

inside Scoop

News & Views for Springdale Adults

A New Decade Begins!

It is hard to believe that a new decade has arrived; it seems like yesterday when the media chaos was frightened of the unknown possibilities of Y2K!

Many thanks to all that participated with the Giving Tree that benefited St. Joseph's Orphanage. The teachers were so appreciative and grateful for all the donations and said that the kids would just be thrilled. I am very proud to say that we have a very generous group at the Community Center.

Speaking of generosity...I would also like to thank all of those that have donated coffee items to the Senior Lounge. Coffee, tea, creamer, sugar- your generosity has astounded me and I know that all those that utilize this free service are most grateful!

Check inside for a lot of exciting programs coming up. The 2010 Travel Preview, a free *Crazy About Coupons!* class, and the popular *What's Cookin'?* series returns are just a few of the offerings.

I look forward to another fun year in 2010.

If you have any questions or concerns, please feel free to stop by and see me or call the Community Center!

Anna



**Tuesday, February 23 or
Thursday, February 25
6:00-7:30 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. Class fills quickly, so register early!

Menu: Pan Seared Lemon Tilapia,
Parmesan Pasta, Salad with Roasted Beets,
Citrus Dessert.

OPRA Awards



The Ohio Parks and Recreation Association recently announced the 2009 Annual Awards of Excellence winners, and the Springdale Parks and Recreation Department has been honored with two Meritorious awards!

**Marketing-New Media/Electronic Media for the Go Play Website
Adult Programs and Events-Ages 19-54 for Adult Night at the Rec**

The Department competed against much larger agencies such as Hamilton County Parks, Cleveland, Columbus, cities of Gahanna and Reynoldsburg. Congratulations to the staff and participants for making these programs so successful!

Creating Community Through People, Parks and Programs

Family-Friendly Activities

Crazy About Coupons! *Put more money in your pocket at the checkout lane!*

Tuesday, February 16 7:00 p.m.

Did you know that you could slash your grocery bill in half with just a few easy steps? Did

you know that you can get name brand products for free? Did you know that you can make money grocery shopping?

FREE!

Learn all the tricks to being a successful Coupon Queen (or King, of course). Attend this free class and learn the coupon lingo, how to find and organize your coupons to be successful and even how to stack those coupons to maximize your savings!

Be sure to sign up early for this class by calling 346-3910 or stop by the front desk.



FREE!

7:00-8:00 p.m.

Open to the Public

Grab your family or come alone! Join us for these FREE programs geared toward adults and children. Naturalists from the Hamilton County Park District will present these fun and informative programs. There will also be live animals at some of these presentations!

Tuesday, February 23

Amphibians

Tuesday, March 23

Insects, featuring Bugs to Munch!

Monday, April 12

All About Skunks

Cost Containment Days and You

If you have followed the buzz these past couple of months, you will have heard the phrase "Cost Containment Days". In 2010, the City of Springdale has implemented a total of 10 of these days as a cost savings measure.

All offices within the City of Springdale, with the exception of Police and Fire, will close for an extra five (5) days in 2010. In addition, the City of Springdale employees will also be taking five additional (5) furlough days during the year. At this point, the Community Center is scheduled to be closed April 2, May 7, August 6, and October 22. The day after Thanksgiving, the hours will be 8am – 5pm.

Look for postings at the Community Center, or visit our website www.springdale.org/goplay, to remind you of upcoming adjustments. As always, the staff of the Springdale Community Center is dedicated to the needs of our members.

**SPRINGDALE
YOUTH
BOOSTERS**



SYB

**Cinema
Horseraces**

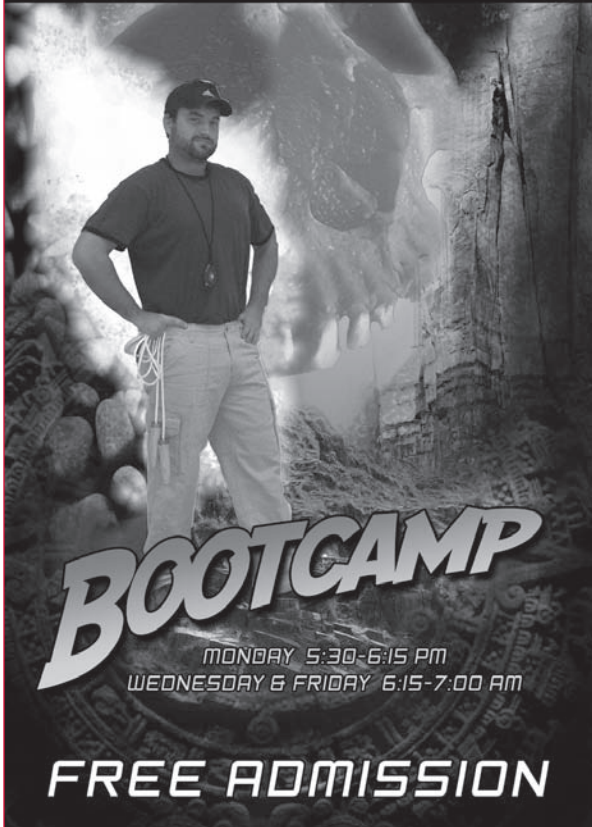
Saturday, February 27 7:00 p.m.

