

inside Scoop

News & Views for Springdale Adults

Don't Miss Out!

It may seem like summer is winding down- but that isn't the case at the SCC! We have many things planned for July and August- new classes, luncheons, hearing screenings and even a bat walk! Not enough? How about an Adult Pool Party complete with a "dive-in" movie? Read inside for all the new happenings and be sure to sign up early so you don't miss out!

Anna

Jazz in July

Friday, July 24 2:00 p.m.

Join us for this FREE program! Paul Hawthorne & Co. will be giving a free jazz concert at the Community Center. This trio will woo you with their popular sounds of classical jazz played with drums, keyboard, vibraphone and vocals.



Everyone is welcome. Please call 346-3910 to reserve your seat for this musical afternoon!

Adult Pool Party

Friday, July 31 7:00 p.m.

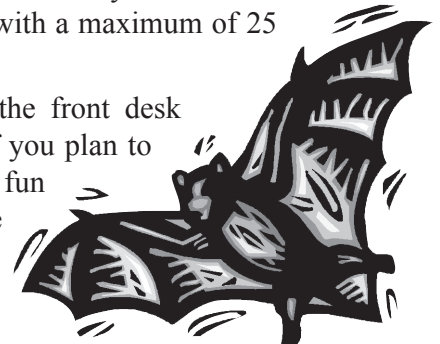
Looking for something fun and unusual to do? The swimming pool will be open - *For Adults Only* - for a pool party! The Pool Party will be a great time, complete with music, games, refreshments and a "Dive-In" movie. Enjoy the movie from a comfortable spot on the lawn or bring a raft for the pool. Grab your friends and cooler (no glass please) and head out to the SCC! Only \$5 per person. Please register with payment at the front desk.

Bat Walk

Tuesday, August 11 8:30 - 9:30 p.m.

This is a wonderful opportunity for you to experience one of Springdale's parks at night! Come out to Ross Park and learn all about bats, and even get to hear some bats with a bat detector. Anita Buck, The Bat Lady, will give a presentation about bats prior to the walk. Please dress for the weather and walking in the woods. If it rains, this program will be cancelled, as bats don't fly in the rain! All ages are welcome with a maximum of 25 people.

Please register at the front desk or call 346-3910 if you plan to attend this FREE, fun and informative program.



Crochet by Numbers

Beginners: Tuesday, July 21 6:00 - 9:00 p.m.

Intermediate: Tuesday, July 28 6:00 - 8:00 p.m.

Learn to crochet your favorite photo with Cincinnati Crochet! Each student will be given a training pattern to learn the techniques of crocheting and reading a pattern. Once you complete this workshop, your favorite photo will be turned into a Crochet by Numbers for you to complete on your own with a full list of yarn colors and supplies.

Students will need to bring two light shades of yarn and a size I crochet hook to the workshop. Cost is only \$50. Please register with payment by the Monday before the class.

Adult Drop-In Sports

6:00 - 8:00 p.m.

Kickball July 5

Ultimate Frisbee August 30

Miss the games that you played as a child? We have something right up your alley! All equipment will be provided and teams are picked in a lottery, you just need to pre-register so we know the number to expect.

So grab your spouse or neighbor and head out to the Community Center! Call 346-3910 for any questions and to pre-register.

Want to Wii?

The Wii gaming console has been taking the world by storm the past couple of years! And now it is a big hit in Springdale! Tuesday mornings try your hand at golf in the Senior Lounge. The first and third Friday of the month you can try any sport you would like. Meet in the Senior Lounge at 10 a.m. and golf, bowling, tennis, baseball, and boxing are right at your fingertips. Please call Anna with any questions.

aquatics!

Ladies Day at the Pool

Thursday, August 20 12:00 - 3:00 p.m.

The kids are back in school and the hectic summer schedule is over. Take some "me" time and enjoy a relaxing day floating around the pool. Bring your friends, coolers, and rafts and spend a peaceful day at the pool! Please no glass containers. Regular guest fees apply.

Aquatic Exercise

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

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

Don't sweat your workouts this summer! Water exercise reduces stress on joints and muscles yet gives a complete body workout. Springdale residents \$7 walk-in. Non-residents \$8 walk-in. For more information call instructor Pat Cox at 385-6111 or Springdale Parks and Recreation at 346-3910.

COPING WITH STRESS

Thursday, July 16 7:00 - 8:00 p.m.

According to a 2008 survey, one-third of Americans are living with tremendous stress. Almost half of Americans believe that their stress has increased over the past five years.

Stress can have a negative affect on every aspect of our life- personal relationships, sleep patterns, eating habits, jobs. This seminar will provide a brief assessment of your stress level and educate you on positive and negative stress. You will learn the symptoms of stress, types of stressors and how to manage it all.

