The challenging US economy continues to struggle with higher unemployment and foreclosures. Springdale is not immune to this sluggish economy. The City’s earning tax collection is its largest source of revenue. Unfortunately, the economic downturn in the country has had a negative impact on local revenues. The City’s 2009 earnings tax revenue projections are down by 6% or $700,000.

At the current rate of revenue decline, along with the loss of a few major employers (General Electric relocating to West Chester and the closing of Avon), the City’s earning taxes are projected to decline from a budget estimate of $14.4 million in 2009 to approximately $10.5 million in 2012. That is a loss of 27%. Although the City continues to be proactive in an effort to keep retail and office developments thriving and the City’s economic base as strong as possible, the downturn in the economy has put a financial strain on City revenues.

As a result of these unfortunate developments on the revenue side, the City has begun examining ways to reduce expenditures. In 2010, the City will institute a number of cost containment measures with regard to personnel in an effort to maintain the City’s current service delivery levels, as well as retain full-time employees. These cost containment measures will include the implementation of a furlough program and the reduction of overtime hours, where possible. These two programs should have little to no impact on residents or the services provided by the City.

Another measure, however, has the potential of directly impacting residents and the City’s service delivery. In an effort to find other creative ways to reduce expenses, the City will close non-safety facilities (Municipal Building, Community Center and Public Works facility) for up to five different days in 2010. By closing the facilities on designated days, the City will save not only employee wages, but also utilities and other personnel and operation related expenses. The 2010 designated Cost Containment Days are all on Fridays and have been scheduled for April 2, May 7, August 6, October 22 and November 26.

Under Springdale’s cost containment plan, each employee will be furloughed for 10 days during 2010. For most employees, the five 2010 cost containment days shall constitute half of their 10 day furlough requirement. Employees will schedule their remaining furlough days with their supervisor to ensure that City services will be minimally impacted.

Through the implementation of these measures, it is hoped that the City can retain its valued members of the Springdale workforce. While many other communities were forced to make significant cost reduction measures in early 2009, Springdale was fortunate to stave-off the cost containment measures until 2010, while continuing to provide excellent service to its residential and business communities. The City will always strive to maintain these efforts while allowing citizens to enjoy a strong quality of life.

With the incorporation of these measures in 2010, along with an upward turn in the economy, none of the City’s other value-added services will need to be impacted at this time.
I-275 work cleared for the holidays!

The Ohio Department of Transportation has delivered a significant holiday gift to Springdale this year. The three-year construction effort along I-275 has been significantly completed and all lanes of traffic are now open. Even the express lane has disappeared and now traffic is flowing smoothly as the holiday shopping season approaches.

The project is not totally completed at this time. The crews will return in the Spring of 2010 to apply the final grade of asphalt, well before the scheduled Fall of 2010 deadline.

Holiday trash pick-ups moved to Saturdays

The Christmas and New Year holidays both fall on Friday this year. As a result, Friday trash pick-ups during those two weeks will be delayed by one day. Rumpke crews will collect Friday pick-ups on Saturday after each of the two holidays.

More items can now be recycled

Springdale has historically done well with its recycling efforts. Residents can do even more now that Rumpke has expanded the types of items accepted in its recycling program. Residents can now place ALL plastic bottles and jugs in their recycling bin. Previously, only plastics with the numbers 1 or 2 could be recycled. In addition clean pizza boxes can also be included with recyclables.

Food for Fines suspended, donations encouraged

In past years, Springdale Mayor’s Court often allowed donations of non-perishable food items in lieu of fines for some offenses. Because Springdale is facing tough economic challenges beginning in 2010, the Food for Fines program will be suspended this year. Donations of non-perishable goods and/or gifts are still encouraged. Items can be dropped off at the Police Department or Community Center for distribution to those in need.

City tax returns due April 15

The 2009 Springdale tax returns are due to the tax office by April 15, 2010 (or postmarked the same date). The items required to be included with the City tax return include W-2 form(s), page 1 of the Federal form 1040 (and/or other applicable Federal forms), form 1099 (if applicable), and any other schedule to support the tax return activity.

