

inside Scoop

News & Views for Springdale Adults

Looking Ahead

As far as I am concerned, this is the best time of the year. After the summer swelter, cooler mornings and cooler evenings allow you to get out and do things. No excuses in the fall! So save those excuses for colder weather and come visit us at the SCC! We have so much to offer here: exercise classes, card groups, billiards, special events, the walking track, free seminars, and the list goes on and on.

Springdale Parks & Recreation also has volunteer opportunities available. Volunteering is a great way to get to know people and give back to the community. Look inside for more information and give us a call at 346-3910 to get involved.

Anna



New Winter Hours

Beginning October 1, the Springdale Community Center will be open Monday - Friday 9:00 a.m. - 9:00 p.m. and Saturday 9:00 a.m. - 5:00 p.m. The building will remain closed on Sunday. The fitness center and walking track will continue to open at 6:00 a.m. during the week.

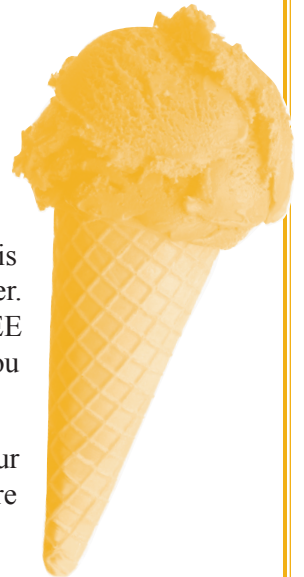
These extended hours will be in effect through March 31, 2012.

Ice Cream Social

Friday, September 30
2:00 p.m.

I scream, you scream, we all scream for ice cream! The screaming is purely optional for our End of Summer Ice Cream Social. Just because the hot weather is over, it doesn't mean that this cool treat needs to stay in our freezer. All are welcome to attend this fun FREE social. BYOB (banana, that is) if you would like to have a fancier sundae.

Please call 346-3910 to reserve your seat in our ice cream parlor, before September 23.



Cincy Zoo to YOU!

Thursday, September 22
2:00 p.m.

The Cincinnati Zoo & Botanical Garden is the second oldest zoo in the United States. Learn the story of the Cincinnati Zoo beginning with their doors first opening in 1875 through the years of the Opera at the Zoo, the first gorilla in North America and the grand restaurant to growth throughout the 1980s and 1990s. A knowledgeable volunteer educator from the Cincinnati Zoo will be presenting this interesting program. Please call 346-3910 or stop by the front desk to register for this FREE program by September 21.

Creating Community Through People, Parks and Programs

Opportunities

Volunteer Opportunities

Have you thought about getting involved but worried about the time commitment? We have two great volunteer opportunities available this fall. Each will only take a couple of hours out of your busy day!

Junior Olympics Saturday, September 10 10:00-11:30 a.m. Registration & Events

This is a great FREE event for you and your grandchildren. Junior Olympics is comprised of eight fun and competitive events for boys and girls ages 12 and under. Registration begins at 10:00 a.m. the day of the event and the events begin at 10:00 a.m. Each participating child will be automatically entered to win door-prizes.

We need nearly 50 volunteers to make this a success!

Sit-down jobs are also available.



Halloween Carnival Saturday, October 29 1:00-3:00 p.m.

Ghosts, ghouls and goblins abound! During the Halloween Carnival kids of all ages participate in games, crafts and costume contests. Volunteers are needed to monitor these activities (and “Ohhh” and “Awww” over the little ones’ costumes, of course!)

Please call 346-3910 if you are interested and able to volunteer for these events.

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.
F 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.

Bootcamp Returns Mondays 5:30-6:15 p.m.

It's back and better than ever! Intended to be a complete workout for all skill levels and abilities, Bootcamp is a great way to jump start your fitness routine! Bring a towel, water bottle and a can-do attitude.

Youth Ballet with Ms. Dena Wednesdays, 4:30-5:30 p.m.

Your kids or grandkids can learn classical ballet through fun and creative themes. The child will enjoy using his/her imagination while learning basic barre techniques, musicality and body awareness. Ms. Dena is a former professional ballet teacher with the Toledo Ballet Company. Session I begins September 7. Ages 5-8. For more information, please contact Dena Morley at 513-761-0671.



