

# inside Scoop

News & Views for Springdale Adults

## Happy Holidays!

The song says this is 'the most wonderful time of the year', but sometimes I think 'busiest time of the year' may be more fitting! Along with the fun usual classes we have many fun (and FREE!) things planned for you- presentations from the Taft Museum and The Weaver's Guild of Cincinnati to name a couple. This year there will be changes to some annual traditions, but I think we will all find them positive. Also the long awaited changes to the membership fee begin in 2011, we have a detailed explanation inside. If that doesn't answer your questions, call me at 346-3910 and I can help.

I hope that everyone has a safe and healthy holiday season!

*Anna*

## Giving Tree



The adults and seniors at the Springdale Community Center have always been very generous with their donations at our annual holiday event. This year we will be partnering with the City of Springdale through S.O.S. to provide for children within our community.

A Giving Tree will be in the Community Center lobby, listed on each ornament is a name of the child and an item that they have requested. Select an ornament and then bring that item, wrapped or unwrapped, with the child's name on it to the Springdale Community Center by Friday, December 10.

If you have any questions, please call Anna at 346-3910.

## Annual Holiday Luncheon

**Friday, December 10 11:30 a.m.**

***Windows on The Green Restaurant***

'Tis the season to be jolly! This year our Holiday Luncheon will be held at the GEEAA- GE Park Windows on The Green restaurant. We will enjoy beautiful golf course views while celebrating the festive season with our Springdale friends.

The luncheon menu is a scrumptious faire of roast beef, chicken breast, buttered parsley red potatoes, green beans, tossed salad and rolls. And don't forget about a mouth-watering dessert! Your choice of soft drinks is also included.

The entertainment for the afternoon is Phil DeGreg. Phil DeGreg is a jazz pianist and Professor of Jazz Studies at the University of Cincinnati College-Conservatory of Music. He toured with the Woody Herman Orchestra in the 1980s. Phil performs swinging, virtuosic jazz arrangements of popular songs from the Great American Songbook written by composers like George Gershwin, Cole Porter, Hoagy Carmichael, Jerome Kern, Harold Arlen, and many others.

The cost for this yuletide luncheon is \$14 for members and \$16 for guests.

**Reservations must be made with payment by December 5.** Stop by the front desk or call 346-3910 with questions.



*Creating Community Through People, Parks and Programs*

# Family Friendly Activities

## Health & Wellness

### Don't Miss Out!

#### **Veteran's Day Appreciation** **Thursday, November 11** **12:00 p.m.**

Join us at the Springdale Veterans' Memorial to celebrate the service of our veterans. Springdale organizations will be involved, and Springdale Elementary will provide musical accompaniment.

#### **Turkey Shoot** **Sunday, November 21** **2:00-4:30 p.m.**

Come and shoot some hoops for the chance to win a turkey! Club Rec (Springdale Community Center youth group) will host the 10th annual Turkey Shoot at the Community Center. Winners will be awarded in male and female categories divided

from ages 5 and under to adults and seniors. The entry fee is only \$2 or two (2) non-perishable non-expired food items for the Club Rec holiday food drive. No pre-registration necessary!



#### **Holiday Tree Lighting** **Sunday, November 28** **7:30 p.m.**

The community is invited to the annual Tree Lighting Ceremony as the tree at Springdale's Municipal Building is illuminated. Come celebrate the season with the Springdale Elementary Chorale singing carols and a visit from Santa. Refreshments will be served.

#### **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 12:00 - 1:30 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.

#### **R&B Line Dancing**

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

SA 12:30 - 1:30 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.

*Check the calendar for regularly scheduled activities.*

# FREE!

## Frisch Marionettes

**Wednesday, November 3**  
**1:00 p.m.**

Don't miss this fun program- for all ages! The Frisch Marionette Company is coming to the SCC for a great intergenerational program! Their Variety Show is a lively, upbeat show featuring hand puppets and trick marionettes performing songs, dances and comical routines. Please call 346-3910 to reserve your seat at this FREE performance.