Springdale Youth Boosters will host their annual Cinema Horseraces on Saturday, February 27 in the auxiliary gymnasium.

Call or stop at the Community Center for more information and to purchase tickets.

Try Something New!

NOW PLAYING!



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

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.

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!
1:00 p.m.

Free Hearing Screening!

Tuesday, January 19 10:30 a.m.

Dr. Rick Hill of Hill Audiologist and Associates will be at the Community Center to offer a

FREE!

free hearing screening. Dr. Hill will be doing this in conjunction with the free blood pressure checks offered by our Springdale nurse, Jean Hicks. The screening is drop-in only, so appointments are not necessary. So come out and get your free checks!



Check the calendar for regularly scheduled activities.



Agnes Cupp, Santa, and Max Leichthy enjoy the Tree Lighting Ceremony

Activities Just For Seniors

Valentine's Day Luncheon

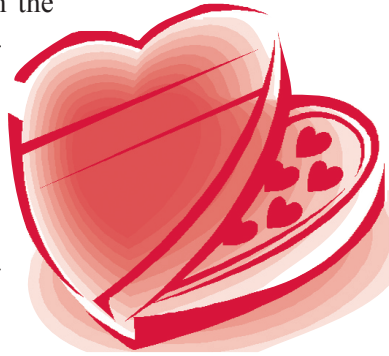
Friday, February 12 11:30 a.m.

You say Valentine's Day and it immediately invokes thoughts of cupids, hearts, and chocolate. Or maybe a luncheon with your friends at the Community Center comes to mind! Join us for some delectable food and lively entertainment.

The luncheon buffet will have mouthwatering selections of meat and vegetarian lasagna, tossed salad, garlic toast and a delectable dessert. Then sit back and enjoy the sounds of Jim McBride.

Jim may be best described as a "One Man Band" playing jazz instrumentals on sax, flute, Celtic tin whistle and keyboard. He also performs traditional Celtic Tin-Whistle tunes and sings standards from the Great American Songbook. With over 80 tunes in his repertoire, Jim can provide hours of great entertainment for your next event.

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



Games Galore

January 8 & February 19 1:00 p.m.

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

FREE!

Afternoon at the Movies

Saturday, 1:00 p.m.

January 23 & February 20

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!

FREE!



HealthRHYTHMS Drumming Demo

Thursday, January 28 11:00 a.m.

Looking for something different? Try our HealthRHYTHMS Drumming Demo! What's that you don't have rhythm? In this class everyone has rhythm! And everyone has fun!

A drum circle is a group of people making in-the-moment music with percussion instruments, voice and movement. It can be as simple as three friends in a living room. HealthRHYTHMS is a research-based group drumming protocol which has demonstrated biological and psycho-social benefits. HealthRHYTHMS isn't about drumming, rather the drum is used as a tool for communication and personal expression.

Come out and experience drumming- give it a chance, you will be happy that you have! Please call 346-3910 to reserve your seat in this exciting demonstration. All equipment is provided!

FREE!

AARP Income Tax Help

Fridays, February 5 – April 9

We are offering AARP Tax Help again in 2010. Appointments are one hour in length, start at 9 a.m. and end at 12 p.m. and will be held in February, March and the second week of April (AARP will not be here on April 2). The appointments are for individuals with simple federal and state returns. Please bring a copy of last year's returns and property tax info to your appointment. Call the Center at 346-3910 to make an appointment.



