

inside Scoop

March / April 2013

News & Views for Springdale Adults

The Birds are Singing, Flowers Blooming, and Baseball is Coming!

Although it may not seem like it today, spring is right around the corner, yippee! Many of you enjoyed some of the winter activities we offered like the Viva Las Vegas luncheon (loved that potato soup!) Abe Lincoln, Red Skelton, and the Asian Elephant were big hits, not to mention those adorable clay creations.

Along with the warm weather of spring, we have several new programs planned for you. In March we'll spend an afternoon playing the Wheel of Fortune, the Wii edition! If you're looking for something the whole family can do or something just for you, check out the ever popular Springdale's Gone Wild. In April we'll celebrate the start of baseball season with an afternoon of Baseball Bingo.

Sounds like some fun stuff to me! I know I'll be there, how about you? Look for more information on the March and April activities in this issue of the Scoop and have a happy spring!

Donna



Thursday, March 28 7:00 p.m.

Springdale's Gone Wild returns with some exciting programs for 2013. The first will be March 28 at 7:00 p.m. A Naturalist will visit the Community Center with live animals

from the Hamilton County Nature Center. Learn where these animals can be found, what they eat, where they sleep, and what they do all day.

Bring the whole family or come alone to a interesting visit with the Naturalist and his friends.

Are You Retirement Ready?

Do you want to retire in 10, 15 or 20 years? Do you have a retirement plan? Whether you're in your 40's and just starting to think about retirement or already retired, there are many things to consider. Springdale Parks and Recreation has partnered with New York Life to help you navigate some of the common questions about retirement planning.

Retirement Ready is a series of workshops that will provide information on building and growing your retirement nest egg. Attend one or all the workshops and learn how you can be retirement ready!

These workshops will be offered free of charge and registration is required. A light snack and drinks will be provided.

Strategies for Generating Retirement Income:

What Financial challenges do retirees face in managing retirement income? How do you best meet these challenges?
March 12 2:00 p.m. or 7:00 p.m.

Registration Deadline - March 8

Long Term Care-What's Your Plan:

What are the issues relating to Long-Term Care that can affect you, your spouse, your family and your savings?
May 14 2:00 p.m. or 7:00 p.m.

Registration Deadline - May 10

Getting your Estate Planning in Order:

You've spent a lifetime building assets: how do you protect and preserve them for the future of your family?
September 10 2:00 p.m. or 7:00 p.m.

Registration Deadline - September 6

Special Needs: Caring for Loved Ones in Unique Circumstances:

What are the steps to take that insure your special needs family member will be cared for as you wish?

November 12 2:00 p.m. or 7:00 p.m.

Registration Deadline - November 8

Creating Community Through People, Parks and Programs

Words from a Fitness Guru

During the winter, many of us tend to exercise less and hibernate a little more. The month of March always brings the hope of good weather, and my body is aching to get outside and enjoy some warmer weather. It's time to get moving again!

Did you know that there is a one-mile outdoor path at the Community Center? It's paved and partly shaded, which comes in handy during those hot summer months! Best of all, it's kept clear of debris by our great Parks Maintenance and Fitness Center staff. So the next time you're looking for a nice place to walk, you can look here first.

And since you'll be out there, why not bring your dog along for a walk? Don't they need exercise, too? Many people don't realize that you may bring up to two dogs along with you to the park. To make the path enjoyable for all, please keep pets on leashes and clean up after them. There is a plastic bag dispenser located near the concession stand to help you out with this.

If you have walked our path and are ready to try something new, the Parks and Recreation Department offers you six additional parks. Each of them offer something a little different, so why not visit them all?

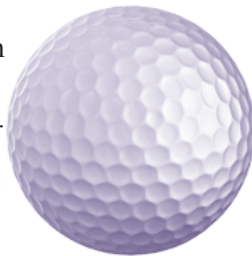
When it's raining or you just don't feel like being outside, remember that the Fitness Center, Indoor Track, and Fitness Studio are always inside waiting for you to enjoy. We have several Fitness Classes to choose from, most are low cost and some are free! In addition, the Fitness Center and its fitness trainers are ready to show you our new equipment and get you started with a great workout. So...let's spring into action!

Your Favorite Fitness Guru,
Jay M. Dennis
Fitness Center Manager

Men's Golf League

The City of Springdale Parks and Recreation is now taking registrations for its 9-Hole Men's Summer Golf League at The Mill Course. Teams from last year receive priority into the league. The league will run 18 weeks; Wednesday, April 10 through Wednesday, August 14, weather permitting. Beginning March 1, registration will be open to non-members for an additional \$25 fee. Please stop by the Community Center and see Matt or call 346-3910 if you are interested.

