

inside Scoop

News & Views for Springdale Adults

Get Involved at the SCC!

As summer comes to a close, we all fall back into our usual routines. Our hope at the Springdale Community Center is that you make us part of your routine! We have so much to offer here: seminars, exercise classes, card groups, billiards, the walking track, and the list goes on and on. Mornings, afternoons and evenings- we can keep you busy!

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

Anna

Library in Motion

Thursday, September 9 2:30 p.m.

The library is coming to the SCC! Denise Strechen, branch manager of the Forest Park Branch of the Public Library of Cincinnati and Hamilton County, will be providing free bi-monthly seminars beginning in September.

Denise will cover a variety of topics throughout the year; the first seminar will discuss the online services of the library. Library in Motion is FREE but we do ask that you register by calling 346-3910 or stop by the Community center front desk.



**Tuesday, October 5
and Thursday, October 7
6:00 - 7:30 p.m.**

Do you want to learn to cook healthy? Are you trying to make a lifestyle change but stuck on eating the same things? Check out our *What's Cookin'?* class and learn how easy it is to cook healthy.

The fun-filled and informative class will give you helpful cooking hints, as well as shopping tips. And the best part is that you get to eat what is cooked! So come prepared to work the first part of the class, but then sit back and enjoy the scrumptious food.

For only \$8 you can enjoy a fun class of instruction and eating! Each class holds 10 students.

Autumn Apple Mania Menu

Fuji Apple Walnut Salad

Butternut Squash Soup

Grilled Havarti Sandwich with Spiced Apples

Apple Brown Betty

Sign up early to reserve your seat in this popular series. You must register with payment.

Creating Community Through People, Parks and Programs

Get Movin' at the SCC!

Volunteer Opportunities

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

Junior Olympics Saturday, September 11 10:00-11:30am

This 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 Sunday, October 24

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 "Ohh" and "Awww" over the little ones' costumes, of course!)

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



Winners!

September brings an end to our Springdale Summer Survivor competition. Over 60 people participated in these events, and much laughter could be heard throughout the Community Center!

The participants competed by age group and we have crowned four Springdale Summer Survivors: **Brie Bradshaw, Cindy Partin, Mary Engel and Sue Webster.** Congrats to all the winners and to all that took the challenge!

Health & Wellness

Badminton FREE!

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

Blood Pressure Checks FREE!

3rd 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.

How Does Your Garden Grow?

Do you have a green thumb and would like to join others with similar talents? The Springdale Community Garden Club begins their new year in September and invite those with an interest in gardening to join the group.

Some of the projects maintained by the Garden Club are: the front flower beds at the Community Center; annuals, shrubs and perennials at Triangle Park; Butterfly Garden at the Springdale Elementary School plus the holiday swags and wreaths for the City of Springdale buildings.

The group meets on the 2nd Monday of each month. For more information, please contact Joan Knox at 674-7755.





Springdale Parks & Recreation Department Adult and Senior Calendar September 2010



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
		1 9:00 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole	2 9:30 500 11:00 L.I.F.E. 1:00 Cards 1:30 Stay Fit	3 9:00 Slimnastics 10:00 Wii 1:00 Euchre	4 12:00 Goldfish Swim
6 Labor Day 1-9 p.m.	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 12:00 Chair Volleyball 12:30 Corn Hole	9 9:30 500 11:00 L.I.F.E. 1:00 Cards 1:30 Stay Fit 2:30 Library in Motion	10 9:00 Slimnastics 9:30 Investment Club 10:00 Participants Council 1:00 Euchre 1:00 Games Galore	11 10:00 Junior Olympics
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	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 12:00 Chair Volleyball 12:30 Corn Hole	16 9:30 500 11:00 L.I.F.E. 1:00 Cards 1:30 Stay Fit	17 9:00 Slimnastics 10:00 Wii 11:30 Senior Luncheon 1:00 Euchre	18
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	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 12:00 Chair Volleyball 12:30 Corn Hole 6:00 Prime Time Diners Seminar 7:00 Identity Theft Seminar	23 9:30 500 11:00 L.I.F.E. 1:00 Cards 1:30 Stay Fit	24 9:00 Slimnastics 1:00 Euchre	25
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	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 12:00 Chair Volleyball 12:30 Corn Hole	30 9:30 500 11:00 L.I.F.E. 1:00 Cards		

Springdale Summer Round Up!



Summer Survivor Challenge

Springdale's Out of This World!



Cardboard Boat Regatta



Summer Luncheons



Great Deals at the Yard Sale

Activities Just For Seniors

September Luncheon

Hoedown Fun!

Friday, September 17 11:30 a.m.

Saddle up pardner and head to the Community Center for a boot-stompin' good time! A scrumptious down-home meal of tossed salad, fried chicken, seasoned wedge potatoes, corn, and fruit cobbler for dessert.

After you have eaten your fill, dust off those boots and hit the dance floor for some country fun. Instructors and callers, Kathy and Jerry Helt, will be on hand to teach you line dancing and square dancing. Country music not your thing? No problem- Jerry and Kathy have a wide array of music for line dancing.

Only \$7.50 for members and \$10 for guests. Please register with payment by September 15.

