

# inside Scoop

News & Views for Springdale Adults



## Season's Greetings!?!

*Season's Greetings!* I can't believe I just said that! But it's true, the holidays are sneaking up on us and soon we'll be smack in the middle of all the hustle and bustle of the season. Holidays are a time to be thankful, a time to give. I often wonder, what about the rest of the year? Wouldn't it be wonderful if we carried those ideals throughout the year? Well, why not?

With the support of the Participants Council, we have decided to adopt a local family that is less fortunate than

many of us. Beginning with the Holiday Dinner and at certain special events during 2009, we will collect new items suitable for an adult male or female or boy or girl under the age of 18. Items should be appropriate for the time of year and not exceed a \$10 value. Please no food items. If you have a little extra to give, please join us in celebrating the true meaning of the holidays, all year!

I want to take the opportunity to publicly thank Donna Lanter for stepping up to the plate and filling Anna's shoes over the last few months. Her commitment and tender care of our treasured members has been a blessing. Now, if I could

only get her to put on a lifeguard suit!

It's also a good time for the Parks and Recreation staff to thank our members for your support and participation in 2008! You have been a vital part of the growth and success of the Department. Without your participation, programs fail. Without your suggestions, activities become stagnant. Without your gentle criticisms, status quo is comfortable. So thank you, for staying involved and active!

Have a safe and healthy holiday season!

**Sharon**

## ADULT NIGHT @the Rec

If you missed Adult Night @ the Rec last spring, here's your chance to see what all the buzz is about! The Community Center is yours - *For Adults Only* - to do whatever you like!

Have your palm read, play wallyball and the Wii or listen to some party music and dance the night away! All of this plus two new activities. **A Pie in the Face** - how fast can you eat a pumpkin pie? Without your hands?! Competitive eating not for you? How 'bout **Spud Sculptures**? Channel your inner Michelangelo and create a masterpiece with mashed potatoes! We'll provide the spuds and supplies and prizes to the winners. Bring your friends to

**Friday, November 14**  
**8:30 pm - Midnight**

compete against or to cheer you on as you dive in to these fun events!



To do our part in the economic bailout here's the deal, the first 25 adults to register by November 4 receive a free ticket. After November 4, tickets are \$3.00 or \$5.00 at the door. Guests are welcome with Springdale residents.

Remember bring your coolers with your beverages of choice and we'll provide snacks and door prizes throughout the night.

**EXPERIENCE**  
Springdale

*Creating Community Through People, Parks and Programs*

# Family-Friendly Activities

## Turkey Shoot

**Sunday, November 23 2:00 – 4:30 p.m.**

Come out and shoot some hoops for the chance to win a turkey! S.T.A.F.F. (Springdale Teens Adventuring For Fun) will host the 8th 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 30 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. Free refreshments will be served!

# PUZZLES

Many enjoy challenging their minds and working the puzzles in the Senior Lounge. The number of donated puzzles in our supply is dwindling. If you have a puzzle or two sitting around that may be looking for a new home, donate it to the Center and we will add it into our rotation! All donations can be dropped off at the front desk.

# Wii Play

Have you thought about getting out and getting active, but maybe the cost of gas is keeping you at home? We are looking for "armchair athletes" that are interested in giving the Wii a try. With Nintendo's Wii, you can play tennis, baseball, golf, boxing and bowling - all without leaving the Community Center! Interested in playing the Wii on a regular basis? Interested in a Wii Sports League? Give us a call and put your name on the Wii play interest list and check out the Scoop in 2009!

## Take advantage of Springdale Parks and Recreation's Economic Bailout Plan!



Budgets are tight and costs are going up, groceries and gas are at an all time high.

Times are tough and spending money on social activities is not always prudent. But, not being active or involved are not good options!

Everyone is worried about money. Now is a perfect time to say goodbye to those high priced membership fees you've been paying at other facilities. The Community Center offers many low cost or free programs. Membership and guest fees are the lowest in the tri-state area and you don't have to drive too far to get here!

Springdale Parks and Recreation has always been proud to offer fun options that are easy on the budget and close to home. We will continue to try and keep our costs down and pass those savings on to you while maintaining quality programming.

