

# inside Scoop

News & Views for Springdale Adults

## Time for You!

The summer craziness is behind us, time to settle back into our routines. What, you don't have a routine? Maybe things are too harried and you would like a chance to settle down? This September and October, we have something for both ends of the spectrum! Time Management, Meditation, class open houses, seminars... and even more! Don't forget about our popular cooking classes, luncheons and even day trips. Look inside for ways to get involved, including volunteer opportunities.

Here at the SCC we strive to meet everyone's needs, but the best way to know how we are doing is to hear from you. So stop by and see me, or give me a call at 346-3910 to let me know if you have suggestions. I gladly accept program recommendations! Better yet, stop by the participants council meetings and brainstorm with us about upcoming programs!

*Anna*

### Make Time for You with our Time Management Seminar

Thursday, October 8 7:00 p.m.

**FREE!**

Is your world getting to be too much? Wearing many hats and juggling too many things to get through the day? Attend our Time Management Seminar with Kaye

Schallick and learn how to successfully manage your time, learn valuable skills and get energized! Kaye is certified as a National Speaker, Trainer and Coach. Please register for this FREE seminar by calling 346-3910.

*Award Winning*



## Tailgating Fun

Tuesday, October 6 or  
Thursday, October 8  
6:00 p.m. - 7:30 p.m.

Come out and learn all about easy healthy cooking. Our popular class will teach you simple, delicious recipes, as well as tips for healthy shopping and substitutions to make your diet healthier. 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.

### *Tailgating Fun Menu*

Appetizer: Pretzel Bites

Entrée: Sausage and Peppers Hoagies

Vegetable: Spinach, Tomato and Basil Salad

Dessert: Nutty Fruit Wedges

Sign up beginning September 3.

*Creating Community Through People, Parks and Programs*

# Learn Something New!

## Home Security Seminar

Wednesday, September 9  
7:00 p.m.



**Free and Open to the public!**

Did you know that a burglary occurs about every 15 seconds in the United States? Crime Prevention Officer Dave Buschmann of the Springdale Police Department will conduct an informative seminar on home security. Learn the 3 D's of home security, the weak points of a house that intruders may use to enter, and the best practices for keeping your home secure. Please register by calling 346-3910.

**FREE!**

## Highpointers and OLLI

Thursday, September 10 1:00 p.m.

Did you know that there is a highest point in each state? Individuals try to reach the natural elevation in all 50 states and this practice is called highpointing. The Highpointers Club has over 2300 members that are striving to meet this goal! State highpoints range from Alaska's Denali Mountain at 20,320 feet to Florida at 345 feet. Bill and Rosemary Deitzer will be holding a presentation on highpointing. Bill has achieved 45 state highpoints and Mary has accomplished 16. They will share their stories of their adventures reaching attempting the goal of 50 highpoints. Bill is also on the Board of Directors of the Highpointers club and had hiked all 800 trail miles of the Great Smoky Mountain National Park and has hiked in all 50 states and in 40 National Parks.

**FREE!**

Along with the seminar on highpointing, Leroy Peyton will speak about Osher Lifelong Learning Institute Course. These affordable programs are a great option for those wanting to continuing learning in retirement.

Please call 346-3910 to reserve your seat at this exciting seminar.

## Osteoporosis Seminar

Thursday, September 17  
2:00 p.m.

Do you know the risk factors for osteoporosis? Come to our FREE seminar and learn all about osteoporosis and receive a free heel scan. Joe Nunner of Mobile DEXA services will be available to answer your questions and perform the screening. Refreshments will be provided! Triple Creek Retirement Community is sponsoring this event. Please register to reserve your seat!

**FREE!**



# Try Something New!

## Introduction to Tai Chi

Thursday, September 10 11:00 a.m.