Who Must File a Springdale Tax Return?

All residents 19 years and older are required to file a tax return, whether or not tax is due. In addition, all businesses located in Springdale and businesses which earn income as a result of work performed in Springdale are also required to file a tax return, whether or not tax is due.

Tax Department Hours

The Tax Department regular hours are M-F 8:00AM to 5:00PM. The Tax Department will also be open on Saturday, April 10, 2010 from 9:00AM to 1:00 PM. The Tax Department will also have extended hours until 7:00PM on the following evenings in 2010: April 5, 6, 7, 8, 9, 12, 13, and 14.

Extension Requests

Extension requests must be received in writing by the filing due date. If the account is current an extension of 7½ months may be granted.

Questions

Those with questions should call the tax office at 346-5715 or visit the tax office at the City Municipal Building.

Tips for preparing gardens for the long, cold winter

During one of it’s fall meetings, the Springdale Garden Club hosted Horticulturist and Market Coordinator Anne Fox to provide tips for preparing gardens for the winter:

- Fall is a good time to get a jump start on spring by weeding and separating perennials. Leave a few inches on each shoot when cutting perennials back to better protect roots from freezing temperatures.
- Wait until spring to cut back roses. Be sure to clean up any rose leaves because they contaminate the soil. Use tree leaves or mulch around the base of the plant. In the spring, just after the forsythias bloom, cut back the roses to 2- to 3-feet. Remove the mulch a few weeks later.
- Protect mums by putting mulch around the base and be sure to water moderately. Be sure to keep them from heaving out of the ground.
- Fertilize lawns with a high nitrogen content fertilizer. This stimulates root growth. Leave the lawn about 2 or 3 inches in height.
- Place tropical plants in a heated area. Put each in a garbage bag. Place a small amount of kitty litter in the bag and close for 2- or 3- days. The kitty litter gets rid of insects.
- In the fall, when it is dry, be sure to water bushes, new trees, perennials and bulbs. This strengthens them, giving them winter protection.
- Do not prune evergreens. Doing so stimulates new growth which is not desirable during the winter season. Consider tying them to compress the branches to make them less susceptible to ice.
- Wait until after the first frost to mulch. Mulch about 2- to 4- inches high on perennials, bulbs and newly planted trees and shrubs.
- Use wintertime spare hours to enjoy gardening books and planning for the spring.

The Springdale Garden Club meets at 7 p.m. on the second Monday of each month at the Community Center. For information about these meetings or information on other gardening events in this area call Joan Knox at 674-7755.
When a family abandons their dream...

Many homeowners have found themselves in the position where they owe more money on their home than what they could possibly get from selling the house. Reluctantly, they face the heartbreaking decision to abandon their home.

Once vacated, the City often becomes involved with the property, mostly due to overgrown grass that is no longer being cut. Notice to cut the grass is sent to the owner of record at the last known mailing address. When the grass is not cut within 5 days, a City contractor cuts the grass, the owner is billed and, in most cases, the property is assessed. This cycle continues until there is a judgment in the foreclosure case and it is sold at sheriff’s sale. This entire process can take anywhere from nine months to two years.

Always get a project permit

For most families, their home is likely their biggest investment, and they place a high priority on protecting and improving it. The winter months provide plenty of time to begin considering home improvement and repair projects for the spring. Getting a building permit should be at the top of the list to ensure safety and that the work is completed correctly and to code.

Many permits for residential work do not require a fee if they are obtained before work begins. If work is performed without acquiring a permit, a home owner may incur a fee, and any improper work may need to be torn down if it presents a safety concern or does not meet code.

Permits are required for a variety of improvements. They include:

- Basement Finishes
- Building Additions
- Central Air Conditioning
- Covered Porches
- Patio Enclosures
- Decks
- Detached Garages
- Driveway Aprons
- Fences
- Fireplaces and Woodstoves
- Furnaces
- Gas Piping Installations
- Interior Remodeling
- Re-roofing
- Structural Repairs
- Swimming Pools (including inflatable ring type pools)
- Hot Tubs & Spas
- Utility Buildings & Sheds
- Accessory Structures
- Water Heater Replacement

Questions should be directed to the Building Department at 513-346-5730 or www.springdale.org before a project is started.

