

inside Scoop

News & Views for Springdale Adults



Spring is Full of Fun!

What a crazy winter so far, I am sure most everyone is anxiously waiting spring! Don't sit inside the house and let the winter doldrums get you down- head out to the SCC for plenty to do!

I want to thank everyone that participated in some new programs the past couple of months. We have had great turn-outs for Springdale's Gone Wild, Wii Game Day, Chair Yoga, Monday Night Bootcamp and African

Dance and Drumming. Didn't make it out to any of these? No problem! They are still on the schedule for the upcoming months. Actually, Wii Game Day has spawned 2 different days where you can come out and enjoy the Wii- check inside for more information!

Also coming up are two more classes of What's Cookin'? and a Country Hoedown. So come out and get your cook on- or your groove on, as the case may be!

Please remember to stop by the front desk or call 346-3910 to subscribe to the Scoop. This will be the last edition that will be sent out to everyone- *beginning with the May/June Scoop, it will only be mailed to our subscribers!*



I look forward to seeing you around the SCC and will gladly challenge you to a game of Wii Tennis!

Anna

Country Hoedown

Saturday, April 25 5:00 p.m.

Yee-haw! Saddle up, pardner, and head to the Community Center for a boot-stompin' good time! Come by car, horse or even a *Surrey with The Fringe on Top*, if you'd like!

The evening begins with a scrumptious down-home meal of tossed salad, fried chicken, seasoned wedge potatoes, corn, and fruit cobbler for dessert.

After you have eaten your fill, dust off those boots and hit the dance floor for some country fun. Instructors and callers, Kathy and Jerry Helt, will be on hand to teach you line dancing and square dancing. Country music not your thing? No problem- Jerry and Kathy have a wide array of music for line dancing.

So head out to the Ponderosa Ranch (Springdale Community Center) and kick up your heels! The cost is \$8.50 for members and \$11.00 for guests. Please register with payment by April 21.

*Participants are encouraged to dress in their "western finest".

EXPERIENCE
Springdale





One Pot Wonders

Tuesday, March 24 or Thursday, March 26

Create Your Own Pizza

Tuesday, April 14 or Thursday, April 16

7:00 - 8:00 p.m.

Free & 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, March 3

Let's Get Batty About Bats!



Wednesday, April 15

Our Feathered Friends: Vultures

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.



Men's Golf

The 9-hole Springdale Men's league plays on Wednesday evenings beginning April 13, 2009 at The Mill Course. League participation is limited to Springdale Community Center Members. Please stop by the Community Center and see Matt or call 346-3910 if you are interested.

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.

One Pot Wonder: Antipasto Salad, Chicken and Spinach Risotto, Pineapple Angel Food Cake

Create your Own Pizza: Pan-Fried Asparagus Appetizer, Pizza, Dessert Pizza

Please note that all menus are subject to change with ingredient availability.



Scrapbooking Power Hours

Friday, April 24 6:30-8:30 p.m.

Do you have photos from the holiday season gathering dust? Are you looking for a fun and creative way to display your memories? We have a solution for you - our Friday evening Scrapbooking Power Hours! Two hours dedicated to getting as many of your holiday photos onto scrapbook pages for you to enjoy. You bring the photos and we will provide the materials!

Cost is \$8 and a maximum of 8 people. Children 12 and older are welcome with a parent or guardian. Stop by the front desk to register with payment by April 21.



Creative Stamping

Monday, March 2

Monday, April 6

Make Time for YOU this Spring!

Chair Yoga - FREE!

Wednesday 1:00-2:00 p.m.

A gentle form of yoga that is practiced sitting in a chair. All fitness levels and ages can benefit from this wonderful exercise. Yoga can help loosen stiff joints, stimulate circulation, and improve balance among other things. All fitness levels and ages can benefit from these exercises that will leave you feeling refreshed and relaxed. New videos!

African Dance & Drumming

Saturday 12:30-1:30 p.m.

A class that teaches the art of African dance. Each week a different dance and movement will be introduced to the class with stories and meanings of the dance movement. Movements from the dance will provide a great cardio workout. It's exercise, energetic and entertaining. Appropriate for all levels – Beginners welcome!

GET UP & GO BOOTCAMP

Get ready for swimsuit season!

Monday 5:30-6:15 p.m.

Wednesday & Friday
6:15-7:00 a.m.



We Want YOU... to lose weight and tone up! Are you bored with your workout or looking for a new challenge? Then it's time to join BOOT CAMP! We'll train anyone at any level from beginner to regular exerciser. You'll be ready to re-enlist when you're burning up to 450 calories per class. And best of all – it's FREE! Just bring a towel or mat and water bottle – crew cut not required!

Through March 30 - Resumes May 4

Health & Wellness

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.

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, March 26 & April

30 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 Helms

M 1:00-2:00 p.m.