Experience Tai Chi at the Community Center. Instructor Ralph Dehner will introduce the participant to the ancient art of Tai Chi Chuan. Tai Chi is a very ancient Chinese healing art with hundreds of years of history. Through meditation and gentle movements, Tai Chi generates stronger chi, or life energy. Benefits include stress reduction, increased balance, leveling of blood pressure and improvement of arthritis symptoms to name a few. Call 346-3910 to reserve your place in this FREE class.

**FREE!**

## Line Dancing Open House

Monday, September 14 1:00 p.m.

Come out to the center and try a free class at the Line Dancing Open House. This is a great way to exercise and have fun while learning how to line dance. And the best part? You don't need a partner! This is perfect for both singles and couples. Sign up now to reserve your spot at this free class!

**FREE!**

## Zumba Open House

Tuesday, September 22  
7:15 p.m.

Ditch the workout... Join The PARTY!!!

It's a ZUMBA Open House and you're invited. Join us for a FREE class, refreshments and door prizes. Now is the time to try the class everyone is talking about. And afterwards, the party continues with some light snacks and great prizes. Call Instructor Debbie Yaeger at 205-5064 for more information.

**FREE!**

## Dance Aerobics

Wednesday, 7:15 - 8:15 p.m.

An energizing class that combines Latin, African and jazz dance styles for a fun cardio workout! The choreography includes low-impact heart-pumping moves followed by abdominal toning and flexibility exercises. **Begins September 2**

## Mat Pilates

Friday, 10:30 - 11:30 a.m.

Discover why Pilates is so popular! This calisthenic class is designed to strengthen and tone your core. Enhance muscular endurance of the abdominals, buttocks, and hips while improving posture and flexibility. A mat is recommended. **Begins September 4**

## Guided Meditation Classes

Wednesdays, September 16-October 21  
6:30 - 7:30 p.m.

Meditation can reduce stress and help us relax, as well as improve our concentration. Colleen Kerns brings her 20 years of experience with meditation to the Community Center for 6 weeks. She will guide the students through a different meditation each week. Each class will last for one hour and will be independent of the others, so pick one- or all, that work for your schedule! The cost is \$5 per class. Be sure to call 346-3910 to register for this class to learn how to quiet the mind and focus.

*Check the calendar for regularly scheduled activities.*

**Now We're Partying on Thursday Nights too!**



**Tuesday & Thursday  
7:15 - 8:15PM**

Zumba is a workout that combines dance and aerobic moves to the background of Latin and other international music. Through interval training of fast and slow rhythms, Zumba will sculpt and tone your body. The experience is more like attending a party rather than an exercise class! Class is suitable for everyone from beginner to advanced. Just bring a good pair of shoes, water bottle and be ready to have fun! Only \$5 per class.

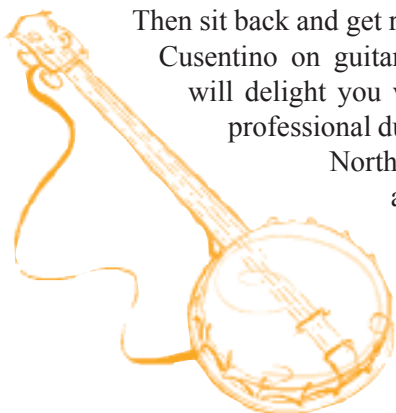
# Activities Just For Seniors

## Bluegrass Luncheon

Friday, September 25 11:30 a.m.

An afternoon of down home cookin' and bluegrass faire awaits you! Be prepared to tap your toes and clap your hands!

Our luncheon begins with a delicious meal of country fried chicken, gravy, mashed potatoes, biscuits and Cole slaw and dessert.



Then sit back and get ready to be entertained. Chris Cusentino on guitar and Jeff Roberts on banjo will delight you with music and humor. The professional duo can also be found with The Northern Kentucky Bluegrass Band and The Katie Laur Band.

Only \$7.50 for members and \$10 for guests. Please register with payment by September 23.

## Oktoberfest Luncheon

Friday, October 16 11:30 a.m.

Roll out the barrel, we'll have a barrel of fun!