To help ease the pain in the pocket, look for the EB (economic bailout) logo for low cost or free programs all through this publication and have some fun while pinching your pennies!

# Volleyball

## Adult Women's Volleyball League Wednesdays beginning January 7

Get a group of friends or co-workers together for an evening of fun! Resident teams may register November 15 through December 15. Non-Resident registration begins December 16. Teams will be classified according to the number of residents on their roster. League play begins January 7, 2009. League entry is limited and is on a first-come first-serve basis. For more information and a complete set of rules, please stop by the front desk or call 346-3910. Resident Team - \$135 / Non-Resident Team - \$235

## Open Gym Volleyball

Enjoy a night of drop-in volleyball on Tuesdays at 8:30pm 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.



# Check out These Programs & Classes!

## Health & Wellness

### Badminton

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

### Blood Pressure Checks

3rd Tuesday 10:30 a.m. - 12:30 p.m.

### Body Sculpting

Friday 6:00 - 7:00 p.m.

### Cardio Kickboxing

Tues, Thurs, Sun 6:00 - 7:00 p.m.

Saturday 11:00 a.m. - 12:00 p.m.

### Chair Volleyball FREE!

Monday 10:00 - 11:30 p.m.

Wednesday 1:00 - 2:30 p.m.

### Get Up & Go! Bootcamp FREE!

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

### Grief to Peace Gathering FREE!

Thursday, November 20 5:45 p.m.

Thursday, December 18 5:45 p.m.

### Jazzercise

Mon & Wed 6:00 - 7:00 p.m.

Tues, Thurs, Sat 9:30 - 10:30 a.m.

### Let's Get Fit FREE!

Monday & Wednesday

10:30 - 11:30 a.m.

### Line Dancing With the Helts

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

### Low Impact Functional Exercise FREE!

Tuesday & Thursday 11:00 - 12:00 p.m.

Check with your class instructor to make sure your class or program is meeting on around the holidays.

### Slimnastics FREE!

Monday, Wednesday, Friday

9:00 - 10:00 a.m.

### Zumba

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

## Cards & Games

### Check the Calendar for:

500

Duplicate Bridge

Party Bridge

Euchre

Corn Hole

### Games Galore FREE!

Friday, November 14 1:00 p.m.

Friday, December 12 1:00 p.m.

Join us for UNO, Dominos, Bunco and Scrabble! Please bring snacks to share and a willingness to try a new game or two! Register at the front desk.

### Afternoon At The Movies

FREE! Saturdays 2:00 p.m.

November 15 - *Cutting Edge*

December 20 - *Polar Express*

Stop by the front desk to register.

Popcorn & coffee provided.

## Prime Time Diners

Tuesday, November 11

*O'Charleys*

Wednesday, December 17

*Blue Goose*

Meet at the Community Center at 5:00 p.m. for conversation and light appetizers. Registration cost is \$1 and dinner is on your own. Please register with payment by the Friday prior to the date.

## Art Classes

### Bob Ross Painting with Verna Akin

Tuesday, November 4 & December 9  
10:00 a.m.

### Creative Stamping

Monday, November 3 & December 8  
10:00 a.m.

### Creative Stamping, Too!

Saturday, November 15 10:00 a.m.

## GET UP & GO BOOTCAMP

Wednesdays & Fridays  
6:15 - 7:00am

Who do you want to be? How do you want to feel? Now is the time to take control and make it happen! What's holding you back? Cost? Negative, it's free! Haven't worked out in a while or at all? Negative again! Bootcamp is structured for every fitness level. Whether you work out everyday or haven't broke a sweat since high school gym class, you can do this. All activities are geared so you can choose the appropriate intensity for your fitness level. Come on, rise and shine! Grab your gear; towel, water bottle and shoes and start your tour of duty today!