Low Impact Functional Exercise FREE!

T, TH 11:00-12:00 p.m.

Slimnastics FREE!

M,W,F 9:00-10:00 a.m.

Zumba

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

Social

Games Galore FREE!

Friday, March 6 & April 10
1:00 p.m.

Afternoon At The Movies

FREE! Saturdays March 21 &
April 18 2:00 p.m.

Register at the front desk.

Popcorn & coffee provided.

Check the calendar for regularly scheduled activities.



Wii Golf League in the Senior Lounge

Just For Seniors

March Luncheon

Friday, March 13 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 tossed salad, meat loaf, mashed potatoes, green beans and dessert. The cost for this luncheon is \$7.50 for members, and \$9 for guests. Register with payment by March 10.

AARP Income Tax Help

Fridays Mornings until April 10

AARP tax help appointments are for individuals with simple federal and state returns, and are one hour in length. Please bring a copy of last years' returns and property tax information. Call the Center at 346-3910 to make an appointment.

Prime Time Diners

Tuesday, March 10

Mimi's Cafe (Deerfield Township)

Wednesday, April 15

Rafferty's (Union Centre)

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

*Senior Lounge will be closed
Monday, April 6 for carpet cleaning*

Intro to Computers

Thursdays, April 2-23 10:00 a.m. - Noon

Would you like to understand the basics of using the computer? We have just the class for you! Instructor Jerry Pietch will teach you the fundamentals of the keyboard and mouse, as well as opening and closing files. Cost is \$30 per person for the four week session. Jerry generously donates his fee to the Maple Knoll Village Benevolent Fund. Enrollment is limited to 6 participants, and you must register with payment beginning March 2.

Introduction to the Internet

Thursdays, May 7-28, 10:00 a.m. - Noon

Do you want to use the internet to "get connected"? Join instructor Jerry Pietch as he explains what the Internet is and how to use it. Learn the lingo of the net and how to use your computer to connect to the information highway. You'll also learn howto set up an e-mail account, and send and receive e-mail. Cost is \$30 per person for the four week session. Jerry generously donates his fee to the Maple Knoll Village Benevolent Fund. Register with payment at the front desk.

Fall Prevention Seminar

Tuesday, March 24 2:00 p.m.

Do you know that almost 30% of Seniors- over the age of 65- have one fall per year? Are you worried about your balance? Concerned that a loved one could fall? Come to our Fall Prevention Seminar and learn how you can prevent falls. Occupational Therapist Marcia Lane and Physical Therapist Kristin Sams, of Mercy Fairfield, will be conducting this free seminar. Marcia and Kristin will discuss personal and home risk factors and ways you can prevent falls, including useful equipment and beneficial forms of exercise. Please register by calling 346-3910 to reserve your seat!

In Sympathy

Springdale Parks & Recreation would like to extend their deepest sympathy to the families and friends of Community Center Member Ria Comeau who recently passed.



Springdale Parks & Recreation Department Adult and Senior Calendar March 2009



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
30 9:00 Slimnastics 10:00 Chair Volleyball 9:30 Creative Stamping 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Line Dancing 5:30 BOOTCAMP	31 10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly				
2 9:00 Slimnastics 10:00 Chair Volleyball 9:30 Creative Stamping 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Line Dancing 5:30 BOOTCAMP	3 10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly 7:00 Springdale's Gone Wild	4 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	5 9:30 500 11:00 L.I.F.E. 1:00 Cards	6 9:00 Slimnastics 9:30 Investment Club 1:00 Games Galore 1:00 Euchre	7 12:30 African Dance & Drumming
9 9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Line Dancing 1:00 Pinochle 5:30 BOOTCAMP	10 10:30 Badminton 10:30 Blood Pressure Check 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly 6:00 Prime Time Diners	11 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	12 9:30 500 10:00 Participants Council 11:00 L.I.F.E. 1:00 Cards	13 9:00 Slimnastics 11:30 March Luncheon	14 12:30 African Dance & Drumming
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 5:30 BOOTCAMP	17 10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly	18 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	19 9:30 500 11:00 L.I.F.E. 1:00 Cards	20 9:00 Slimnastics 1:00 Euchre	21 2:00 Afternoon at the movies
23 9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing 5:30 BOOTCAMP	24 10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly 2:00 Fall Prevention Seminar 6:00 What's Cookin'	25 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	26 9:30 500 11:00 L.I.F.E. 1:00 Cards 6:00 What's Cookin'	27 9:00 Slimnastics 1:00 Euchre	28 12:30 African Dance & Drumming
					29



