

inside Scoop

November/December 2009

News & Views for Springdale Adults

The Most Wonderful Time of the Year

These two months are a couple of my favorites - a time to give thanks and a time to celebrate! Here at the SCC we are giving you the opportunity to do both. Our *Holiday Dinner* is around the corner and we will be partnering with St. Joseph's Orphanage and featuring a *Giving Tree* this year. Be sure to read all about it in the Scoop!

We all get a little nostalgic with the holidays- remembering the old traditions. Be sure to attend our *Cincinnati*

Memories and take a look at the old landmarks in their hey-day and as they appear now. It should be a great time of reminiscing!

I hope that everyone has a safe and healthy holiday season. Thanks for such a wonderful year and I look forward to 2010!

Anna

Holiday Dinner

Saturday, December 5 5:30 p.m.

Perhaps the best Yuletide decoration is being wreathed in smiles.

Bring your holiday cheer and join us at our annual Holiday Dinner. The evening will begin at 5:30 p.m. with appetizers, followed by a served dinner at 6:00 and dessert following. The menu for this special dinner will be your choice of an entrée: Shredded Beef, Roasted Chicken, or Vegetable Mostaccioli. Served along with these items are Garlic Mashed Potatoes, Green Beans, Rolls, Tossed Salad, and a delectable Holiday Dessert.

After our meal, Richard Scott Schulte will entertain with his keyboard and vocals. He is a very popular performer with a wide range of holiday classics including Mel Torme and John Denver to the holiday favorites of "White Christmas" and "Home for the Holidays". Registration for this festive evening is \$12 for members and \$15 for guests. Please be certain to give your entrée choice at the time of payment. Registration deadline is December 1.

Feel free to bring an adult beverage to enjoy during the social time.

Giving Tree

The adults and seniors at the Springdale Community Center have always been very generous with their donations at our Holiday Dinner. This year, those that make a donation will actually be able to shop for a specific child from St. Joseph's Orphanage in grades 5-11.

A Giving Tree will be in the Senior Lounge, listed on each ornament is the name of a 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 Holiday Dinner on Saturday, December 5. If you cannot attend the Holiday Dinner, drop the gift at the front desk by Wednesday, December 9.

St. Joseph's Orphanage is very grateful for our partnership and I thank you in advance for your generosity. If you have any questions, please call Anna at 346-3910.

Creating Community Through People, Parks and Programs

Family-Friendly Activities

Cincinnati Memories

Wednesday, November 11 2:00 p.m.

The Cincinnati Preservation Society will be holding a free program- *Cincinnati Memories* - a virtual tour of Downtown Cincinnati. From the comfort of the SCC, step back in time to visit Fountain Square, the Carew Tower Complex, the Dixie Terminal Building, City Hall, Findlay Market and Union Terminal to name a few. This virtual tour uses "old" and current pictures of historic and memorable Cincinnati landmarks as well as a narrative that highlights the history and current use of the site.

A delectable display of refreshments will be provided by Barrington of West Chester. Barrington of West Chester has both independent and assisted living with beautiful apartments that overlook stunning green vistas.

FREE!

Please register in advance to reserve your seat at this nostalgic presentation. Call 346-3910 or stop by the front desk.

A Crack in the Pavement

A watch-party for CET's documentary on the suburbs.

Sunday, November 8 5:30-8:00 p.m.

FREE!

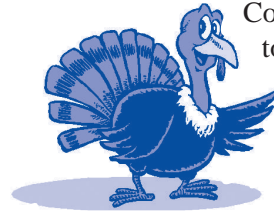
Join local community and business leaders for a regional viewing of CET's new documentary on the plight of the suburbs, featuring two local communities.

The film addresses the rise, fall and revitalization of America's first suburbs. The first suburbs blossomed after WWII, with the nation's economic prosperity and government support. Now, many struggle with the same challenges as urban centers -- growing poverty, white flight, crumbling infrastructure, abandonment, and the continual lure of newer communities. After the film, join leaders for a dialogue on solutions and strategies.

For more information on the documentary, visit www.crackinthepavement.com.

Turkey Shoot

Sunday, November 22 2:00-4:30 p.m.



Come and shoot some hoops for the chance to win a turkey! S.T.A.F.F. (Springdale Teens Adventuring For Fun) will host the 9th 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 two (2) non-perishable food items for the S.T.A.F.F. holiday food drive.

Tree Lighting Ceremony

Sunday, November 29 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.

FREE!