We will practice relaxation exercises, so bring a towel and wear comfortable clothes. Call 346-3910 to register for this FREE seminar.

Creative Stamping

Only \$8 for 5 cards!

Monday, July 6

Monday, August 3

Make Time for YOU this Spring!

Stay Fit - Senior Exercise

Thursdays 1:00 - 2:00 p.m.
July 30 - September 3

This NEW 6-week class is FREE for our members. Each class allows mature adults the opportunity to learn a variety of exercise techniques, including stretching, cardiovascular fitness, range of motion, Tai Chi, and line dancing.

FREE!

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 session is sponsored by Personal Touch Home Health Services. Personal Touch is a national home healthcare agency providing nursing, therapies and home health aides. Personal Touch is committed to promoting independence and wellness in the older adult community.

Call 346-3910 to register for this FREE class.

Phyllis' Fitness Sampler

Tuesday, Thursday
7:00 - 7:45 a.m.

FREE!

Looking for something new to vary your exercise routine? We have it for you with Phyllis' Fitness Sampler. The Fitness Sampler classes will consist of fat burning, strengthening, toning, and overall body conditioning. Pilates, yoga, stretching and relaxation techniques- yep, we have those too! You won't get bored, as each class is different! Come out and try this FREE class, beginning July 7.

Health & Wellness

African Dance & Drumming
SA 12:30 - 1:30 p.m.

Badminton FREE!
T 10:30 a.m. - 12:00 p.m.

Blood Pressure Checks
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 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.
On Break in August

Grief to Peace Gathering
FREE! TH, July 23 & Aug 27
5:45 p.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 1:00-2:00 p.m.

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

Social

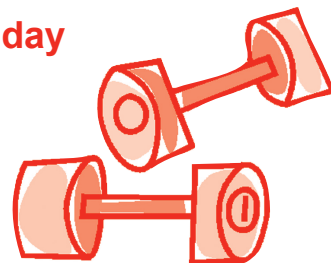
Games Galore FREE!
F July 10 & Aug 14 1:00 p.m.

Check the calendar for regularly scheduled activities.

Strictly Abs

Monday, Wednesday, Friday
6:15 - 7:15 a.m.

Did you know that just doing sit-ups will not flatten your abs or give you that "six-pack" stomach? Our Strictly Abs class will teach you how to eliminate excess fat and reduce the layer of body fat covering your abs. You will learn specific exercises to target your abs, as well as proper nutrition to shape up your core. Bring your barbells and a towel to this FREE class. Class begins August 3 and runs the month of August.



Just For Seniors

An Afternoon with Mark Twain

Friday, August 28 11:30 a.m.

The name Mark Twain invokes steamboats on the Mississippi, mischievous young boys and one of the greatest American novels written to date. Our August luncheon will transport you to another time. Mr. Twain, performed by Bill Harnett, will talk about his life and amaze and amuse you with the details.

The luncheon menu is baked ham, scalloped potatoes, green beans, tossed salad and dessert.

Cost is \$7.50 for members and \$10 for guests. Please register with payment by August 26.



Prime Time Diners

Tuesday, July 21
Spinning Fork

Wednesday, August 19
Silver Spring House

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

**All activities are cancelled
Monday, July 13 and
Tuesday, July 14
due to NSSL swim
championships.**

Come out and support
the Sailfish - volunteer or
just cheer on the team!



Harmonizing Dylans: Stories from the American Songbook

Friday, July 17 11:30 a.m.

This July we are bringing Americana to the Springdale Community Center! What is more American than a grill-out? A scrumptious picnic lunch of hot dogs, hamburgers, potato salad, baked beans and dessert will be served.

But the fun doesn't stop there- after lunch you will be entertained by the Harmonizing Dylans. The Harmonizing Dylans are two guys and a gal who specialize in "story songs" and close, 3-part harmony singing. Performing together since 2002, they are favorites of people of all ages who appreciate good music! The Harmonizing Dylans are known for their popular concert programs, "Stories from the American Songbook", encompassing traditional, pop, jazz, gospel, rock and folk songs- all by American composers.

Cost is \$7.50 for members and \$10 for guests. Please register with payment before July 15. Please call 346-3910 or stop by the front desk with any questions.

Hearing Screening

Friday, July 24 9:30-11:30 a.m.

Do you turn up the TV volume to hear clearly? Do people seem to be mumbling? Do you often ask that statements, questions and directions be repeated?

If you answered YES to any of these questions, we invite you to have your hearing screened, at no charge! Kathleen Liston, M.A., CCC-A audiologist with American Hearing Solutions, 1130 Congress Avenue, Glendale, will be performing the hearing screenings. Please call 346-3910 for an appointment by July 21.