Springdale Parks & Recreation Department Adult and Senior Calendar September 2011



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
			1 9:30 500 11:00 L.I.F.E 1:00 Cards	2 9:00 Slimnastics 1:00 Euchre	3
5 Labor Day Closed	6 10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly	7 9:15 Slimnastics 10:00 Creative Stamping 10:30 Oil Painting 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole	8 9:30 500 11:00 L.I.F.E 1:00 Cards	9 9:15 Slimnastics 9:30 Investment Club 1:00 Euchre	10 10:00 Junior Olympics
12 9:15 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Line Dancing	13 10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly	14 9:15 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole	15 9:30 500 11:00 L.I.F.E. 1:00 Cards	16 9:15 Slimnastics 1:00 Euchre	17
19 9:15 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Line Dancing	20 10:30 Badminton 10:30 Blood Pressure Checks 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly	21 9:15 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole 6:00 Prime Time Diners	22 9:30 500 11:00 L.I.F.E. 1:00 Cards 2:00 Cincy ZOO to YOU	23 9:15 Slimnastics 1:00 Euchre	24
26 9:15 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Line Dancing	27 10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly	28 9:15 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole	29 9:30 500 11:00 L.I.F.E. 1:00 Cards	30 9:15 Slimnastics 1:00 Euchre	25 Closed



Springdale Parks & Recreation Department Adult and Senior Calendar October 2011



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>31</p> <p>9:15 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Line Dancing</p>					<p>1</p>
					<p>2</p> <p style="text-align: center;">Closed</p>
<p>3</p> <p>9:15 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Line Dancing 2:00 Ice Cream Social</p>	<p>4</p> <p>10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly</p>	<p>5</p> <p>9:15 Slimnastics 10:00 Creative Stamping 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole</p>	<p>6</p> <p>9:30 500 11:00 L.I.F.E. 1:00 Cards</p>	<p>7</p> <p>9:15 Slimnastics 1:00 Euchre</p>	<p>8</p>
					<p>9</p> <p style="text-align: center;">Closed</p>
<p>10</p> <p>9:15 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Line Dancing</p>	<p>11</p> <p>10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly</p>	<p>12</p> <p>9:15 Slimnastics 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole</p>	<p>13</p> <p>9:30 500 9:30 AARP Drivers Safety 11:00 L.I.F.E. 1:00 Cards 2:00 Cincinnati Art Museum</p>	<p>14</p> <p>9:15 Slimnastics 9:30 Investment Club 1:00 Euchre</p>	<p>15</p>
					<p>16</p> <p style="text-align: center;">Closed</p>
<p>17</p> <p>9:15 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Line Dancing</p>	<p>18</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>19</p> <p>9:15 Slimnastics 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole 6:00 Prime Time Diners</p>	<p>20</p> <p>9:30 500 11:00 L.I.F.E. 1:00 Cards</p>	<p>21</p> <p>9:15 Slimnastics 1:00 Euchre</p>	<p>22</p>
					<p>23</p> <p style="text-align: center;">Closed</p>
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					<p>30</p> <p style="text-align: center;">Closed</p>

Fun & Affordable Travel

Overnight Travel

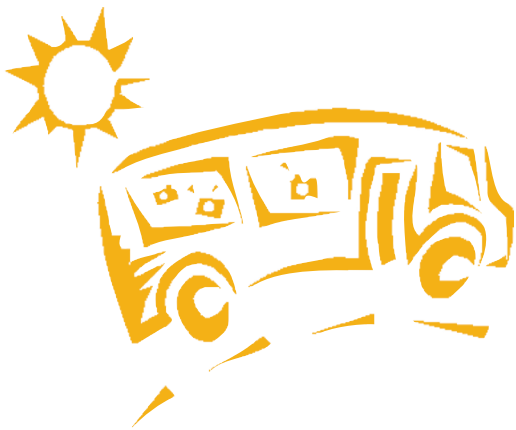
One Day Trips

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.

A Myrtle Beach Christmas / December 5-9

Myrtle Beach has everything for the holidays! Spend two nights at the Avista Resort in an oceanfront room. See the Christmas production at the Alabama Theatre, enjoy the Christmas special at The Carolina Opry and visit Brookgreen Gardens. You may register for this trip by calling Joy Tour & Travel at 777-8221.



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.

A Potpourri Day

Wednesday, October 26, 2011

Indiana, here we come! First stop will be at Strauther Peak Round Barn which was built in 1911 on an 80 acre homestead. Learn the history and importance of this barn that resembles a three-tier cake! Lunch at High Point Orchard and visit two museums- the Last Supper Museum and the Decatur County Historical Society Museum. Then a return trip to High Point Orchard for wine tasting and shopping. You may register for this trip by calling Joy Tour & Travel at 777-8221.

Senior Activities

Beauty Has No Age

Thursday, October 13 2:00 pm



Located in scenic Eden Park, the Cincinnati Art Museum features an unparalleled art collection of more than 60,000 works spanning 6,000 years. The Cincinnati Art Museum will be at the Springdale Community Center presenting Beauty Has No

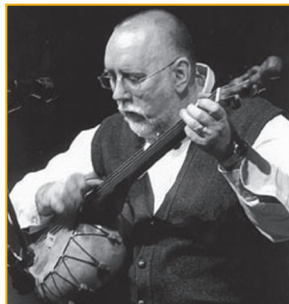
Age. This presentation will examine exceptional works created by artists in their later years and thoughtful portrayals of older adults in art over the centuries. Please call 346-3910 or stop by the front desk to register for this FREE program by October 12.