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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<b>1</b> 9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing 2:30 Square Dancing	<b>2</b> 10:30 Badminton 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly	<b>3</b> 9:00 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole <b>1:00 Frisch Marionette</b>	<b>4</b> 9:30 500 11:00 L.I.F.E. 1:00 Cards 1:30 Stay Fit	<b>5</b> 9:00 Slimnastics 10:00 Wii 1:00 Euchre	<b>6</b>      
<b>8</b> 9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing 2:30 Square Dancing	<b>9</b> 10:30 Badminton 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly	<b>10</b> 9:00 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole	<b>11</b> 9:30 500 11:00 L.I.F.E. <b>12:00 Veteran Ceremony</b> 1:00 Cards 1:30 Stay Fit <b>2:30 Library in Motion</b>	<b>12</b> 9:00 Slimnastics 9:30 Investment Club 10:00 Participants Council 1:00 Euchre 1:00 Games Galore	<b>13</b>      
<b>15</b> 9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing 2:30 Square Dancing	<b>16</b> 10:30 Blood Pressure Check 10:30 Badminton 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly	<b>17</b> 9:00 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole <b>6:00 Prime Time Diners</b>	<b>18</b> 9:30 500 11:00 L.I.F.E. 1:00 Cards 1:30 Stay Fit <b>2:30 Who's Who at the Taft</b>	<b>19</b> 9:00 Slimnastics 10:00 Wii 1:00 Euchre	<b>20</b>      
<b>22</b> 9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing 2:30 Square Dancing	<b>23</b> 10:30 Badminton 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly	<b>24</b> 9:00 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole	<b>25</b> <b>Thanksgiving</b> <b>Closed</b>	<b>26</b> 9:00 Slimnastics 1:00 Euchre <b>Cost Containment Hours</b> <b>8 a.m.-5 p.m.</b>	<b>27</b>      
<b>29</b> 9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Line Dancing 1:00 Pinochle 2:30 Square Dancing	<b>30</b> <b>10:00 Hearing Screening</b> 10:30 Badminton 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly				<b>28</b> <b>7:30 Tree Lighting</b>



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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
		1 9:00 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:30 Corn Hole 1:00 Chair Volleyball	2 9:30 500 11:00 L.I.F.E. 1:00 Cards 1:30 Stay Fit <b>2:30 Spinning Around</b>	3 9:00 Slimnastics 10:00 Wii 1:00 Euchre	4 9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing 2:30 Square Dancing
6 9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing 2:30 Square Dancing	7 10:30 Badminton 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly	8 9:00 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:30 Corn Hole 1:00 Chair Volleyball	9 9:30 500 11:00 L.I.F.E. 1:00 Cards 1:30 Stay Fit	10 9:00 Slimnastics 9:30 Investment Club <b>11:30 Holiday Luncheon</b> 1:00 Euchre	11 9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing 2:30 Square Dancing
13 9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing 2:30 Square Dancing	14 10:30 Badminton 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly	15 9:00 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:30 Corn Hole 1:00 Chair Volleyball	16 9:30 500 11:00 L.I.F.E. 1:00 Cards 1:30 Stay Fit	17 9:00 Slimnastics 10:00 Wii 1:00 Euchre	18 9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing 2:30 Square Dancing
20 9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing 2:30 Square Dancing	21 10:30 Blood Pressure Check 10:30 Badminton 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly	22 9:00 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:30 Corn Hole 1:00 Chair Volleyball	23 9:30 500 11:00 L.I.F.E. 1:00 Cards 1:30 Stay Fit	24 Closing at 5:00 p.m. <b>Christmas Eve</b>	25 9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing 2:30 Square Dancing
27 9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Line Dancing 1:00 Pinochle 2:30 Square Dancing	28 10:30 Badminton 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly	29 9:00 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:30 Corn Hole 1:00 Chair Volleyball	30 9:30 500 11:00 L.I.F.E. 1:00 Cards	31 Closing at 5:00 p.m. <b>New Year's Eve</b>	1-Jan <b>SCC Closed</b>