*No class in December.*

# Just For Seniors

## *Holiday Dinner*

# Holiday Memories

**Saturday, December 6 5:30 p.m.**

Share a night making holiday memories with other Community Center Members. Participants Council urges everyone to bring their favorite childhood holiday memorabilia to display. Maybe it's a treasured toy, greeting card or ornament - it doesn't matter - bring it with you to the dinner! Do you have a holiday picture you would like to share? Put it in an envelope marked with your name and "Holiday Memories" and drop it off at the Community Center by November 21. All pictures will be reproduced and displayed on a "Who's Who?" board during the evening.

Dinner will be provided by Zeh's Catering, the same caterer we used for the Senior Prom. The musical duo of Scott Carnder & Rick Lisak will be the evening's entertainment. Sit back or dance as they play seasonal favorites and classic songs from the 1930's to the 60's.

We ask that everyone attending the dinner bring one gift for an adult male or female or boy or girl up to the age of 17. The gifts will be given to a family we will be adopting for the year.

Make your reservations by November 28! SCC members \$9 / Non-members \$12.

Don't forget, feel free to bring your own egg and nog!

## *A Note From Donna...*

The baton has been passed back to Anna, and I just wanted to tell everyone who helped me through the last three months, thanks for making my job easy and full of fun!

I will continue to help Anna in any way I can to make sure you all enjoy the Community Center and all its activities. I had a great time sharing the monthly luncheons, Games Galore and Prime Time Diners just to name a few. I'll stop in every now and then to interrupt your card games in the Senior Lounge and to make sure no one is cheating at Domino's on Game Day! Rumor has it there will be many more new activities as well as the return of many favorites in 2009 so remember, have fun!

Thanks again, I enjoyed every day of the last three months - ok most of them!

## MAKE NO BONES ABOUT IT!

**Thursday, December 11 11:00 a.m.**

Are you worried about osteoporosis? Come to this FREE interactive and educational exercise program and learn how to reverse the damage that this disease creates. You'll be up moving and practicing exercises that will strengthen your bones. The instructor, Donnie Kalb, has over 10 years of training, speaking and fitness counseling experience. Please register at the front desk to reserve your spot!



## Participants Council

**November 21 & December 19 10:00 a.m.**

Participants Council met in September and discussed some exciting events for 2009. Among them: a visit from the Cincinnati Zoo, a return visit from David Koonce and his Civil War stories, history programs by Joyce Baer, J.B. Barnett's "Tribute to Red Skelton," and an encore by Raison D'Etire (Sister Act).

We need you to join the fun! All SCC members are invited. If you are a new attendee, please register for this meeting at the front desk or by calling 346-3910.

## *In Sympathy*

Springdale Parks & Recreation would like to extend their deepest sympathy to the families and friends of Community Center Members Louis Allen, Helen Lutz, and Frances Quigley who recently passed.



# Springdale Parks & Recreation Department Adult and Senior Calendar November 2008



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
					1
					2
<b>3</b> <b>10:00 Creative Stamping</b> 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing	<b>4</b> 10:00 Bob Ross Painting 10:00 Pool Match 10:30 Badminton 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly  <b>ELECTION DAY</b>	<b>5</b> 10:30 Oil Painting 10:30 Let's Get Fit 12:30 Corn Hole 1:00 Chair Volleyball	<b>6</b> 9:30 500 11:00 L.I.F.E. 1:00 Cards	<b>7</b> 9:30 Investment Club 1:00 Euchre	<b>8</b>    <b>9</b>
<b>10</b> 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Line Dancing 1:00 Pinochle	<b>11</b> 10:30 Badminton 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly <b>5:00 Prime Time Diners</b> <b>at O'Charley's</b>	<b>12</b> 10:30 Oil Painting 10:30 Let's Get Fit 12:30 Corn Hole 1:00 Chair Volleyball	<b>13</b> 9:00 Participants Council 9:30 500 11:00 L.I.F.E. 1:00 Cards	<b>14</b> 1:00 Euchre <b>1:00 Games Galore</b> <b>It's Bunco Day!</b> 8:30 Adult Night @ the Rec	<b>15</b> <b>10:00 Creative Stamping</b> <b>tool</b> <b>2:00 Afternoon at</b> <b>the Movies</b> <b>The Cutting Edge</b>  <b>16</b>
<b>17</b> 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Line Dancing 1:00 Pinochle	<b>18</b> 10:30 Badminton 10:30 Blood Pressure Check 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly	<b>19</b> 10:30 Oil Painting 10:30 Let's Get Fit 12:30 Corn Hole 1:00 Chair Volleyball	<b>20</b> 9:30 500 11:00 L.I.F.E. 11:00 Cards	<b>21</b> 9:00 Participants Council 1:00 Euchre	<b>22</b>    <b>23</b>
<b>24</b> 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Line Dancing 1:00 Pinochle	<b>25</b> 10:30 Badminton 10:00 Pool Match 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly	<b>26</b> 10:30 Oil Painting 10:30 Let's Get Fit 12:30 Corn Hole 1:00 Chair Volleyball	<b>27</b> Closed  <b>HAPPY</b> <b>THANKSGIVING</b>	<b>28</b> 1:00 Euchre	<b>29</b>    <b>30</b>



