

# inside Scoop

News & Views for Springdale Adults

## Spring is on the Way!

Hopefully the cold and snow are out the door and we can start to enjoy spring around the SCC!

We have some fun programs lined up for you- a fishtastic What's Cookin' class, free lunches with our Lunch & Learn series, monthly senior luncheons, digital photography classes, travel and the list goes on and on!

Do you have an idea of something new- stop by the front desk and let me know!

*Anna*



## Fishtastic!

Tuesday, April 5 and also Thursday, April 7  
6:00-7:30pm

So you want to learn how to cook healthy but don't know where to begin? Or maybe you always cook the same thing and would like to add some new recipes? Our What's Cookin' class is fun for all involved! Meet new people and learn helpful hints about cooking from the knowledgeable instructors.



The April menu:

- Couscous & Parsley Crusted Fish
- Baked Mac & Cheese
- Cole slaw
- Blueberry & Mango Fruit Sundae

Cost is \$8 per person with a maximum of 10 in each class. Register with payment at the Community Center front desk or by calling 346-3910.

## Library in Motion: e-Readers

Thursday, March 10 2:30 p.m.

Did you know that the most popular Christmas gift this year was an e-reader? Not sure what an e-reader is? We have the perfect seminar for you! Denise Strechen, Forest Park Branch Manager of the Public Library of Cincinnati and Hamilton County, will be providing instruction on downloadables from the library. People interested in downloading from the library's webpage can use an MP3 Player or e-reader. All are invited to this free program; please call 346-3910 to reserve your seat.



# Family Friendly Activities

## Don't Miss Out!

### SYB Opening Day Parade

Saturday, April 16 9:00 a.m.

Join the Springdale Youth Boosters as they kick-off the spring sports season with Annual Opening Day Parade! Many of the youth soccer, t-ball, baseball and softball teams will be carrying banners supporting their team and sponsor. The parade begins at Value City heading west on Kemper and continues around Lawnview to the Springdale Community Center. Please come out and help line the parade route to support our local teams.

### Men's Golf League

The City of Springdale, Parks & Recreation is now taking registrations for its 9-Hole Men's Summer Golf League at The Mill Course. Teams from last year receive first priority into the league. The league will run 18 weeks; Wednesday, April 13 through Wednesday, August 10, weather permitting. League participation is limited to Community Center members. Please stop by the Community center and see Matt or call 346-3910 if you are interested.

## Health & Wellness

### Badminton FREE!

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

### Blood Pressure Checks FREE!

3<sup>rd</sup> 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.*



Springdale's  
gone  
**Wild**

*Don't miss this  
**FREE**  
family-friendly  
program!!*

**Wednesday, March 16: Is that Skunk?**

Award-winning movie with skunk presentation!

**Wednesday, April 20: Naturalist Surprise**

We'll keep you guessing with what fun animals you will see!

# Springdale Parks & Recreation Department Adult and Senior Calendar March 2011



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
1	10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly	9:00 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:30 Corn Hole 12:00 Chair Volleyball 12:30 Corn Hole	3 9:30 500 11:00 L.I.F.E 1:00 Cards 1:30 Stay Fit	4 9:00 Slimnastics 1:00 Euchre	5
7	9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing	9 9:00 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole	10 9:30 500 11:00 L.I.F.E 1:00 Cards 1:30 Stay Fit <b>2:30 Library In Motion</b>	11 9:00 Slimnastics 9:30 Investment Club 10:00 Participants Council 1:00 Euchre	12
14	9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing	16 9:00 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole <b>7:00 Springdale's Gone Wild</b>	17 9:30 500 11:00 L.I.F.E. 1:00 Cards 1:30 Stay Fit	18 9:00 Slimnastics <b>11:30 Senior Luncheon</b> 1:00 Euchre	19
21	9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing	23 9:00 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole <b>6:00 Prime Time Diners</b>	24 9:30 500 11:00 L.I.F.E. <b>12:00 Lunch &amp; Learn</b> 1:00 Cards 1:30 Stay Fit	25 9:00 Slimnastics 1:00 Euchre	26
28	9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing	30 9:00 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole	31 9:30 500 11:00 L.I.F.E. 1:00 Cards 1:30 Stay Fit		27