# Membership Fee Changes

As you may remember, late in 2008 it was determined that membership fees at the Community Center would increase. Beginning in 2009, new Senior Resident Members were charged \$20 and existing 2008 Senior Resident Members continued to receive free membership renewals until 2011. Now that 2011 is right around the corner we have one more minor change- and don't worry it won't cost you anymore!

## Senior Residents

To better identify the type of membership and what is included we are changing the name from Senior Resident Membership to Senior Resident Pool Membership. It's still a fantastic deal, and

includes the use of all the amenities at the Community Center. It's a reduction of \$55 from the comparable Individual Pool Membership. At less than \$2/month, it's a steal for the use of the pool, fitness center, senior lounge, gymnasium, racquetball courts, game rooms, track, tennis courts, or computer lab and the ability to participate in senior programs and activities!

## Senior Non-Residents

Senior Non-Resident Memberships will remain at \$20. Open to non-resident senior citizens 62 years of age and older this limited membership gives non-residents the use of the gymnasium, game rooms,



track, tennis courts, computer lab, senior lounge, and the ability to participate in senior programs and activities. Senior Non-Resident Members do not have access to the Fitness Center and must pay a daily fee to use the pool.

We hope that you will agree that even with the fee increase, the SCC is the best deal around! If you have any questions or concerns, please call 346-3910 or stop by the front desk.

## Congratulations!

**Barb and Harold Dauer** were inducted into the Senior Citizen Hall of Fame due to their volunteer work with the Springdale Senior Citizens Club.

**The Springdale Silver Streaks** Chair Volleyball team competed at the Seasons Retirement Community Tournament and swept the tourney with a hard-fought record of 5-0.



*A toe-tappin' good time at the Hoedown!*

# FREE Activities For Seniors

## Who's Who at the Taft?

Thursday, November 18 2:30 p.m.

For over 75 years, the Taft Museum of Art has been inspiring visitors with its extraordinary collections and compelling exhibitions. And now we are bringing the Taft to the Springdale Community Center!

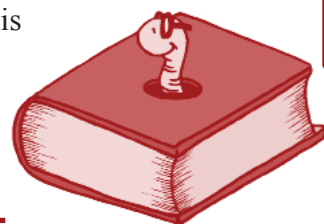
Join us for this free program and learn more about the often outrageous personalities behind the serene portraits that line the Taft galleries. Likely to be revealed are the well-kept secrets of those very distinguished characters that had their portraits painted by the old masters many years ago.

Registration is required for this free program. Please call 346-3910 or stop by the front desk to register before November 17.

## Library in Motion

Thursday, November 11 2:30 p.m.

Our bi-monthly program with the Public Library of Cincinnati and Hamilton County continues in November with a free program about veterans. The Forest Park branch manager, Denise Strechen, will use a bi-focal kit to discuss veterans and their sacrifices in this informative session. All are invited to this free program; please call 346-3910 to reserve your seat.



## Spinning Around

Thursday, December 2 2:30 pm

Have you ever admired beautiful yarn and wonder how it is made? Are you fascinated by how things were done in the 'ol days'? We have a perfect seminar for you! Pat Maley, Master Spinner from The Weaver's Guild of Greater Cincinnati, will demonstrate how people from the 18th century spun fiber into yarn on the spinning wheel for making cloth, and discuss dying and fabric making from the period. Pat will even bring a spinning wheel with her and demonstrate.

Don't miss out on this interesting and lively discussion! Please call 346-3910 or stop by the front desk to reserve your seat.



## Games Galore Plus More!

Friday, November 19 1:00 p.m.

Come and try your hand at these new & exciting games. Bring a friend! Register at the front desk.