Restaurants gain 6 Star status

Every restaurant in Springdale is held to high standards through regular inspections by the Springdale Health Department. Some, however, have gone above and beyond standards by applying for special recognition and demonstrating achievement in meeting criteria for a 6 Star Honor Award. In addition to other standards, applicants must not have needed any follow-up inspections nor received any smokefree violations for their license year. They must also demonstrate that management personnel have successfully completed food safety training.

Those receiving 6 Star Honor Award status for 2009 are: Wok Express, LuLu’s Asian Diner, Dave and Busters, Sterling House of Springdale, Burger King Restaurant, Chick-fil-A, LaRosa’s, Pappadeaux Restaurant, Donato’s Pizza, New Orleans To Go, BJ’s Restaurant & Brewhouse, Maple Knoll (Beecher Place, Main Street and Manor House), International House of Pancakes, Ruby Tuesday, Villa Pizza, White Castle and Windows on the Green.

In many cases the home is bought by the lender at sheriff’s sale. On many of these properties there continues to be no response to violation notices by the lending institution. The only hope with these properties is that the lender will sell the property quickly to someone who will maintain it.

In 2009, City contractors were required to cut grass 49 times at 30 vacant properties. As of fall 2009, it is estimated that more than 60 single family properties in Springdale are in foreclosure or are bank-owned.

Neighbors can help streamline the process by reporting unkempt vacant properties to the Zoning And Property Maintenance HOTLINE at 346-5734 or the Springdale Building Department at 346-5730.
YOU can protect against the flu

The flu is a hot topic these days, especially the H1N1 flu. In most cases, each person can play an important role in safeguarding themselves from the illnesses that have already spread to most areas of the nation.

The Center for Disease Control (CDC) recommends a three-step approach to fighting the Flu: Vaccination; everyday preventive actions like frequent handwashing and staying home when sick; and the correct use of antiviral drugs, if a doctor recommends them.

Take time to get vaccinated.
Vaccination is the best protection against the flu. The seasonal flu vaccine is now available, as are initial doses of the 2009 H1N1 flu vaccine. Additional doses for the H1N1 flu will be available later this year.

Daily actions to stay healthy.
- When coughing or sneezing, cover the mouth and nose to prevent the spread of germs. Throw tissues in the trash after use.
- Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs can quickly spread by touching these areas.
- Stay home when sick. The CDC recommends staying home from work or school, as well as limiting contact with others, to keep from spreading an illness.
- Take antiviral drugs if recommended by a doctor. Antivirals are most effective if taken within the first 2 days of symptoms.

Health clinics offered to residents

Lipid/Glucose Profile
The Health Department offers a lipid/glucose profile for Springdale residents on the third Thursday of every month. An appointment is required, with testing provided from 8:00 to 11:00 a.m. To prepare for the finger-stick test, do not eat or drink anything (except water) for 12 hours before taking the test. Included in this profile are Total Cholesterol, Triglycerides, HDL, LDL, HDL/TC Ratio and Glucose. The screening costs $15 and is available to Springdale residents only. For more information or an appointment, call the Springdale Health Department at 346-5725.

Childhood Immunization Clinic
The Springdale Health Department has a childhood immunization clinic on the first and third Wednesdays of each month. The clinic is held from 8:30 to 11:30 a.m. at the Municipal Building at 11700 Springfield Pike. Appointments are not necessary. Parents should bring their children’s immunization records. Vaccines are free to those without insurance or with Medicaid.

Can you help others this holiday?
For the third consecutive year, Springdale Offering Support (SOS) is coordinating an Adopt A Family holiday program in Springdale. There are several ways residents can participate:

1. Participate (Sponsor a family): Sign up to provide a needy local family with assistance by donating clothing, toys, gifts or gift cards.

2. Recommend a Family in need: You can make someone’s holidays brighter by recommending a local family in need to be sponsored by a caring donor.