Springdale Parks & Recreation Department Adult and Senior Calendar February 2010



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/Sunday |
|--|--|---|---|--|---|
| 1 9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing | 2 11:00 L.I.F.E. 10:00 Pool Match 12:30 Party Bridge 1:00 Tripoly | 3 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 | 4 9:30 500 11:00 L.I.F.E. 1:00 Cards | 5 9:00 Slimnastics 10:00 Wii 1:00 Euchre | 6 7 2:00 Afternoon at the Movies 14 |
| 8 9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing | 9 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly | 10 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 | 11 9:30 500 11:00 L.I.F.E. 1:00 Cards | 12 9:00 Slimnastics 9:30 Investment Club 1:00 Euchre | 13 14 |
| 15 Presidents Day | 16 10:30 Blood Pressure Check 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly 7:00 Crazy About Coupons! | 17 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 | 18 9:30 500 11:00 L.I.F.E. 1:00 Cards | 19 9:00 Slimnastics 10:00 Wii 10:00 Participants Council 1:00 Euchre 1:00 Games Galore | 20 2:00 Afternoon at the Movies 21 |
| 22 9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Line Dancing 1:00 Pinochle | 23 11:00 L.I.F.E. 10:00 Pool Match 12:30 Party Bridge 1:00 Tripoly 6:00 What's Cookin' Wild 7:00 Springdale's Gone Wild | 24 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 | 25 9:30 500 11:00 L.I.F.E. 1:00 Cards 6:00 What's Cookin' | 26 9:00 Slimnastics 1:00 Euchre | 27 7 p.m. SYB Horseraces 28 |

Travel Expo

Friday, January 15
1:30 p.m.

& Party!

Do you like to see far-off places? Or maybe traveling just a couple of hours away is more your cup of tea? Regardless of your preference- we have something for you with our 2010 Travel Expo!

Join us on Friday, January 15 for our 2010 Travel Expo and Party. We'll unveil all the plans and get you registered for some great destinations, including day trips, multi-day tours.

Again this year we are using two tour groups, AAA Royal Tours and Joy Tour and Travel. The Springdale Senior Citizens Club will also have one-day trips available.

Please stop by the front desk or call 346-3910 to reserve your seat before January 13.

FREE!

In Sympathy

Springdale Parks & Recreation would like to extend their deepest sympathy to the families and friends of Community Center Members Louise Stone-Flack, Karen Day, Steve Lucas, and Charlie Matthews who recently passed.



Fun and festivities filled the Holiday Dinner!



More to Do

Prime Time Diners

Tuesday, January 19
Macaroni Grill

Tuesday, February 16
Red Robin

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

Stay Fit Senior Exercise

FREE!

New Time! 1:30 p.m. - 2:30 p.m.
Thursdays, January 14 - February 25

Come out and see what the buzz is about with this FREE class! 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.

This 2 month session is sponsored by Personal Touch Home Health Services and Wellspring at Evergreen Senior Lifestyle Community. Personal Touch is a national home healthcare agency providing nursing, therapies and home health aides. Wellspring has personalized services to meet your needs with Assisted Living, Rehabilitation, Skilled Nursing and Respite.

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

Refrigerator Reminder

RD = Registration Deadline

January

| | | |
|----|------------|-------------------------|
| 01 | | Closed |
| 08 | 1:00 p.m. | Games Galore |
| 08 | 10:00 a.m. | Participants Council |
| 14 | 1:30 p.m. | Stay Fit begins |
| 15 | 10:00 a.m. | Wii Game Day |
| 15 | 1:30 p.m. | Travel Preview |
| 19 | 10:30 a.m. | Hearing Screening |
| 19 | 6:00 p.m. | Prime Time Diners |
| 23 | 2:00 p.m. | Afternoon at the Movies |
| 28 | 11:00 a.m. | HealthRHYTHMS Demo |

February

| | | |
|----|------------|------------------------------------|
| 05 | 10:00 a.m. | Wii Game Day |
| 12 | 11:30 a.m. | Valentine Luncheon RD 2/10 |
| 16 | 6:00 p.m. | Prime Time Diners |
| 16 | 7:00 p.m. | Crazy About Coupons! |
| 19 | 10:00a.m. | Participants Council |
| 19 | 10:00 a.m. | Wii Game Day |
| 19 | 1:00 p.m. | Games Galore |
| 20 | 2:00 p.m. | Afternoon at the Movies |
| 23 | 6:00 p.m. | What's Cookin'? |
| 23 | 7:00 p.m. | Springdale's Gone Wild- Amphibians |
| 25 | 6:00 p.m. | What's Cookin'? |
| 27 | 7:00 p.m. | SYB Horeseraces |

Time to Renew!

Don't forget to renew your membership!

Memberships are now on a rolling expiration - they expire one year from the date you last registered, but you can always renew early. An early renewal just assures you won't miss any of the SCC fun!

Stop by the front desk to renew today!



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. |

The Community Center will be open normal hours on Martin Luther King Jr Day and Presidents Day.

Check out
all of the
FREE
offerings
at the SCC!



Springdale Parks & Recreation
1199 Lawnview Ave
Springdale OH 45246

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