Springdale Parks & Recreation Department Adult and Senior Calendar July 2009



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 Yoga 1:00 Chair Volleyball	2 9:30 500 11:00 L.I.F.E. 1:00 Cards	3 9:00 Slimnastics 10:00 Wii 1:00 Euchre	4
6 9:00 Slimnastics 10:00 Creative Stamping 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing	7 7:00 Fitness Sampler 11:00 L.I.F.E. 10:00 Pool Match 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 Yoga 1:00 Chair Volleyball	9 7:00 Fitness Sampler 9:30 500 11:00 L.I.F.E. 1:00 Cards	10 9:00 Slimnastics 9:30 Investment Club 10:00 Participants Council 1:00 Euchre 1:00 Games Galore	11 12
13 NSSL Swim Championships All Activities Cancelled	14 NSSL Swim Championships All Activities Cancelled	15 9:00 Slimnastics 10:00 Pool Match 10:30 Oil Painting 10:30 Let's Get Fit 12:30 Corn Hole 1:00 Chair Yoga 1:00 Chair Volleyball	16 7:00 Fitness Sampler 9:30 500 11:00 L.I.F.E. 1:00 Cards 7:00 Stress Seminar	17 9:00 Slimnastics 10:00 Wii 11:30 Senior Luncheon 1:00 Euchre	18 19
20 9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Line Dancing 1:00 Pinochle	21 7:00 Fitness Sampler 10:30 Blood Pressure Check 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly 6:00 Prime Time Diners 6:00 Beginners Crochet	22 9:00 Slimnastics 10:00 Pool Match 10:30 Oil Painting 10:30 Let's Get Fit 12:30 Corn Hole 1:00 Chair Yoga 1:00 Chair Volleyball	23 7:00 Fitness Sampler 9:30 500 11:00 L.I.F.E. 1:00 Cards 5:45 Grief to Peace	24 9:00 Slimnastics 9:30 Hearing Screening 1:00 Euchre 2:00 Jazz in July	25 Womens Softball Tournament 26
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 7:00 Fitness Sampler 10:00 Pool Match 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly 6:00 Intermediate Crochet	29 9:00 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:30 Corn Hole 1:00 Chair Yoga 1:00 Chair Volleyball	30 7:00 Fitness Sampler 9:30 500 11:00 L.I.F.E. 1:00 Cards 1:00 Stay Fit	31 9:00 Slimnastics 1:00 Euchre	



Springdale Parks & Recreation Department Adult and Senior Calendar August 2009



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
					1
					2
3 6:15 Strictly Abs 9:00 Slimnastics 10:00 Creative Stamping 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing	4 10:30 Badminton 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly	5 6:15 Strictly Abs 9:00 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:30 Corn Hole 1:00 Chair Yoga 1:00 Chair Volleyball	6 9:30 500 11:00 L.I.F.E. 1:00 Cards 1:00 Stay Fit	7 6:15 Strictly Abs 9:00 Slimnastics 10:00 Wii 1:00 Euchre	8 6:15 Strictly Abs 9:00 Slimnastics 10:00 Wii 1:00 Euchre
					9
10 6:15 Strictly Abs 9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Line Dancing 1:00 Pinochle	11 10:30 Badminton 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly 8:30 Bat Walk	12 6:15 Strictly Abs 9:00 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:30 Corn Hole 1:00 Chair Yoga 1:00 Chair Volleyball	13 9:30 500 11:00 L.I.F.E. 1:00 Cards 1:00 Stay Fit	14 7:15 Strictly Abs 9:00 Slimnastics 9:30 Investment Club 10:00 Participants Council 1:00 Euchre 1:00 Games Galore	15 7:15 Strictly Abs 9:00 Slimnastics 9:30 Investment Club 10:00 Participants Council 1:00 Euchre 1:00 Games Galore
					16
17 6:15 Strictly Abs 9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Line Dancing 1:00 Pinochle	18 10:30 Badminton 10:30 Blood Pressure Check 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly	19 6:15 Strictly Abs 9:00 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:30 Corn Hole 1:00 Chair Yoga 1:00 Chair Volleyball 6:00 Prime Time Diners	20 9:30 500 11:00 L.I.F.E. 1:00 Cards 1:00 Stay Fit	21 6:15 Strictly Abs 9:00 Slimnastics 10:00 Wii 1:00 Euchre	22 6:15 Strictly Abs 9:00 Slimnastics 10:00 Wii 1:00 Euchre
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					29
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					30
					6:00 Ultimate Frisbee

Pack Your Bags & Hit the Road

Single Day Trips

Indy Zoo & White River Garden Wednesday, September 23

The Indianapolis Zoo is the nation's only accredited combined zoo, aquarium and botanical garden. Located on 64 acres in White River State Park, it includes the world's first fully submerged underwater dolphin viewing experience. Spend the day at this beautiful facility enjoying the animals, plants and dolphins! Cost: \$56 Call Joy Tour & Travel , 777-8221, to register before August 12.