3. Make a donation: SOS is accepting donations of cash, grocery gift cards, canned goods, new toys and clothing. Donations will be used to assist local families this holiday season.

Want to get involved? Contact the Springdale Health Department at 346-5725 or Marsha Bemmes at 346-5774 for more information.

H1N1
Are YOU protected?
The Springdale Board of Health recommends that each person receive a vaccination for the H1N1 (swine) flu as soon as the supply of vaccine becomes available. The H1N1 vaccine is safe and is an important step in preventing serious illness caused by the H1N1 virus. More information about the vaccine can be obtained from family physicians, the Health Department, and at www.cdc.gov. To register to receive the H1N1 influenza vaccine, call the Springdale Health Department at 346-5725.

Limited quantities of the vaccine have arrived and are currently restricted to high priority groups, which include pregnant women, children/young adults (6 months to 24 years), those with chronic illnesses (ages 25 to 64 years), health care professionals who provide direct care and parents/caregivers of children less than 6 months of age.
Alternate heating methods pose special risks

As people try to cut heating costs, the use of kerosene heaters, wood stoves and fireplaces are on the rise. While good sources of heat, these heating sources require extra vigilance in the name of safety:

Kerosene Heaters
- Inspect exhaust parts for carbon buildup. Be sure the heater has an emergency shut off in case the heater is tipped over.
- Never use fuel burning appliances without proper room venting. Burning fuel (coal, kerosene, or propane, for example) can produce deadly fumes.
- Use ONLY the fuel recommended by the heater manufacturer.
- Keep kerosene or other flammable liquids stored in approved metal containers, in well ventilated storage areas, outside of the house.
- NEVER fill the heater while it is operating or hot. When refueling an oil or kerosene unit, avoid overfilling. DO NOT use cold fuel for it may expand in the tank as it warms up.
- Refueling should be done outside of the home (or outdoors). Keep children away from space heaters.
- When using a fuel burning appliance in the bedroom, be sure there is proper ventilation to prevent a buildup of carbon monoxide.

Wood Stove and Fireplaces
- Wood stoves should have adequate clearance (36 inches) from combustible surfaces and proper floor support and protection.
- Purchase wood stoves evaluated by a nationally recognized laboratory, such as Underwriters Laboratories (UL).
- Have the chimney inspected annually and cleaned, if necessary, especially if it has not been used for some time.
- Keep kerosene or other flammable liquids stored in approved metal containers, in well ventilated storage areas, outside of the house.
- Keep kerosene or other flammable liquids stored in approved metal containers, in well ventilated storage areas, outside of the house.
- Install quality dead-bolt locks on exterior doors — and use them!
- Place motion detectors, timers or light-sensitive sensors on interior and exterior lights.
- Place a piece of wood or metal in the inside track of sliding glass doors.
- Keep your garage door closed at night. The weakest link into your home is the door from the garage into your house.
- When at home, keep exterior doors locked. Burglaries can happen while residents are at home.
- If you are going out for the evening, leave an interior light on to make it look like someone is home.
- When jogging or walking, team up with a partner, if possible. There is safety in numbers.
- Always carry identification and an emergency medical information card, if you have one.
- Do not use flammable liquids to start or accelerate any fire.
- Keep a glass or metal screen in front of the fireplace opening.
- A stove should be used at least twice a day to reduce the amount of creosote buildup.
- Don’t use excessive amounts of paper to build roaring fires in fireplaces, since creosote in the chimney could be ignited.
- Never burn charcoal indoors. Charcoal can give off lethal amounts of carbon monoxide.
- Keep flammable materials away from your fireplace mantel.
- Before you go to sleep, be sure your fireplace fire is out. NEVER close your damper with hot ashes in the fireplace. A closed damper will help the fire to heat up again and will force toxic carbon monoxide into the house.
- If synthetic logs are used, follow the directions on the package. NEVER break them apart to quicken the fire or use more than one log at a time. They often burn unevenly, releasing higher levels of carbon monoxide.

Safety: make it a habit!