Registration deadline is Friday, March 22.



Health & Wellness

Badminton FREE!
T 10:30 a.m. - 12:00 p.m.

Bootcamp FREE!
M 5:30 - 6:15 p.m.

Blood Pressure Checks FREE! 3rd Tuesday
10:30 a.m. - 12:30 p.m.

Body Sculpting
F 5:55 - 6:55 p.m.

Butts 'n Guts
T 5:55 - 6:55 p.m.

Cardio Kickboxing
T, TH 5:55 - 6:55 p.m.
SA 11:00 a.m. - 12:00 p.m.

Chair Volleyball FREE!
M 10:00 - 11:30 a.m.
W 12:00 - 1:30 p.m.

Cornhole FREE!
W 12:30 p.m.

Jazzercise
M & W 5:55 - 6:55 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.

Pilates
M 6:55 - 7:55 p.m.

Slimnastics FREE!
M, W, F 9:15 - 10:15 a.m.

Zumba
T, TH 6:55 - 7:55 p.m.

*Check the calendar
for regularly
scheduled activities.*

Baseball Bingo

Wednesday, April 3 12:00 p.m.

It's the start of the baseball season, and we are going to kick it off by playing Baseball Bingo. We'll play single, double and triple games of bingo. If you cover the four corners you hit a home run!

For just \$5.00 you get to play Baseball Bingo, win prizes, and enjoy some of baseball's favorite munchies: peanuts, popcorn, hot dogs, and ice cold.....soft drinks!

Register with payment by Friday, March 29



**Connect with the
City of Springdale!**

Stay up-to-date on events,
activities & projects!

www.facebook.com/SpringdaleOH



Thursday's

THIS & THAT

Free Programs!

Cincinnati Memories 3 Thursday, March 14 2:00 p.m.

Step back in time and remember Cincinnati with this virtual tour by Cincinnati Preservation Society. This virtual tour uses a memories theme, showing both old and current pictures of historic Cincinnati landmarks, as well as a narrative that highlights the history. Tour guide, Jeanne Rolfes will "walk" you on the tour from Music Hall to Chester Park with stops at the inclines, Crosley Field, Eden Park, and a ride on the Island Queen to Coney Island. This program is sure to stir many memories from the "good old days".

Registration deadline Tuesday, March 12

The Hildebrand's Thursday, April 11 2:00 p.m.

Cody & Arnold Hildebrand have been working for over 30 years with animals in this area, side by side with the Cincinnati Zoo, the Raise and Release Program, and the Ohio Department of Natural Resources.

Their company called "Wild Brother," an animal behavior study group, mainly studies Skunks. Cody has written two books with great pictures and stories collected from their 30 years of research. Come for an informative talk with Springdale residents Cody & Arnold Hildebrand. Don't forget to ask about Ricky their arctic fox!

Register at the front desk or call 346-3910 by April 9.



Artists at Work - Clay Creation Class.



Chair Volleyball FREE

Mondays 10:00-11:30 a.m.

Wednesdays 12:00-1:30 p.m.

Everyone is welcome to join us for this fun activity! There are a wide variety of benefits for participants, including improved cardiovascular fitness, increased flexibility, and the opportunity to meet new friends! Ages range from 50 to 90. All activity levels welcome!

Cornhole FREE

Wednesday 12:30 p.m.

Bring a partner or come meet a new one and challenge others to a game of cornhole for fun.

Line Dancing With the Helts

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

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!

Guitar & Bass

Kids: Tuesdays 4:00-5:00 p.m.

Adults: Tuesdays 6:30-7:30 p.m.

Thursdays 6:30-7:30 p.m.

The session meets for eight weeks. Class size is limited to 12 students. Call instructor Ed Riley at 671-1760 with questions. Students must provide guitar, small amplifier and headphones.

Wheel of Fortune

Tuesday, March 26 1:30 p.m.

Would you like to be a contestant on Wheel of Fortune? Here's your chance to spin the wheel, pick a letter, and guess the puzzle. We will be playing the Wii version Wheel of Fortune for an afternoon of fun and camaraderie! Who will be the Springdale Wheel of Fortune Champion? This activity is free, and we ask everyone to bring a snack to share. Drinks will be provided.

Registration deadline is Friday, March 22.