October Luncheon *Grandma the Artist*

Friday, October 15 11:30 a.m.

Our October luncheon will focus on Grandma Moses, one of the most celebrated Americana artists. The luncheon will begin with a delicious Autumn meal of meatloaf, mashed potatoes, succotash, tossed salad, rolls and dessert.

After lunch Legend Lore Speaker Ceci Wiselogel will help us recall Grandma's remarkable career and the 1600 works that made her an American folk art legend. Primitive paintings, collector plates, fabric and other memorabilia will be displayed. As with all of Ceci's programs the creative memorabilia display will astound you!

Cost is \$7.50 for members and \$10 for guests. Please register with payment before October 13.



Stay Fit

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.

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

**EVERGREEN
& WELLSRING**
A Senior Lifestyle Community



FREE!

Games Galore

September 10 & October 8 1:00 p.m.

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

In Sympathy

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

Learn Something New!

Workshops

Managing Stress

September 15 7:00 – 8:00pm

Stress is the number one cause of visits to the doctor's office. In this free workshop, Dr. Hackworth will explore the overall effects of stress on the body, the types and causes of stress and why it is so important for your overall health to manage stress. The inability to deal with stress can lead to high blood pressure, heart disease and other health problems that can take years off your life. This workshop is sponsored by Priority Health Chiropractic, LLC & RoKen Enterprises, LLC. Registration begins September 1.

Identity Theft

Wednesday, September 22 7:00 p.m.
Free & Open to the Public!

Identity theft is the fastest growing crime in America. It affects millions of people world-wide every year. Find out what it is, how it is committed and what you can do if you become a victim. Crime Prevention Officer Dave Buschmann of the Springdale Police Department will conduct this informative session.



AARP Drivers Safety

Wednesday, 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 Monday, October 11.

Prime Time Diners

Wednesday, September 22
Ron's Roost, Bridgetown

Wednesday, October 20
Uno's, West Chester

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

Overnight Travel

Nemacolin Woodlands Resort October 11-13

On 3,000 mountain acres of the Laurel Highlands in Western Pennsylvania, Nemacolin Woodlands Resort is one of North America's premier resort destinations. The Chateau Lafayette has 124 elegant rooms that replicate the famous Ritz Paris in France. The included breakfasts and dinners will be a gourmet delight. The trip also includes tours of two Frank Lloyd Wright's homes- Fallingwater and Kentuck Knob. Please call Joy Tour & Travel at 777-8221 with questions and to register for this trip.

Homestead Holiday December 8-9

Located in the picturesque Allegheny Mountains, the resort adorns itself in a majestic holiday theme with countless sparkling lights and thousands of poinsettias. Your holiday experience includes: deluxe accommodations, breakfast and dinner daily in the magnificent main dining room, tableside afternoon tea, a private group wine and cheese reception, holiday decorating and baking demonstrations, and after dinner entertainments. There are nightly first run movies in the theatre as well as a heated indoor pool and even an ice skating rink on the grounds! Please call Joy Tour & Travel at 777-8221 with questions and to register for this trip.



Refrigerator Reminder

RD = Registration Deadline

September

- 02 10:00a.m. Wii Game Day
- 04 12:00 p.m. Goldfish Swim
- 09 2:30 p.m. Library in Motion
- 10 9:30 a.m. Investment Club
- 10 10:00 a.m. Participants Council
- 10 1:00 p.m. Games Galore
- 11 10:00 a.m. Junior Olympics
- 17 10:00 a.m. Wii Game Day
- 17 11:30 a.m. Hoedown Fun Luncheon RD 9/15
- 22 6:00 p.m. Prime Time Diners RD 9/20
- 22 7:00 p.m. Identity Theft Seminar

October

- 01 10:00a.m. Wii Game Day
- 05 6:00 p.m. What's Cookin'?
- 07 6:00 p.m. What's Cookin'?
- 08 9:30 a.m. Investment Club
- 08 10:00a.m. Participants Council
- 08 1:00 p.m. Games Galore
- 13 9:30 a.m. AARP Drivers Safety Class
- 15 10:00 a.m. Wii Game Day
- 15 11:30 a.m. Grandma the Artist Luncheon RD 10/13
- 19 Flu Clinic & Business/Community Expo
- 20 6:00 p.m. Prime Time Diners RD 10/18
- 22 CLOSED Cost Containment Day

Adult Tennis Lessons

Play Now! Play for Life!

Wednesdays

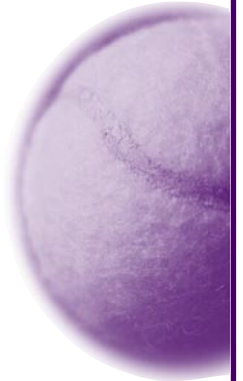
Beginners - 7:00-8:00 p.m.

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

Session II: September 1 - October 6

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

Monday, September 6 - 1:00 p.m.-9:00 p.m.

Friday, October 22 (Cost Containment Day) - Closed

**Check Out
the Volunteer
Opportunities
at the Sci**



Springdale Parks & Recreation
1199 Lawview Ave
Springdale OH 45246

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