Crime can occur anywhere and at any time. Anyone can be a victim. It is important to think about safety and take measures to stay safe. Doing something often enough will lead to making it a habit. Regularly practicing these safety tips will make them into habits:

- Know what is going on around you and trust your instincts
- When out and about, if possible, park in areas that are well-lit and as close to your destination as possible.
- Lock you car whenever you leave it, even if for only a short time.
- If you need to leave valuables in your car, make sure they are out of sight.
- Avoid parking between large vehicles where you and your vehicle may not be seen.
- Keep your wallet or purse with you. If for some reason you must leave it with your car, put it in the trunk.
- Display your address in a spot where it is visible from the street so emergency personnel can easily find your home.
- Place a piece of wood or metal in the inside track of sliding glass doors.
- Keep your garage door closed at night. The weakest link into your home is the door from the garage into your house.
- When at home, keep exterior doors locked. Burglaries can happen while residents are at home.
- If you are going out for the evening, leave an interior light on to make it look like someone is home.
- When jogging or walking, team up with a partner, if possible. There is safety in numbers.
- Always carry identification and an emergency medical information card, if you have one.
- Do not use flammable liquids to start or accelerate any fire.
- Keep a glass or metal screen in front of the fireplace opening.
- A stove should be used at least twice a day to reduce the amount of creosote buildup.
- Don’t use excessive amounts of paper to build roaring fires in fireplaces, since creosote in the chimney could be ignited.
- Never burn charcoal indoors. Charcoal can give off lethal amounts of carbon monoxide.
- Keep flammable materials away from your fireplace mantel.
- Before you go to sleep, be sure your fireplace fire is out. NEVER close your damper with hot ashes in the fireplace. A closed damper will help the fire to heat up again and will force toxic carbon monoxide into the house.
- If synthetic logs are used, follow the directions on the package. NEVER break them apart to quicken the fire or use more than one log at a time. They often burn unevenly, releasing higher levels of carbon monoxide.
2010 MEMBERSHIPS

Residents are eligible to join the Community Center. An Activity Membership is $30 for a family or $20 for an individual. Activity Membership includes use of the gymnasium, game room, track, tennis courts, computer lab, and eligibility for youth and adult sports programs.

Fitness Memberships are $70 for a family or $50 for an individual. Fitness membership includes use of the Fitness Center and all facilities included in the Activity Membership. Patrons must be 16 years of age or older to use the Fitness Center, 14 and 15 year olds may use the Fitness Center if accompanied by their parent.

Pool Memberships are $95 for a family and $75 for an individual. Pool membership includes use of the pool and all facilities listed under Activity and Fitness Memberships.

Racquetball Memberships are $25 for a family and $15 for an individual. You must have an Activity, Fitness or Pool Membership to purchase a Racquetball Membership.

Resident Senior Citizens at least 62 years of age and their spouse will receive a Pool Membership for $20 per person.

Business Memberships are $200 for a family or $150 for an individual. Business membership includes all facilities. Participation in youth or adult sports programs on availability basis only. League regulations may apply.

Non-Resident Memberships are $400 for a family or $300 for an individual. Non-resident membership includes all facilities. Participation in youth or adult sports programs on availability basis only. League regulations may apply.

Gift Certificates Available!

Looking for a great gift idea for the holidays? Community Center gift certificates are available for all memberships. Show a special family or individual how much you care with a 2010 Community Center membership. Recipients must meet eligibility requirements. Call or stop by the Community Center for more details.

Holiday Hours

Springdale Community Center will be closed Christmas Day and New Years Day and will close at 5:00 p.m. on Christmas Eve and New Years Eve.

Special Events & Seasonal Programs

Springdale’s Gone Wild! This wildlife series is popular with people of all ages. Naturalists from the Hamilton County Park District lead the free educational program monthly from 7 - 8 p.m.

February 23 – Amphibians
March 23 – Insects! And even some bugs to munch!
April 12 – All About Skunks!

Springdale Youth Boosters Cinema Horseraces

The Youth Boosters will host their annual Cinema Horseraces on Saturday, February 27 in the auxiliary gymnasium. The doors open at 7 p.m. Call or stop at the Community Center to get tickets.