# Springdale Parks & Recreation Department Adult and Senior Calendar April 2011



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
				1 9:00 Slimnastics 1:00 Euchre	2 3
4 9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing 7:00 Intro to Dig Photography	5 10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly <b>6:00 What's Cookin'</b>	6 9:00 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole	7 9:30 500 11:00 L.I.F.E. 1:00 Cards 1:30 Stay Fit <b>6:00 What's Cookin'</b>	8 9:00 Slimnastics 9:30 Investment Club <b>10:00 Participants Council</b> 1:00 Euchre	9 10 17
11 9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing 7:00 Intro to Dig Photography	12 10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly	13 9:00 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole	14 9:30 500 11:00 L.I.F.E. 1:00 Cards 1:30 Stay Fit	15 9:00 Slimnastics <b>11:30 Senior Luncheon</b> 1:00 Euchre	16 17 <b>9:00am SYB Opening Day Parade</b>
18 9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing 7:00 Intro to Dig Photography	19 10:30 Badminton 10:30 Blood Pressure Checks 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly	20 9:00 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole <b>6:00 Prime Time Diners</b> <b>7:00 Springdale's Gone Wild</b>	21 9:30 500 11:00 L.I.F.E. <b>12:00 Lunch &amp; Learn</b> 1:00 Cards 1:30 Stay Fit	22 9:00 Slimnastics 1:00 Euchre	23 24 <b>Easter Center Closed</b>
25 9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Line Dancing 1:00 Pinochle	26 10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly	27 9:00 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole	28 9:30 500 <b>9:30 AARP Drivers Class</b> 11:00 L.I.F.E. 1:00 Cards 1:30 Stay Fit	29 9:00 Slimnastics 1:00 Euchre	30

# Fun & Affordable Travel

## Overnight Travel

### Historical Charleston / April 11-15

Come along on a trip to one of our nation's most beautiful and historic cities. It's the peak blooming season and the city will be commemorating the 150th anniversary of the start of the Civil War. Tour some of the city's most magnificent homes and gardens. Take a narrated boat cruise as well as tour Magnolia Plantation. Please call Joe Ramos at Provident Travel to make reservations, 763-3080.

### Atlantic City/Cape May / April 24-30

It's off to the East Coast and Atlantic City where you will enjoy a review show and a slot bonus at the Tropicana Hotel. Spend the night in Cape May where you will have a trolley tour of the Historic District, a dinner theater and a cruise up the coastline of Cape May. On your way home, you will also see a production of Joseph and dine at a family-style restaurant. Call Joy Tour & Travel to make your reservations for this trip, 777-8221.

### Tulip Time Festival, Holland, MI / May 9-12

Join us as we head north for a terrific spring adventure! Attend the annual Tulip Festival and enjoy authentic Dutch dancers in colorful costumes perform as they celebrate the old world heritage of this town. You will attend two great shows, see the colorful Volksparade, visit a Dutch Windmill, a wooden shoe factory and the largest tulip farm in the Midwest! Call Joe Ramos at Provident Travel, 763-3080, to make your reservations.

## One Day Trips

### Slugger Museum and the American Printing House for the Blind Wednesday, May 4

A full day to enjoy some of Louisville's Landmarks and tour historical companies. Stops include the Louisville Slugger Museum, historic Zeppelin Café, tour of Old Louisville Historic district, and American Printing House for the Blind. Deadline to register is April 5. Reservations can be made at the front desk with checks made payable to Springdale Senior Citizens Club.

