardens, canal and the restored birthplace of a First Lady of one of Ohio's US Presidents. If you know all these places than you have solved the mystery, but shhhhh...don't tell! Cost is \$74, please call Joy Tour & Travel at 777-8221 to register for this trip.

### Greater Cincinnati Airport & The Verdin Company August 4

Enjoy a tour of the Greater Cincinnati Airport by a professional guide who will board our bus. You will go on a complete tour of the airport grounds, complete with Recycle Plant, Field Maintenance Plant and the Police and Fire Department. You will also get to sit in the cockpit of an old cargo plane! After lunch on your own at the Cracker Barrel you will proceed to The Verdin Clock and Bell Company in downtown Cincinnati. Since 1842, six generations of the Verdin family have been dedicated to creating the finest cast bronze bells, carillons, digital bells, tower clocks and much more! The cost is \$20, please register at the SCC front desk or call Shirley Fastnacht, 771-0347, with questions.

## Overnight Travel

### Mackinac Island June 21-25

Smell the fragrant lush purple lilac trees, sample the famous fudge and feel the warm summer breezes off of Lake Huron. Join us as we head north for two relaxing days on Mackinac Island and one fun-filled day in Frankenmuth. Please call Joe Ramos of Provident Travel at 763-3080 with questions and to register for this trip.

### Tall Ships Celebration July 15-18

Ahoy Mates! Beautiful Bay City Michigan is your destination to celebrate and enjoy a Tall Ship experience. Enjoy the Tall Ships celebration, a sunset dinner sail aboard the Appledore IV, as well as a visit to the Alden B. Dow Home and tour the Dow Gardens. Please call Joy Tour and Travel at 777-8221 with questions or to register for this trip.

### San Francisco, Lake Tahoe & Yosemite, July 26-August 2

Join us and visit Northern California's most beautiful sites! In San Francisco enjoy Fisherman's Wharf, a city tour and a bay cruise with spectacular views of Alcatraz Island and the Golden Gate Bridge. In Lake Tahoe you will stay at a casino resort and take a sightseeing cruise to Emerald Bay. Then enjoy the awe-inspiring natural beauty of Yosemite National Park. Please call Joe Ramos of Provident travel at 763-3080 with questions and to register for this trip.

### West Virginia Train Adventure August 5-7

Dinner at the Rail Yard Restaurant, a musical show, a ride aboard the new Cheat Mountain Salamander, a Hobo Sandwich Buffet and a ride on the Durbin Rocket are just a few of the things on this exciting train adventure! Please call Joy Tour & Travel at 777-8221 with questions and to register for this fun trip.

# Activities Just For Seniors

## May Luncheon

### SOPHISTICATED SPRING LUNCHEON

Friday, May 21 11:30 a.m.

We'll begin with a spectacular spring menu of chicken salad and egg salad croissants, tossed salad, potato chips, fresh fruit and brownies.

Then sit back and enjoy the harmonious sounds of guitar and cello presented by Brian Deyo and Amy Gillingham. Brian is a veteran performer of numerous Broadway national tour orchestras, and has backed up such major stars as Bob Hope, Glen Campbell, the Drifters, and many others. Amy is a graduate of the UC College Conservatory of Music and is currently working toward her Doctorate in Musical Arts. She has performed concerts throughout the eastern United States, Canada, Latin America and Italy.

Brian comes together with cellist Amy Gillingham for a mixed program of familiar classical music, Latin tunes (watch out for the Tangos!) and popular favorites.

Cost for this sophisticated luncheon is \$7.50 for members and \$10 for guests. Please register with payment by Wednesday, May 19.

## Lunch & Learn: Diabetes

Thursday, June 24 12:00 - 1:00 p.m.

With the help of two partners, Springdale Parks & Recreation will be offering a new Lunch & Learn education series this summer.

This healthy lifestyle program will offer a free nutritious lunch as a compliment to a free educational seminar; our first program covers diabetes. Our sponsors for this series are Personal Touch Home Health Services and Wellspring at Evergreen Senior Lifestyle Community.

Registration begins June 1 for this program, and only 40 seats are available. Please register by calling 346-3910 or stopping by the Community Center front desk.

**FREE!**

## June Luncheon

### *On the Edge of Illusion*

Friday, June 18 11:30 a.m.

Join us for our magical June luncheon. A scrumptious picnic faire of hot dogs, hamburgers, potato salad, baked beans, cole slaw and dessert will be served.

Our featured entertainer is illusionist John Louis. In his program 'On the Edge of Illusion' he uses dazzling illusions, incredible juggling, hilarious comedy, live animals and audience participation to enthrall audiences of every age.

Cost is \$7.50 for members and \$10 for guests. Please register with payment before June 16.



## Games Galore

May 14 & June 11 1:00 p.m.