Russ Childers: Appalachian Music and Stories

Thursday, November 10 2:00 p.m.

For more than 35 years, Russ Childers has been making music in the southern Ohio/northern Kentucky. Whether as banjo player with the Rabbit Hash String Band or fiddle player with the husband-wife team Bear Foot or one-man-band-and-storyteller, his music defines him.

Russ will share the history of the region using traditional Appalachian stories and songs to paint memories of the past. This program will also illustrate several Appalachian instruments and aspects of Appalachian culture. Call 346-3910 to reserve your seat for this lively presentation or stop by the front desk before November 9.



AARP Drivers Safety

Thursday, October 13
9:30 a.m.- 2:30 p.m.

This is the nation's first and largest classroom refresher for motorists age 50 and older. When you complete the course, you will feel more confident, comfortable and enjoy driving more! You may even get an auto insurance discount- check with your insurance agent. There is a \$12 fee for AARP members and a \$14 fee for AARP non-members. The class fee is payable upon registration. Please register at the front desk by Tuesday, October 11.



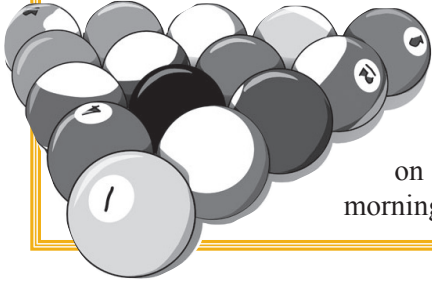
In Sympathy

Springdale Parks & Recreation would like to extend their deepest sympathy to the families and friends of Community Center Members Ruby Phillips and June Ipp who recently passed away.

Stay Active! Get Involved!

Pool Tournaments

Solve this riddle: The kids have returned to school and the leaves are changing colors; it's time for what sport? If you answered Billiards- then you answered correctly! The guys and gals of our Adult Pool Room begin the pool tournament season in September. These pool sharks play teams from other area senior centers on Tuesday and Wednesday mornings. Stop by to cheer them on!



Creative Stamping

September 7 & October 5
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!

Prime Time Diners

Wednesday, September 21
Cancun's, Forest Park

Wednesday, October 19
Blue Goose, Sharonville

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

Flu Shots Available

Tuesday, October 18 Noon-3 p.m.

Influenza (flu) immunizations will be offered at the Springdale Community Center. Seniors with primary health coverage through Medicare B or with Medicare Supplements through United Health Care, Humana, Anthem or Aetna can receive a flu shot with no out of pocket expense.. Flu vaccinations to other adults will be offered for \$20 and to children for free. Call 346-5725 to make an appointment.



Summer Fun at the Senior Luau!



Refrigerator Reminder

RD = Registration Deadline

September

05	CLOSED	Labor Day
06	9:30 a.m.	Pool Tournament Season Begins
07	10:00 a.m.	Creative Stamping
10	10:00 a.m.	Junior Olympics
21	6:00 p.m.	Prime Time Diners <i>RD 9/19</i>
22	2:00 p.m.	Cincy Zoo to YOU <i>RD 9/21</i>

October

03	2:00 p.m.	Ice Cream Social
05	10:00 a.m.	Creative Stamping
13	9:30 a.m.	AARP Drivers Safety <i>RD 10/11</i>
13	2:00p.m.	Beauty Has No Age <i>RD 10/12</i>
19	6:00 p.m.	Prime Time Diners <i>RD 8/17</i>
29	1:00 p.m.	Halloween Carnival

Early Holiday Shopping?

Do you like to get ahead with your Holiday shopping? Looking for a unique gift filled with fun? The Springdale Community Center is the best kept secret in Springdale. Spread the fun and share all of the great member benefits with your friends! We offer Resident, Non-Resident, Business, and Senior memberships- something for everyone!



Share the secret, or purchase memberships as a gift for your friends or neighbors!

Community Center Hours

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

6/5/2011 - 9/30/2011

Monday-Friday	9:00am - 8:00pm
Saturday	9:00am - 5:00pm
Sunday	Closed

10/1/2011 - 3/31/2012

Monday-Friday	9:00am - 9:00pm
Saturday	9:00am - 5:00pm
Sunday	Closed

Holiday Hours

Monday, September 5 (Labor Day) - SCC Closed

Look inside
for volunteer
opportunities!

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

Springdale Parks & Recreation
11999 Lawview Ave
Springdale OH 45246