# Springdale Parks & Recreation Department

## Adult and Senior Calendar

### December 2008



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>1</p> <p>9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Pinochle 1:00 Line Dancing</p>	<p>2</p> <p>10:30 Badminton 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly</p>	<p>3</p> <p>9:00 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:30 Corn Hole 1:00 Chair Volleyball 6:30 PM Ceramics</p>	<p>4</p> <p>9:30 500 11:00 L.I.F.E. 1:00 Cards</p>	<p>5</p> <p>9:00 Slimnastics 1:00 Euchre</p>	<p>6</p> <p>5:30 Holiday Dinner</p>
<p>8</p> <p>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</p>	<p>9</p> <p>10:00 Bob Ross Painting 10:30 Badminton 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly</p>	<p>10</p> <p>9:00 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:30 Corn Hole 1:00 Chair Volleyball 6:30 PM Ceramics</p>	<p>11</p> <p>9:30 500 11:00 L.I.F.E. 1:00 Cards</p>	<p>12</p> <p>9:00 Slimnastics 9:30 Investment Club 1:00 Games Galore 1:00 Euchre</p>	<p>13</p>
<p>14</p>	<p>14</p>	<p>14</p>	<p>14</p>	<p>14</p>	<p>14</p>
<p>15</p> <p>9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Line Dancing 1:00 Pinochle</p>	<p>16</p> <p>10:30 Blood Pressure Check 10:00 Badminton 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly</p>	<p>17</p> <p>9:00 Slimnastics 10:30 Oil Painting 10:30 Let's Get Fit 12:30 Corn Hole 1:00 Chair Volleyball 5:00 Prime Time Diners Blue Goose</p>	<p>18</p> <p>9:30 500 11:00 L.I.F.E. 1:00 Cards</p>	<p>19</p> <p>9:00 Slimnastics 9:00 Participants Council</p>	<p>20</p> <p>2:00 Afternoon at the Movies</p>
<p>21</p>	<p>21</p>	<p>21</p>	<p>21</p>	<p>21</p>	<p>21</p>
<p>22</p> <p>9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Line Dancing 1:00 Pinochle</p>	<p>23</p> <p>10:30 Badminton 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly</p>	<p>24</p> <p>Closing at 5:00pm  <b>Christmas Eve</b></p>	<p>25</p> <p>Closed  <b>Christmas</b></p>	<p>26</p> <p>9:00 Slimnastics 1:00 Euchre</p>	<p>27</p>
<p>28</p>	<p>28</p>	<p>28</p>	<p>28</p>	<p>28</p>	<p>28</p>
<p>29</p> <p>9:00 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:30 Duplicate Bridge 1:00 Line Dancing 1:00 Pinochle 1:00 Line Dancing</p>	<p>30</p> <p>10:30 Badminton 11:00 L.I.F.E. 12:30 Party Bridge 1:00 Tripoly</p>	<p>31</p> <p>Closing at 5:00pm  <b>New Year's Eve</b></p>	<p>31</p>	<p>31</p>	<p>31</p>

# Plan to Take a Trip!

## Grand Victoria Casino November 19

Join the Springdale Senior Citizens' Club for a day at the Grand Victoria Casino in Rising Sun Indiana. For \$14 you get round trip transportation via a deluxe motorcoach and a \$5 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 November 5 at the Community Center. Checks can be made out to The Springdale Senior Citizens Club.