Adult Fitness & Enrichment Programs

Body Sculpting (Fridays at 6 pm) Using free weights and exerubes, this class of muscle toning and strengthening is set to the latest music. Call Elaine Smith at 575-1620 if you have questions or for class costs.

Boot Camp (Mondays 5:30-6:30 pm/Wednesdays & Fridays 6:15-7 am) Join Drill Sergeant Jay Dennis for a day’s worth of training including sprints, lunges, weight training and aerobic activity. Start at any level and train to the next level all while eliminating fat and creating lean muscle! This is a free class!

Dance Aerobics (In the Studio on Tuesdays 7-15:8-15) This hot cardio workout combines calorie burning aerobics with dance moves that will melt the pounds away. Learn a mix of funk, latin, jazz and hip-hop dance moves.

Creative Stamping (first Monday of each month) Participants make attractive seasonal cards. All materials are supplied with each student making 5 cards for only $8, due at registration. Deadline to register is the Friday prior to the class with a class minimum of 5 students.

Guitar & Bass Lessons (Tuesdays 7 - 8 pm /Thursdays 7:30-8:30 pm) Youth class Tuesdays 4 - 5 pm) Each class session meets for eight weeks for $96. Class size is limited to 12 students. Call instructor Ed Riley at 671-1760 with questions. Students must provide guitar, small amplifier and headphones.

Jazzercise (Tuesdays, Thursdays and Saturdays 9:30-10:30 am, Monday and Wednesday evenings from 6-7 pm) Call Elaine Smith at 575-1620 with questions or for class costs.

Slimnastics (Monday, Wednesday and Fridays from 9-10 am) Join Instructor Sue Smith for this FREE energetic fitness class for women.

Zumba (Mondays, Tuesdays and Thursdays 7:15-8:15 pm in the Studio) Set to Latin and other international music, this workout combines dance and aerobic moves. Through interval training of fast and slow rhythms, Zumba will sculpt and tone your body.

Adult Sports

Adult Open Gym Volleyball begins in January. Stop in on a Tuesday evening at 8:30 pm and play a couple of games of pick-up volleyball. Members 16 years old and older play for free, guest fees apply for non-members.

Women’s Recreational Volleyball League is played on Wednesday nights. Rosters may include 5 non-residents. Players must be 16 years old or older and have a current Community Center membership. Non-resident teams will be accepted and pay a slightly higher fee. Resident teams will be given first preference into the league. League play begins in January. Rosters are limited to 12 players.

Racquetball Instruction is offered free on Saturdays from 10:30-11:30 a.m. for 6 weeks for members at least 12 years old. Learn the basic shots and rules of racquetball with Jerry Allen. Protective eyewear and a racquet are required. Register by calling the Community Center.
AARP Income Tax Help: As 2009 winds down and you are organizing your affairs, remember that we offer AARP Tax Help beginning in January. Call after the first of the year for appointments for this free tax filing service for those senior citizens with simple federal and state returns.

Springdale Senior Citizens Club: Meet new people! The Springdale Senior Citizens group is open to residents who are at least 55 years of age. Stop by one of the Tuesday morning socials, held every Tuesday at 9:30 am at the Springdale Community Center. The group participates in Chair Exercises every Tuesday at Noon and also hosts several parties and trips each year.

Senior Citizen Chair Exercises (Tuesdays at noon) Fitness Center Manager Jay Dennis leads this program at the Springdale Senior Citizens group meeting.

Chair Volleyball (Mondays from 10 - 11:30 am/ Wednesdays from 1 - 2:30 pm) Join this fun activity along with others 55 and older. Players are seated in chairs. The serve rotates, but players don’t, a beach ball is used instead of a volleyball. There are an unlimited number of hits to return the ball.

Oil Painting (Wednesdays 10:30 am - 2:30 pm) Bring your own supplies and enjoy painting with friends. Bring a bag lunch. Drinks are available from the vending machines.

Investment Club (Second Friday of each month 9:30-11:30) Available to all adult and senior members, this program teaches about investing and the stock market. For more information, contact Marti Puthoff at 870-9776.