## Hearing Screening

Tuesday, November 30 10:00 a.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!

A Hearing Expert from Ellis-Scott & Associates Hearing Solutions will have appointments every 10 minutes. These appointments will consist of a hearing test, otoscopic exam and hearing consultation.



# Learn Something New!

## Taking Control

**Tuesday 12:15 - 1:00 p.m.**

An exercise class geared towards mobility-impaired people. This class offers something for everyone, regardless of fitness level and can help improve overall strength and flexibility – helping you stay healthy and independent. The exercises can be performed standing or in a chair and can be modified as necessary to help people move at a comfortable pace.

This video-led class is for those who would like exercise to help manage both the emotional and physical symptoms of many health issues including Multiple Sclerosis, Parkinson's, Fibromyalgia, Rheumatoid Arthritis and others. Exercise benefits include lowering fatigue, stronger bones, increased bladder control, weight loss, decreasing your risk of heart disease and more.

## Square Dancing

**Monday 2:30 - 4:00 p.m.**

This isn't your granddaddy's dance class! Learn new moves set to modern music. All are welcome, partners not required. Only \$5/per class. Call 346-3910 for more information.

## Adult Women's Volleyball

Are you interested in playing volleyball this winter? Register for Wednesday night volleyball. The league is open to resident and non-resident teams. Resident teams must have at least seven (7) Springdale residents listed on their roster. Resident teams will have first preference and may register from November 15 through December 15, 2010. Non-Resident registration begins December 16. Entry deadline is December 29, 2010. League play will begin January 6, 2011.

For more information, or to register a team, please contact Springdale Community Center at 346-3910.



Mark Your Calenders for our  
**2011 Travel Preview**

**Thursday,  
January 20**



## Prime Time Diners

**Wednesday, November 17**

*Steak Nina*

**Wednesday, December 15**

*Grand Finale*

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

## Stay Fit

**Thursdays**

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

**FREE!**

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.

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

**EVERGREEN  
& WELLSPRING**  
*A Senior Lifestyle Community*

**Personal-Touch**  
HOME HEALTH SERVICES

# Refrigerator Reminder

*RD = Registration Deadline*

## November

- 03 1:00 p.m. Frisch Marionettes
- 05 10:00a.m. Wii Game Day
- 11 12:00 p.m. Veterans Memorial
- 11 2:30 p.m. Library in Motion
- 12 9:30 a.m. Investment Club
- 12 10:00 a.m. Participants Council
- 17 6:00 p.m. Prime Time Diners
- 18 2:30 p.m. Who's Who at the Taft RD 11/17
- 19 1:00 p.m. Games Galore PLUS More
- 21 2:00 p.m. Turkey Shoot
- 25 CLOSED Thanksgiving
- 26 8:00am-5:00pm Cost Containment Day
- 28 7:30 p.m. Holiday Tree Lighting
- 30 10:00 a.m. Hearing Screening

## December

- 02 2:30 p.m. Spinning Around
- 03 10:00a.m. Wii Game Day
- 10 9:30 a.m. Investment Club
- 10 11:30 a.m. Holiday Luncheon RD 12/5
- 15 6:00 p.m. Prime Time Diners
- 24 Close 5:00pm Christmas Eve
- 25 CLOSED Christmas Day
- 31 Close 5:00pm New Years Eve

## 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

Thursday, November 25 (Thanksgiving)  
Closed

Friday, November 26 (Cost Containment Day)  
8:00 am - 5:00 pm

Friday, December 24 (Christmas Eve)  
6:00 a.m. - 5:00 p.m

Saturday, December 25 (Christmas)  
Closed

Friday, December 31 (New Years Eve)  
6:00 a.m. - 5:00 p.m.

Saturday, January 1 (New Years Day)  
Closed

**Info on New  
Membership  
Fees - Page 5**



Springdale Parks & Recreation  
1199 Lawview Ave  
Springdale OH 45246

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