### Springdale Sr Citizens Club

Independently operated since 1973, Springdale residents age 55 or older are encouraged to join for only \$20 per year. They meet Tuesdays at 9:30 a.m. Call Shirley Fastnacht at 771-0347.

## Country Christmas December 12-14

Come along on a very special holiday trip to Music City USA and celebrate a Country Christmas. We'll spend two nights at the Radisson Hotel, then visit the lavish Opryland Hotel and enjoy entertainment featuring Louise Mandrell. The rest of the trip is filled with even more great entertainment: Treasures from the Holidays Arts and Crafts Fair, Radio City Christmas Spectacular starring the Rockettes and a luncheon cruise on the General Jackson. ***There will be a special trip presentation on November 3, 1:00 p.m.*** Call Joe Ramos with AAA - Royal tours for availability at 513-247-1126.

## Heads Up - Changes are Coming!

2009 will be an exciting year around the SCC! We will be utilizing a new computer system that will benefit members and staff and help create a paperless system. Beginning January 2, 2009 all SCC members- Seniors included- can begin to renew their memberships. Members will then be issues new ID cards. The membership will expire exactly one year from the date issued. This new computer program allows us to process all class and activity sign-ups through the computer, therefore speeding up the process and eliminating paperwork.

## Stay Connected Between Scoops!

Want more information on the happenings at the Community Center? Sign up for our new **free** e-mail communication tool! You'll be able to select the alerts 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)!

## Refrigerator Reminder

*RD = Registration Deadline*

### November

- 3 10:00 am Creative Stamping *RD 10/31*
- 3 1:00 pm Country Christmas Presentation
- 7 9:30 am Investment Club
- 11 5:00 pm Prime Time Diners (O'Charleys) *RD 11/7*
- 14 1:00 pm Games Galore *RD 11/12*
- 14 8:30 pm **Adult Night at the Rec**
- 15 10:00 am Creative Stamping Too *RD 11/9*
- 15 2:00 pm Afternoon at the Movies *Cutting Edge RD 11/12*
- 18 10:30 am Blood Pressure Check
- 19 9:15 am Grand Victoria Casino *RD 11/5*
- 20 5:45 pm Grief to Piece Gathering
- 21 10:00 am Participants Council
- 23 2:00 pm Turkey Shoot
- 27 Closed for Thanksgiving
- 30 7:30 pm Tree Lighting Ceremony

### December

- 6 5:30 pm **Holiday Dinner** *RD 11/28*
- 8 10:00 am Creative Stamping *RD 12/5*
- 11 11:00 am Make No Bones About It
- 12 9:30 am Investment Club
- 12 1:00 pm Games Galore *RD 12/10*
- 16 10:30 am Blood Pressure Check
- 17 5:00 pm Prime Time Diners (Blue Goose) *RD 12/15*
- 18 5:45 pm Grief to Piece Gathering
- 19 10:00 am Participants Council
- 20 2:00 pm Afternoon at the Movies *Polar Express RD 12/17*
- 24 Closed at 5 pm for Christmas Eve
- 25 Closed for Christmas
- 31 Closed at 5 pm for New Years Eve

# Around the SCC

2008 was a busy year for the Parks & Recreation Department's Adult and Senior Programs! Experience Springdale was a huge success, and programs and participation expanded dramatically! Thank you for a great 2008, and here's to an even better 2009!!



## 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 Day - Closed**  
**Christmas Eve - Close at 5pm**  
**Christmas Day - Closed**  
**New Years Eve - Close at 5pm**  
**New Years Day - Closed**

## Community Center Holiday Gift Certificates

Looking for a great gift idea for the holidays? Community Center gift certificates are available for all membership types. Show a special family or individual how much you care with a 2009 Community Center membership. Recipients must meet membership eligibility requirements. Call the Community Center at 346-3910 for details.

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