### A Pink Ribbon Day Wednesday, April 27

Set high above the Ohio River in Aurora, Indiana, the landmark home of Jesse Holman captures a long sweep of Indiana's architectural history. This home also exemplifies the historic preservation practiced by generations of two families. Don't miss out! You may register for this trip by calling Joy Tour & Travel at 777-8221.



## Intro to Digital Photography: Point & Shoot

Mondays, April 4-18 7:00 - 9:00 p.m.

Do you have a new camera and not sure how to use it? Would you like to improve your photos taken with your point and shoot digital camera? Or maybe you have a DSLR and never take it off Auto? This class is perfect for you. Learn when to use your flash, scene modes, zoom, composition. Never cut another person's head off again! Instructor Malinda Hartong is a photojournalist with over a decade of experience shooting stills and video. Early bird registration is \$59 until March 13. Cost after March 13 is \$69. Reservations may be made at the front desk or online at [www.hartondigitalmedia.com](http://www.hartondigitalmedia.com)

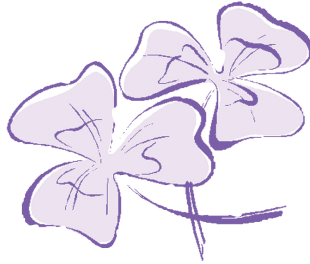
# Senior Activities

## Senior Luncheons

### St Patrick's Day with a Twist!

Friday, March 18 11:30 a.m.

We will be celebrating St. Patrick's Day (one-day late) with the festive music of Dave Hawkins and Peg Buchanan. Peg is an Ohio Scottish Fiddle Champion and delights audiences with Amazing Grace to Bluegrass with an emphasis on the musical heritage of Scotland, Ireland, Wales and North America.



Dave has been a successful songwriter, recording and touring artist for 30 years. In addition to their solo careers, Dave and Peg have toured together for more than 13 years. Together they weave American Folk with Celtic, Irish and Scottish music, tales of their adventures on the road and rip-roarin' fiddle tunes.

Before you are delighted by the duo, you will enjoy a St. Patrick's Day Pasta Bar! What says 'luck of the Irish' more than a choice of 3 sauces, pasta, salad, bread and dessert?

Be sure to register early for this fun-filled luncheon. Cost is \$7.50 for members and \$10 for guests. Please register with payment by Wednesday, March 16.

### April Luncheon: Wild Carrot

Friday, April 15 11:30 a.m.

Take a musical trip down memory lane. We'll get your hands-a-clappin', your toes a-tappin' and even the most reluctant of singers hummin' along when Wild Carrot performs their 'Familiar Tunes with a Twist'. With multiple instruments and music from the Hills of Appalachia to the Hills of Hollywood, this duo will span the last century from traditional tunes to jazz and gospel.



The mouth-watering menu of baked white fish, scalloped potatoes, vegetable medley, salad, rolls, and dessert will be served for lunch.

The cost for this luncheon is \$7.50 for members and \$10 for guests. Please register with payment by Wednesday, April 13.

## Red Hat Society

Our Red Hat Society has openings for members. This fun group of ladies gathers once a month to visit area attractions or dine together. Members volunteer to plan the monthly activities and individuals are responsible for their own transportation (including carpools). Please call 346-3910 if you are interested in joining.

## AARP Drivers Safety

Thursday, April 28 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 Tuesday, April 26.

## In Sympathy

Springdale Parks & Recreation would like to extend their deepest sympathy to the families and friends of Community Center Members Roger Potraffke and Fran Biggs who recently passed away.

## Prime Time Diners

Wednesday, March 23  
*SmoQ, Springdale*

Wednesday, April 20  
*Mimi's, Deerfield Town Center*

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

# Want a Mid-day Break? Lunch & Learn!

## Downsizing?

Thursday, March 24 12:00 p.m.