Dust off your Lederhosen- it's time to celebrate Oktoberfest!

The luncheon will feature a mouth-watering beef stew, tossed salad, corn bread, apple sauce and German chocolate cake for dessert.

Our featured entertainer is Sally Lukasik. Sally is a graduate of the Cincinnati Conservatory of Music and the University of Denver. Her solo accordion shows consist of familiar American sing-alongs, classics, and even ethnic folk songs from eastern European countries, including Germany and Russia.

Don't miss out on this fun-filled luncheon. The cost is \$7.50 for members and \$10 for guests. Please register with payment before October 14.

## Prime Time Diners

Tuesday, September 15  
*BJ's Restaurant & Brewhouse*

Wednesday, October 21  
*Rusty's*

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

## Games Galore

September 11 & October 9 1:00 p.m.

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

## Afternoon at the Movies

Saturday, September 10 & October 17  
1:00 p.m.

It's back! After a summer hiatus, the popular Afternoon at the Movies is returning to the SCC!

Come out to the Senior Lounge and watch a movie with free popcorn and coffee. In September we will be showing *Marley & Me*, and the October movie is *Sliding Doors*. Be sure to register at the front desk- see you there!





# Springdale Parks & Recreation Department Adult and Senior Calendar September 2009



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
	<b>1</b> 11:00 L.I.F.E. 10:00 Pool Match 12:30 Party Bridge 1:00 Tripoly	<b>2</b> 9:00 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:30 Corn Hole <b>1:00 Chair Yoga</b> 1:00 Chair Volleyball	<b>3</b> 9:30 500 11:00 L.I.F.E. 1:00 Cards <b>1:00 Stay Fit</b>	<b>4</b> 9:00 Slimnastics 10:00 Wii 1:00 Euchre	<b>5</b>
<b>7</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	<b>8</b> 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly	<b>9</b> 9:00 Slimnastics 10:30 Oil Painting 10:00 Pool Match 10:30 Let's Get Fit 12:30 Corn Hole <b>1:00 Chair Yoga</b> 1:00 Chair Volleyball <b>7:00 Home Security Seminar</b>	<b>10</b> 9:30 500 <b>11:00 Tai Chi</b> 1:00 Cards <b>1:00 OLLI &amp; Highpointers Presentation</b>	<b>11</b> 9:00 Slimnastics 9:30 Investment Club 10:00 Participants Council 1:00 Euchre 1:00 Games Galore	<b>12</b> <b>10:00 Junior Olympics</b>
<b>14</b> 9:00 Slimnastics <b>10:00 Creative Stamping</b> 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge <b>1:00 Line Dancing</b> <b>Open House</b> 1:00 Pinochle	<b>15</b> 10:30 Blood Pressure Check 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly <b>6:00 Prime Time Diners</b>	<b>16</b> 9:00 Slimnastics 10:00 Pool Match 10:30 Oil Painting 10:30 Let's Get Fit 12:30 Corn Hole <b>1:00 Chair Yoga</b> 1:00 Chair Volleyball <b>6:30 Guided Meditation</b>	<b>17</b> 9:30 500 11:00 L.I.F.E. 1:00 Cards <b>2:00 Osteoporosis Seminar</b>	<b>18</b> 9:00 Slimnastics 10:00 Wii 1:00 Euchre	<b>19</b>
<b>21</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	<b>22</b> 11:00 L.I.F.E. 10:00 Pool Match 12:30 Party Bridge 1:00 Tripoly <b>8:15 Zumba Open House</b>	<b>23</b> 9:00 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:30 Corn Hole <b>1:00 Chair Yoga</b> 1:00 Chair Volleyball <b>6:30 Guided Meditation</b>	<b>24</b> 9:30 500 11:00 L.I.F.E. 1:00 Cards <b>5:45 Grief to Peace</b>	<b>25</b> 9:00 Slimnastics <b>11:30 Bluegrass Luncheon</b> 1:00 Euchre	<b>26</b>
<b>28</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	<b>29</b> 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly <b>6:00 Intermediate Crochet</b>	<b>30</b> 9:00 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:30 Corn Hole <b>1:00 Chair Yoga</b> 1:00 Chair Volleyball <b>6:30 Guided Meditation</b>			<b>27</b>