Prime Time Diners get together once a month and dine at one of the area’s great restaurants. The group meets at the restaurant at 6pm. Call 346-3910 or stop by the Community Center front desk to register.

Duplicate Bridge (Mondays 12:30-4 pm) contact Lew Chizer at 812-853-2778

Party Bridge (Tuesdays from 12:30 - 4 pm) Contact Barb Slaughter at 772-2302 for information.

Euchre (Fridays from 1 - 3 pm) Contact Jo Ann Frec at 671-6663 for more information.

Pinochle (Mondays 1 - 4 pm) Stop in for a casual game of cards.

500 (Thursdays from 9:30 am - noon) Contact Maria Schottelkotte at 942-2350 for more information.

Corn Hole (Wednesdays from 12:30-3 pm) Games are played in the auxiliary gym.

Afternoon at the Movies (one Saturday a month) A movie will be presented in the Senior Room at 2 pm. Popcorn will be provided. Call or stop by the Community Center to reserve your free seat.

Blood Pressure Checks (3rd Tuesday from 10:30 am - 12:30 pm) Stop in for a free blood pressure check.

Chair Yoga (Wednesdays at 1 pm.) This free class is held in the studio with a chair yoga video for direction.

Wii Game Day (1st and 3rd Friday of the month) Try your hand at this fun interactive video game! Bowling, golf, baseball, tennis, just to name a few!

Grief to Peace (4th Thursday of each month at 5:45 pm in the Senior Room) We have partnered with Spring Grove Family to offer a monthly evening for those experiencing grief. Call the Community Center to register.

Low Impact Functional Exercise (L.I.F.E) (Tuesdays & Thursdays from 11 am - noon) This FREE class focuses on improving your strength to help you safely perform the activities of daily living with improved balance and stability. Whether lifting a bag of groceries or standing up from a chair, every task depends on functional strength for successful execution.

Let’s Get Fit (Mondays and Wednesdays from 10:30-11:30 am) There are many benefits associated with this FREE class, including working major muscle groups to increase strength and flexibility, improving strength for daily living, reducing the risk of falls, reduces stress, enhances muscle and endurance. The class follows a video “Resisting Muscle Loss” offered by the Hamilton County General Health District.

Line Dancing with the Helts (Mondays from 1 - 2 pm) This class is a great way to exercise and have fun at the same time! If you can stand, walk, move from left to right and enjoy a variety of music, this class is perfect for you! Wear comfortable soft soled shoes and enjoy learning how to line dance! Fee is $4 per class.

Red Hat Society (first Friday of each month) The group travels to tea rooms in the area to enjoy good food and conversation. If you are interested in joining the group, call the Community Center.

2010 Travel Expo (January 15 at 1:30 pm at the Community Center) Pack your bags and attend one or several of the trips planned for the year.

Silver Screen Classics (Showcase Cinemas once a week). For just $2, enjoy a movie, popcorn, a drink and cookie! Movies begin promptly at 1 pm.

YOU can help direct programs and activities

In order to offer the very best adult and senior programs and activities for members, a Participants Council has been organized. The group is to provide staff with ideas for programs, activities, speakers and topics. The exact duties of the council will be determined with the group’s input. Those who serve on the Council may be asked to head other specific committees that are needed. Monthly meetings are held to plan for upcoming programs and special events.

In order to serve, potential volunteers must be a Springdale Community Center member. Call 346-3910 for dates and time.
What is the 2010 Census?
• The census is a count of everyone living in the United States and is done every 10 years.
• The next census will be April 1, 2010.

Why participate in the 2010 Census?
• Census data are used to determine the distribution of $300 billion in federal funds to cities and states for community services such as clinics, schools, hospitals, child care, transportation, roads and other supportive services.
• Communities get their U.S. House of Representative members and U.S. Congressional reapportionment based on the population count.
• The Census form takes less than 10 minutes to complete. If you complete and return the census form, a census worker will not need to visit your home.

Your information is Safe and Confidential
• Federal law protects the personal information you share during the census. By law, no information can be shared with other agencies.
• Personal information on the census form is sealed for 72 years.