Does your home feel too big? Are you ready to move but don't know where to begin? Our March Lunch & Learn program will help you feel more prepared. Enjoy a scrumptious lunch prepared by the chef from our sponsor- Seasons Retirement Community- and listen to speakers on this topic, including all those that can help make this transition easier for you- realtors, movers, home stagers and downsizing companies. All in one location!

Our thanks go to Seasons for sponsoring this educational luncheon. Designed for those who want companionship and amenities with a hospitality-centered staff and a stimulating environment, Seasons and Courtyard at Seasons complements the best of living life with options to nurture the spirit for the lifestyle yet to come!



Lunch begins promptly at noon and is FREE. **You must pre-register for this event** beginning on March 1 with a maximum of 40 people. Call 346-3910 or stop by the front desk.

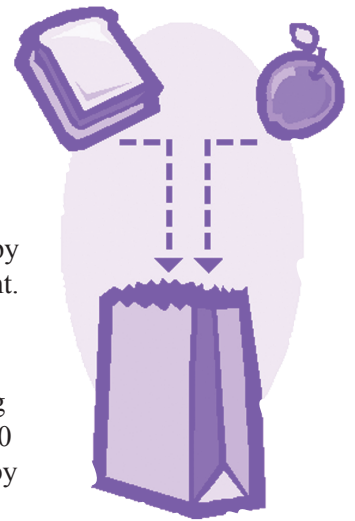
## Foods & Moods

Thursday, April 21 12:00 p.m.

We all know that we need food to survive, but did you know that certain types of food affect your moods? There are foods that can make you alert, energetic, calm, sleepy and less anxious. With our April Lunch & Learn, learn how these foods influence your moods and lifestyle and also eat these foods for your lunch! Speaker Mara Lamb is a registered licensed nutritionist and diabetic educator.

The April Lunch & Learn is brought to you by Hillandale Family of Communities. The Hillandale Family of Communities include Birchwood Care Center, Doverwood Village, and Chesterwood Village; offering independent living luxury apartments and patio homes, as well as assisted living, skilled nursing and rehabilitative therapy and care for memory impairment.

Lunch begins promptly at noon and is FREE. **You must pre-register for this event** beginning March 15 with a maximum of 40 people. Call 346-3910 or stop by the front desk.



## Stay Fit **FREE!**

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! It's FREE so give it a try, you have nothing to lose!

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



## AARP Income Tax Help

Fridays through April 8

Need tax prep help? Free appointments are available for individuals with simple federal and state returns. Please bring a copy of last year's returns and property tax info with you. Call the Community Center at 346-3910 to make an appointment.

## Refrigerator Reminder

*RD = Registration Deadline*

### March

- 10 2:30 p.m. Library in Motion
- 11 10:00 a.m. Participants Council
- 16 7:00 p.m. Springdale's Gone Wild
- 18 11:30 a.m. Senior Luncheon
- 23 6:00 p.m. Prime Time Diners
- 24 12:00 p.m. Lunch & Learn: Downsizing

### April

- 04 7:00 p.m. Intro to Digital Photography Begins
- 05 6:00 p.m. What's Cookin'
- 07 6:00 p.m. What's Cookin'
- 08 10:00a.m.. Participants Council
- 15 11:30 a.m. Senior Luncheon
- 20 6:00 p.m. Springdale's Gone Wild
- 20 7:00 p.m. Prime Time Diners
- 21 12:00 p.m. Lunch & Learn: Foods & Moods
- 24 Closed for Easter
- 28 9:30 a.m. AARP Drivers Safety

***Don't Forget to Renew Your Membership!***

## 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

Sunday, April 24 (Easter) - Closed

## 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. We know that chivalry is not dead with the users of the Senior Lounge- but if you hold the door open for someone, please make sure they still swipe their card. The same goes for using the track- please remember to drop your card by the front desk before you walk on the track. Every swipe counts!



**Check out  
all the FREE  
Programs!!**

Springdale Parks & Recreation  
11999 Lawview Ave  
Springdale OH 45246



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