# Springdale Parks & Recreation Department Adult and Senior Calendar October 2009



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12 9:00 Slimnastics 10:00 Creative Stamping 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Pinochle	13 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly	14 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 6:30 Guided Meditation	15 9:30 500 11:00 L.I.F.E. 1:00 Cards	16 9:00 Slimnastics 11:30 Oktoberfest Luncheon 10:00 Wii 1:00 Euchre	17
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# Take a Trip!

## Single Day Trips

### 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.

### Grand Victoria Casino Wednesday, October 14

Join the Springdale Senior Citizen's Club for a day of enjoyment at the Grand Victoria Casino in Rising Sun, Indiana. For \$14.00 you get round trip transportation via a deluxe motorcoach and a \$5.00 coupon to use at the buffet. We will depart the Springdale Community Center at 9:15 a.m. and return at approximately 4:30 p.m. Deadline to register is September 29 at the Springdale Community Center. Checks can be made out to the Springdale Senior Citizens Club.

## Overnight Trips

### 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.

## 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.

# More to Do

## Creative Stamping

**Mondays, September 21 & October 12  
10:00 a.m.**

Learn to make seasonal cards and WOW your friends and loved ones. All materials will be provided and each student will complete five (5) cards for only \$8.

## Stay Fit Senior Exercise

**FREE!**

**Begins Thursday, September 10 1:00 p.m.**

The response has been huge and the class is continuing! This 6-week class is FREE for our members. The hour-long class will allow mature adults the opportunity to learn a variety of exercise techniques including stretching, cardiovascular fitness, range of motion, Tai Chi, and line dancing.

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.

Our thanks to Personal Touch Home Health Services for continuing to sponsor this class! Personal Touch is a national home healthcare agency providing nursing, therapies and home health aides. They are committed to promoting independence and wellness in the older adult community.

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



# Refrigerator Reminder

RD = Registration Deadline

## September

- 4 10:00 a.m. Wii Game Day
- 9 7:00 p.m. Home Security Seminar
- 10 11:00 a.m. Tai Chi presentation
- 10 1:00 p.m. OLLI & Highpointers Seminar
- 11 10:00 a.m. Participants Council
- 11 1:00 p.m. Games Galore
- 12 10:00 a.m. Junior Olympics
- 14 1:00 p.m. Line Dancing Open House
- 15 6:00 p.m. Prime Time Diners RD 9/12
- 16 6:30 p.m. Guided Meditation Begins
- 17 2:00 p.m. Osteoporosis Seminar
- 18 10:00 a.m. Wii Game Day
- 21 10:00 a.m. Creative Stamping
- 22 8:15 p.m. Zumba Open House
- 24 5:45 p.m. Grief to Peace
- 25 11:30 a.m. Bluegrass Senior Luncheon RD 9/23

## October

- 2 10:00 a.m. Wii Game Day
- 6 6:00 p.m. What's Cookin'?
- 8 6:00 p.m. What's Cookin'?
- 8 7:00 p.m. Time Management Seminar
- 9 1:00 p.m. Games Galore
- 12 10:00 a.m. Creative Stamping
- 16 10:00 a.m. Wii Game Day
- 16 11:30 a.m. Oktoberfest Senior Luncheon RD 10/14
- 21 6:00 p.m. Prime Time Diners RD 10/18
- 22 5:45 p.m. Grief to Peace



## Saturday, September 12

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 is from 10-10:45 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, including two grand door prizes.

*This is a great opportunity to get involved, as we need nearly 50 volunteers to make this a success! Call 346-3910 if you are interested in volunteering.*

**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](http://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.

**Check out our  
 award-winning  
 What's Cookin'  
 class!**



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