Come and try your hand at various games. Bring a friend! Register at the front desk. Free!

## Afternoon at the Movies

Saturday, 1:00 p.m.

May 15 & June 19



Come out to the Senior Lounge and watch a movie with free popcorn and coffee. Be sure to register at the front desk. See you there!

# Healthy Ohio Fitness Walk

**Wednesday, May 20 Noon**

Healthy Ohio and The City of Springdale would like to encourage you to get active with the fifth annual Healthy Ohio Fitness Walk. Help us reach our goal of over one hundred thousand Ohioans walking one mile! Individuals or groups of walkers from work, schools, churches, neighborhoods, organizations and families are joining together for the walk, in conjunction with National Employee Health and Fitness Day.

No registration necessary.

Refreshments provided.

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## Prime Time Diners

**Wednesday, May 19**

*Logan's Steakhouse, Colerain*

**Tuesday, June 15**

*Century Inn, Glendale*

Meet at the restaurant at 6:00 p.m.

Please register by the Friday prior to the date.

# Stay Fit

## A Great Senior Exercise Class!

**Thursdays 1:30 p.m. - 2:30 p.m.**

Still looking for just the right exercise class? We have the perfect 'fit' for you - Stay fit! Stay Fit has become one of our most popular classes and offers a wide variety of different exercise techniques. This class is sure to awaken your mind, body and spirit. It's FREE so give it a try, you have nothing to lose!

This class is taught by Senior Fitness Instructor, Melissa Schmit. Melissa is certified through the Arthritis Foundation and Healthways, and she has taken many continuing education classes in arthritis, dementia and fitness for older adults.

This 2 month session is sponsored by Personal Touch Home Health Services and Wellspring at Evergreen Senior Lifestyle Community. 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.

Please call 346-3910 to register for this FREE class.

**FREE!**

## In Sympathy

Springdale Parks & Recreation would like to extend their deepest sympathy to the families and friends of Community Center Member Charles Aug who recently passed.



*Some of our active groups - Chair Volleyball, Badminton & Cornhole. Ask us how you can join the fun!*

## Refrigerator Reminder

*RD = Registration Deadline*

### May

|    |            |                                |
|----|------------|--------------------------------|
| 07 | CLOSED     | COST CONTAINMENT DAY           |
| 14 | 9:30 a.m.  | Investment Club                |
| 14 | 10:00 a.m. | Participants Council           |
| 14 | 1:00 p.m.  | Games Galore                   |
| 15 | 2:00 p.m.  | Afternoon at the Movies        |
| 18 | 7:00 p.m.  | Springdale's Gone Wild         |
| 19 | 6:00 p.m.  | Prime Time Diners RD 5/16      |
| 21 | 10:00 a.m. | Wii Game Day                   |
| 21 | 11:30 a.m. | Sophisticated Luncheon RD 5/19 |

### June

|    |            |                                   |
|----|------------|-----------------------------------|
| 04 | 10:00 a.m. | Wii Game Day                      |
| 11 | 10:00 a.m. | Participants Council              |
| 11 | 1:00 p.m.  | Games Galore                      |
| 14 |            | Springdale's Summer Survivor      |
| 15 | 6:00 p.m.  | Prime Time Diners RD 6/13         |
| 18 | 10:00 a.m. | Wii Game Day                      |
| 18 | 11:30 a.m. | Senior Luncheon RD 4/14           |
| 19 | 2:00 p.m.  | Afternoon at the Movies           |
| 27 | 3:00 p.m.  | Family Fun Day: Cardboard Regatta |
| 28 |            | Springdale Summer Survivor        |

## Adult Tennis Lessons

*Play Now! Play for Life!*

**Wednesdays**

**Beginners** - 7:00-8:00 p.m.

**Advanced** - 8:00-9:00 p.m.

**Session I:** May 26-June 30

**Session II:** July 14-August 18

A great way to learn a new sport or to improve your game. Contact instructor Charlie Knee at 260-2260 for more information. Please wear proper shoes and bring a tennis racquet and a can of balls.

\$10/class or \$50/six week session



## Community Center Hours

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

|                   |                        |
|-------------------|------------------------|
| Monday - Thursday | 7:00 a.m. - 10:00 p.m. |
| Friday            | 7:00 a.m. - 9:00 p.m.  |
| Saturday          | 9:00 a.m. - 5:00 p.m.  |
| Sunday            | 1:00 p.m. - 9:00 p.m.  |

### Holiday Hours

Friday, May 7 (Cost Containment Day) - Closed  
Monday, May 31 (Memorial Day) - 1:00 p.m.-9:00 p.m.

**Great Travel  
Programs  
get you out  
& about!**

Springdale Parks & Recreation  
1199 Lawnview Ave  
Springdale OH 45246



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