Springdale Parks & Recreation Department Adult and Senior Calendar April 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 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 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 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	11
					12 Easter Center Closed
13 9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Line Dancing 1:00 Pinochle	14 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly 6:00 What's Cookin'?	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 6:00 Prime Time Diners 7:00 Springdale's Gone Wild	16 9:30 500 11:00 L.I.F.E. 1:00 Cards 6:00 What's Cookin'?	17 9:00 Slimnastics 1:00 Euchre	18 2:00 Afternoon at The Movies
					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 10:30 Blood Pressure Check 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly	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 9:30 500 11:00 L.I.F.E. 1:00 Cards	24 9:00 Slimnastics 1:00 Euchre 6:30 Scrapbooking Power Hours	25 5:00 Country Hoedown
					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 10:00 Pool Match 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly	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 9:30 500 11:00 L.I.F.E. 1:00 Cards 5:45 Grief to Peace		

Pack Your Bags & Hit the Road

Single Day Trips

Overnight Trips

Grand Victoria Casino

Wednesday, March 25

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 9:15am and return approximately 4:30pm. Deadline to register is March 10 at the Springdale Community Center. Checks can be made out to The Springdale Senior Citizens Club.

Sophisticated Lady IV

Wednesday, April 29

Travel to Indiana and experience the charm of two quaint towns, Union City and Winchester. Enjoy lunch and a tour of the beautiful Mansion Bed & Breakfast, as well as a tour of Ghyslain Chocolatier. Also visit Joy Pottery, Mrs. Wick's Pies and Silver Town Showrooms. Cost: \$84 Call Joy Tour & Travel, 777-8221, to register by March 23.

Queen City Riverboat Cruise

Thursday, May 14

Enjoy a two-hour cruise on the Ohio River. Interesting, fun, informative and educational historical narration orated by Capt. Dennis. Capt. Dennis has worked on the Ohio since the age of 15, and has traveled the world while serving in the U.S. Navy. The cost is \$32.95 includes transportation buffet lunch consisting of fried chicken, southern style green beans; three cheese garlic mashed potatoes, tossed salad, rolls/butter, coffee, iced tea, and assorted Cheesecake for dessert. Register by April 1.

The Belle of Louisville

Friday, May 29

The Belle of Louisville, a treasured National Historic Landmark, is the oldest operating Mississippi Style Steamboat in the nation. Enjoy a luncheon and sightseeing cruise that features a delicious buffet and Captains narration. Cost: \$73 Call Joe Ramos , 247-1126, to register before April 28.

Nashville, Tennessee

May 8-9

A morning drive takes us to Nashville where we'll check into the fabulous Opryland Hotel for one night. You'll enjoy the hotel's great amenities and three huge conservatories under glass roofs. Then have a delicious included dinner at the famous Wildhorse Saloon, complete with live entertainment and line dance lessons. After dinner enjoy a wonderful live performance of "Always Patsy Cline" at historic Ryman Auditorium – the original home of the Grand Ole Opry. Cost: \$299 Call Joe Ramos, 247-1126, to register before April 3.

Blennerhassett Island

June 18-19

A jam-packed two day trip! Visit The Castle in Marietta, OH on your way to Blennerhassett Hotel. At the hotel, you will enjoy dinner and a rehearsal of a Smoot Theatre performance. The next day you will tour the Blennerhassett Museum, board a Sternwheeler boat and tour the Blennerhassett Mansion along with a horse drawn carriage ride. Cost: \$299 Call Joy Tour & Travel, 777-8221, to register by April 17.



***Trips organized by AAA Travel,
Joy Tour & Travel, and the
Springdale Seniors Club***

Refrigerator Reminder

RD = Registration Deadline

March

- 02 10:00 am Creative Stamping
- 03 7:00 pm Springdale's Gone Wild
- 10 1:00 pm Trip Preview for Nashville, TN
- 10 6:00 pm Prime Time Diners *RD 3/6*
- 12 10:00 am Participants Council
- 13 9:30 am Investment Club
- 13 11:30 am March Luncheon *RD*
- 21 2:00 pm Afternoon at the Movies
- 24 2:00 pm Fall Prevention Seminar
- 24 6:00 pm What's Cookin'?
- 26 5:45 pm Grief to Peace
- 26 6:00 pm What's Cookin'?

April

- 06 10:00 am Creative Stamping
- 10 10:00 am Participants Council
- 10 9:30 am Investment Club
- 10 1:00 pm Games Galore
- 14 6:00 pm What's Cookin'?
- 15 6:00 pm Prime Time Diners *RD 4/10*
- 15 7:00 pm Springdale's Gone Wild
- 16 6:00 pm What's Cookin'?
- 18 2:00 pm Afternoon at the Movies
- 24 6:30 pm Scrapbooking Power Hours *RD 4/21*
- 25 5:00 pm Country Hoedown
- 30 5:45 pm Grief to Peace

All 2008 Springdale Community Center Memberships expired February 28, 2009.

Don't miss any more of the SCC Membership benefits - *renew today!!*

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.

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