Refrigerator Reminder

RD = Registration Deadline

March

- 12 2:00 p.m. Are You Retirement Ready? RD 3/8
or
7:00 p.m.
- 14 2:00 p.m. Thursday This & That
Cincinnati Memories 3 RD 3/12
- 20 6:00 p.m. Prime Time Diners RD 3/15
- 26 1:30 p.m. Wheel of Fortune RD 3/22
- 28 7:00 p.m. Springdale's Gone Wild
- 31 CLOSED Easter Sunday

April

- 03 12:00 p.m. Baseball Bingo RD 3/29
- 11 2:00 p.m. Thursday This & That
The Hildebrand's RD 4/9
- 17 6:00 p.m. Prime Time Diners RD 4/12

Many Thanks

Many thanks to the following individuals for their donations to the coffee bar in the senior lounge.

- | | |
|------------------------------|-----------------|
| Bob Apke | Steve Meyer |
| Bob Bacik | Pat Curry |
| Matt Beaty | Suzanne Hanson |
| Ray Cox | Susan Renier |
| John Ellison | Jock Richardson |
| Max Leichty | John Ellison |
| Leota & Jim Rokiski | Howard Blevins |
| Joyce & Steve Blackwell | Edsel Hughes |
| The Chair Volleyball Players | John Ramp |
- And anyone else I may have forgotten!

Community Center Hours

Fitness Center & Indoor Track open at 6:00 a.m.
Monday - Friday

- Monday-Friday 9:00 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

Easter Sunday - Closed

Prime Time Diners

Wednesday, March 20 - Smokey Bones
9484 Civic Center
West Chester

Wednesday, April 17 - Mellow Mushroom
9238 Floer Dr.
West Chester



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

Springdale's Gone Wild Returns

Mark Your
Calendar!
March 28 7:00 p.m.



Springdale Parks & Recreation
11999 Lawview Ave
Springdale OH 45246



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



Springdale Parks & Recreation Department

Adult and Senior Calendar

March 2013



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
				1 9:00 Slimnastics 1:00 Euchre	2 3
4 9:15 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Line Dancing	5 10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly	6 9:15 Slimnastics 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	8 9:15 Slimnastics 9:30 Investment Club 1:00 Euchre	9 10
11 9:15 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Line Dancing	12 10:30 Badminton 10:30 Blood Pressure Checks 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly 2:00 Retirement Ready 7:00 Retirement Ready	13 9:15 Slimnastics 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 2:00 This & That - Cincinnati Memories	15 9:15 Slimnastics 1:00 Euchre	16 17
18 9:15 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Line Dancing	19 10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly	20 9:15 Slimnastics 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole 6:00 Prime Time	21 9:30 500 11:00 L.I.F.E. 1:00 Cards	22 9:15 Slimnastics 1:00 Euchre	23 24
25 9:15 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Line Dancing	26 10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly 1:30 Wheel of Fortune	27 9:15 Slimnastics 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole	28 9:30 500 11:00 L.I.F.E. 1:00 Cards 7:00 Springdale's Gone Wild	29 9:15 Slimnastics 1:00 Euchre	30 31 CLOSED



Springdale Parks & Recreation Department Adult and Senior Calendar April 2013



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
1 9:15 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Line Dancing	2 10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly	3 9:15 Slimnastics 10:30 Let's Get Fit 12:00 Chair Volleyball 12:00 Baseball Bingo 12:30 Corn Hole	4 9:30 500 11:00 L.I.F.E 1:00 Cards	5 9:15 Slimnastics 1:00 Euchre	6
8 9:15 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Line Dancing	9 10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly	10 9:15 Slimnastics 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole	11 9:30 500 11:00 L.I.F.E 1:00 Cards 2:00 This & That - The Hildebrand's	12 9:15 Slimnastics 9:30 Investment Club 1:00 Euchre	13
15 9:15 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Line Dancing	16 10:30 Blood Pressure Check 10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly	17 9:15 Slimnastics 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole 6:00 Prime Time	18 9:30 500 11:00 L.I.F.E. 1:00 Cards	19 9:15 Slimnastics 1:00 Euchre	20
22 9:15 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Line Dancing	23 10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly	24 9:15 Slimnastics 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole	25 9:30 500 11:00 L.I.F.E. 1:00 Cards	26 9:15 Slimnastics 1:00 Euchre	27
29 9:15 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Line Dancing	30 10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly	31 9:15 Slimnastics 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole			28