Glenn Miller Orchestra at Bear Creek Farms Wednesday, October 21

The Glenn Miller Orchestra is the most popular and sought after big band in the world! You'll enjoy a sumptuous buffet luncheon before the band plays their unique jazz along with terrific swing dance music. Cost: \$78. Call Joe Ramos, 247-1126, to register before September 18.



Forget Me Historical Dancers perform at a free May program.

Overnight Trips

French Lick Resort & Casino August 10-11

Join us on a short and easy-going trip to Historic French Lick, Indiana. Enjoy a guided tour of the hotel complex and hear about the hotel's history and fascinating guests. You'll also see how this magnificent property has been restored to its original charm and grandeur. Then try your luck in the French Lick Casino! You will also tour the hotel's sister property, the West Baden Springs Hotel. Cost: \$269 Call Joe Ramos, 247-1126, to register before July 7.

Autumn In Niagara Falls & the Thousand Islands September 12-16

Come along on a terrific trip to beautiful upstate New York. You'll experience the magnificent natural beauty of Niagara Falls and the Thousand Islands on the St. Lawrence River. Ride the Maid of the Mist tour boat and tour Goat Island. Enjoy a two-night stay at a resort located on the edge of the St. Lawrence River overlooking the beautiful Thousand Islands. Cost: \$669. Call Joe Ramos, 247-1126, to register before August 5.

Autumn in the Bluegrass at Renfro Valley October 9-10

Come along with us on a wonderful fall trip to Kentucky and see music legend Loretta Lynn at world famous Renfro Valley Entertainment Center. The trip also includes a driving tour of Lexington, UK, the town of Berea and Berea College. You will also visit the Kentucky Artisan Center, as well as take in an afternoon of horse racing at Keeneland. Cost: \$279. Call Joe Ramos, 247-1126, to register before September 4.

Vermont Country Christmas December 6-10

Enjoy a wonderful holiday vacation to Vermont! Trip highlights include overnight stays at the historic Brandon Inn, as well as the Trapp Family Lodge. You will enjoy 3, 4 and 5 course meals as well as tours of the Vermont Teddy Bear Factory, Dakin Farms, Danforth Pewter Factory, Porter Music Box Factory and Ben & Jerry's Ice Cream Factory...to name a few! Cost: \$1140 (does not include airfare to Albany, NY). Call Joy Tour & Travel , 777-8221, to register before August 21.

Refrigerator Reminder

RD = Registration Deadline

July

- 03 10:00 a.m. Wii Game Day
- 05 6:00 p.m. Adult Sports- Kickball
- 06 10:00 a.m. Creative Stamping
- 10 9:30 a.m. Investment Club
- 10 10:00 a.m. Participants Council
- 10 1:00 p.m. Games Galore
- 16 7:00 p.m. Coping With Stress
- 17 10:00 a.m. Wii Game Day
- 17 11:30 a.m. Senior Luncheon RD 7/15
- 21 6:00 p.m. Prime Time Diners RD 7/17
- 21 6:00 p.m. Crochet by Numbers- Beginners
- 23 5:45 p.m. Grief to Peace
- 24 9:30 a.m. Hearing Screening
- 24 2:00 p.m. Jazz in July R/D 7/23
- 28 6:00 p.m. Crochet By Numbers- Intermediate
- 30 1:00 p.m. Stay Fit begins
- 31 7:00 p.m. Adult Pool Party

All activities will be canceled July 13 & 14 due to NSSL Championships.

August

- 03 10:00 a.m. Creative Stamping
- 07 10:00 a.m. Wii Game Day
- 11 8:30 p.m. Bat Walk
- 14 10:00 a.m. Participants Council
- 14 1:00 p.m. Games Galore
- 19 6:00 p.m. Prime Time Diners RD 8/14
- 20 12:00 p.m. Ladies Day at the Pool
- 21 10:00 a.m. Wii Game Day
- 27 5:45 p.m. Grief to Peace
- 28 11:30 a.m. Senior Luncheon- Mark Twain R/D 8/26
- 30 6:00 p.m. Adult Sports- Ultimate Frisbee

Adult Tennis Lessons

Play Now! Play For Life!

Wednesdays 8:00 – 9:00pm
Session II: July 22 – August 26

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. Balls will be provided.



Stay Connected! Sign up for our new *free* e-mail newsletters and alerts! You'll be able to select the subjects you receive to help you stay better connected to the Parks & Recreation Department. If you're not already registered, sign up at www.springdale.org!

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.

Sign up for July's Adult Pool Party!



Springdale
Parks & Recreation
1199 Lawnview Ave
Springdale OH 45246

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