Happy 50th
Anniversary

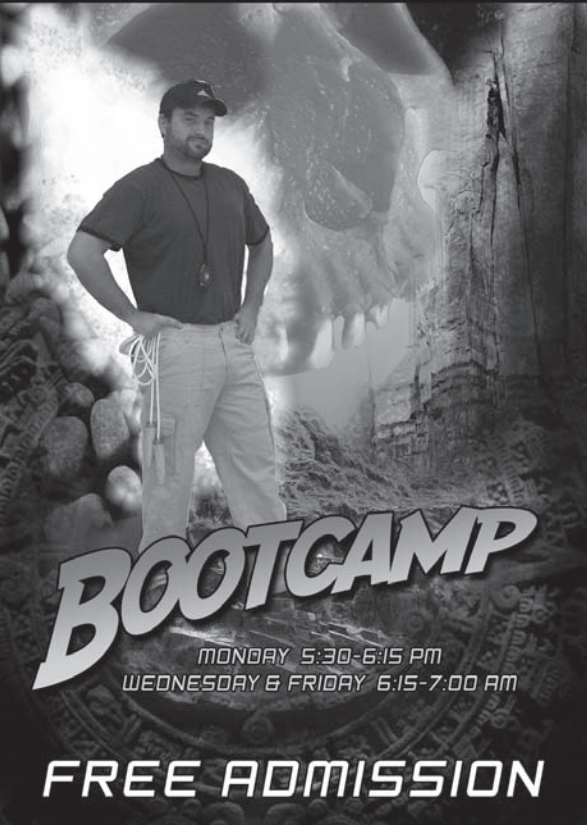
Join us in celebrating the
City of Springdale's 50th Anniversary!

An Open House celebration will be held on Sunday, November 15, 2:00-4:00 p.m. in the Municipal Building Lobby. All are welcome to attend and celebrate the momentous occasion!



Try Something New!

NOW PLAYING!



BOOTCAMP
MONDAY 5:30-6:15 PM
WEDNESDAY & FRIDAY 6:15-7:00 AM
FREE ADMISSION

Volleyball

Adult Women's League

Wednesdays beginning January 6

Get a group of friends or co-workers together for some fun! Resident teams may register beginning November 15. Non-resident team registration begins December 16. League play begins January 6, 2010. For more information and a complete set of rules, please stop by the front desk or visit www.springdale.org/goplay. Resident Team-\$135 Non-Resident Team- \$235.

Open Gym

Enjoy a night of drop-in volleyball on Tuesdays at 8:30p.m. beginning in January. Stop in at your convenience and play a couple of pick-up games. Members play for free, guest fees apply for non-members.

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 **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 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.

Grief to Peace Gathering **FREE!**

TH, November 19 &

December 17 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, TH 7:15-8:15 p.m.

Social

Games Galore **FREE!**

F Dec 11 1:00 p.m.

Check the calendar for regularly scheduled activities.

Chair Yoga

Special Class

Friday, December 4 1:00 p.m.

Chair-based yoga is a fun and excellent form of yoga designed for those who desire the benefits of gentle stretching while sitting in a chair or using a chair for additional support. Yoga promotes radiant health as it stretches and tones your muscles, spine and skeletal system. Our practice focuses on the whole body, leaving you feeling calm and refreshed.

Joan Riemar is a Certified Yoga Instructor and has been practicing and studying yoga for more than 30 years. Her love for yoga developed through a desire for a healthy and holistic life style. Register for this special **FREE** class by calling 346-3910 or stop by the front desk. Please see Anna with any questions.

FREE!

Activities Just For Seniors

Games Galore Plus MORE!

Friday, November 20 1:00 p.m.

We've taken our popular Games Galore and added even more fun to create Plus MORE! Try your hand at the popular games of Dominos, Scrabble, Bunco, and UNO or try some of the new games that we are bringing for this one day only! Bring a snack to share. Call 346-3910 to register or stop by the front desk.



Free Lunch at Triple Creek

Thursday, November 12 1:30 p.m.

Triple Creek Retirement Community at 11230 Pippin Road has invited our members to lunch. A delicious meal of lasagna, homemade garlic bread, salad bar and cheesecake assortment await you at this beautiful facility in Colerain. Only 50 people will be able to take advantage of this free lunch, so be sure to call Donna at 284-5759 to reserve your seat!

Games Galore

December 11 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, 1:00 p.m.

November 21 & December 19

Come out to the Senior Lounge and watch a movie with free popcorn and coffee. Be sure to register at the front desk. See you there!



Prime Time Diners

Tuesday, November 17

Max & Erma's Sharonville

Wednesday, December 16

Grand Finale

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

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.





Springdale Parks & Recreation Department Adult and Senior Calendar November 2009



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
30						
2	9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing	11:00 L.I.F.E. 10:00 Pool Match 12:30 Party Bridge 1:00 Tripoly	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	9:30 500 11:00 L.I.F.E 1:00 Cards	9:00 Slimnastics 10:00 Wii	7 8 5:30 Crack in the Pavement Watch Party
9	9:00 Slimnastics 10:00 Creative Stamping 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Pinochle	11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly	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 2:00 Cincinnati Memories	9:30 500 11:00 L.I.F.E. 1:00 Cards 1:30 Triple Creek Lunch	9:00 Slimnastics 9:30 Investment Club 10:00 Participants Council 1:00 Euchre	14 15 2:00-4:00 50th Anniversary Open House
16	9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Line Dancing 1:00 Pinochle	11:00 L.I.F.E. 10:30 Blood Pressure Check 12:30 Party Bridge 1:00 Tripoly 6:00 Prime Time Diners	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	9:30 500 11:00 L.I.F.E. 1:00 Cards 5:45 Grief to Peace	9:00 Slimnastics 10:00 Wii 1:00 Euchre 1:00 Games Galore plus MORE	21 22 2:00 Afternoon at the Movies 2:00 Turkey Shoot
23	9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Line Dancing 1:00 Pinochle	10:00 Pool Match 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly	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	Thanksgiving Center Closed	9:00 Slimnastics 1:00 Euchre	28 29 7:30 Tree Lighting



Springdale Parks & Recreation Department Adult and Senior Calendar December 2009



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
	1	2	3	4	5
	11:00 L.I.F.E. 10:00 Pool Match 12:30 Party Bridge 1:00 Tripoly	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	9:30 500 11:00 L.I.F.E. 1:00 Cards	9:00 Slimnastics 10:00 Wii 1:00 Euchre 1:00 Chair Yoga Special Class	5:30 Holiday Dinner
7	8	9	10	11	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 1:00 Line Dancing	11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly	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	9:30 500 11:00 L.I.F.E 1:00 Cards	9:00 Slimnastics 9:30 Investment Club 10:00 Participants Council 1:00 Euchre 1:00 Games Galore	13
14	15	16	17	18	19
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21	22	23	24	25	26
9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Line Dancing 1:00 Pinochle	11:00 L.I.F.E. 10:00 Pool Match 12:30 Party Bridge 1:00 Tripoly	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	9:30 500 11:00 L.I.F.E. 1:00 Cards Center closes at 5 p.m.	Christmas Center Closed	27
28	29	30	31		
9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Line Dancing 1:00 Pinochle	10:00 Pool Match 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly	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	9:30 500 11:00 L.I.F.E. 1:00 Cards Center closes at 5 p.m.		

Travel

Overnight Trip

Vermont Country Christmas December 6-10

Fly into Albany, NY and board your motorcoach and travel to Brandon, Vermont for the beginning of your Old Fashion Country Christmas! Enjoy a wine and cheese reception, a guided tour of the Vermont Teddy Bear Factory, Dakin Farms, and the Danforth Pewter Factory. Within this trip you will also tour the Porter Music Box Factory, Vermont's State House, Morse Sugar Farm, Cold Hollow Cider Mill, Cabot Creamery & Green Mountain Chocolate Annex, as well as Ben & Jerry's Ice Cream Factory.

All of this while staying at beautiful hotels - Brandon Inn, Waybury Inn, as well as the Trapp Family Lodge. Please call Joy Tour and Travel for availability at 777-8221.

In Sympathy

Springdale Parks & Recreation would like to extend their deepest sympathy to the families and friends of Community Center Members Hobart Denny & William Mincy who recently passed.



Good friends, fun entertainment, and great food (German Chocolate Cake!) were all on-hand at the Oktoberfest Luncheon!



More to Do

Creative Stamping

Mondays, November 9 & December 7
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!

Thursday, 1:00 p.m. through December 10

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

November

- 06 10:00 a.m. Wii Game Day
- 08 5:30 p.m. A Crack in the Pavement
- 09 10:00 a.m. Creative Stamping
- 11 2:00 p.m. Cincinnati Memories
- 12 1:30 p.m. Lunch at Triple Creek
- 13 10:00 a.m. Participants Council
- 15 2:00 p.m. 50th Anniversary Party
- 17 6:00 p.m. Prime Time Diners *RD 11/15*
- 19 5:45 p.m. Grief to Peace
- 20 10:00 a.m. Wii Game Day
- 20 1:00 p.m. Games Galore Plus MORE!
- 21 2:00 p.m. Afternoon at the Movies
- 22 2:00 p.m. Turkey Shoot
- 26 Closed for Thanksgiving
- 29 7:30 p.m. Tree Lighting Ceremony

December

- 04 10:00 a.m. Wii Game Day
- 04 1:00 p.m. Chair Yoga - Special Class!
- 05 5:30 p.m. Holiday Dinner *R/D 12/2*
- 07 10:00 a.m. Creative Stamping
- 11 11:00a.m. Participants Council
- 11 1:00 p.m. Games Galore
- 16 6:00 p.m. Prime Time Diners *RD 12/14*
- 17 5:45 p.m. Grief to Peace
- 18 10:00 a.m. Wii Game Day
- 19 2:00 p.m. Afternoon at the Movies
- 24 Closed at 5 p.m. for Christmas Eve
- 25 Closed for Christmas
- 31 Closed at 5 p.m. for New Year's Eve

Don't Forget to Swipe!

In an effort to keep our statistics accurate, please make every effort to swipe your membership card at the door to the Senior Lounge. Also, to keep this room as a nice haven for seniors, we ask that you keep the door locked. Any questions, please see Anna.



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/goplay!

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.

- Thanksgiving Closed
- Christmas Eve 6:00 a.m. - 5:00 p.m.
- Christmas Day Closed
- New Years Eve 6:00 a.m. - 5:00 p.m.
- New Years Day Closed

*Don't miss out
on the festive
Holiday
Dinner!*



Springdale Parks & Recreation
1199 Lawnview Ave
Springdale OH 45246

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