

inside Scoop

May / June 2013

News & Views for Springdale Adults

Let's Enjoy Summer Together!

Wow, what a start to 2013! We had some great programs for the first quarter. Our Retirement Ready workshops got off to an outstanding start with lots of information about generating retirement income. The second one promises to be just as interesting as we look at Long-Term Care. In addition, our Thursday This & That has been full of unique and interesting programs. Wii Wheel of Fortune, Baseball Bingo, Viva Las Vegas were awesome and the king of clowns, Red Skelton was a hoot.

I know the next few months will be as informative and enjoyable. I'm looking forward to the Lunch & Lawn Games and Jay has some great new programs that will keep you active. Don't forget about Ohio's fitness walk on May 15 and the pool opens May 25!

Come out and enjoy summer in Springdale!

Donna

Lunch & Lawn Games

Friday, May 17 11:30 a.m.

Summer is coming and we're moving outdoors to the picnic grove behind the Community Center. A lunch of deluxe cheeseburgers, potato salad, baked beans and a luscious dessert will be served. After lunch there will be games of croquet, bocce ball, ladder toss, and badminton. Want something less challenging? Join a group at the picnic tables for a relaxing game of Dominos, Skip Bo, or Sorry.

What if it rains? No worries, we'll move inside!

Register with payment of \$7.50 for members and \$10.00 for guests by Tuesday, May 14.



Retirement Ready Series Long-Term Care

Tuesday, May 14

Retirement Ready is a series of workshops being offered at the Springdale Community Center. The workshops offer a number of topics that will help those in their 40's, 50's, and 60's that are planning for their future as well as those who have already reached retirement years.

The second workshop, Long Term Care-What's Your Plan will be offered May 14th at 2:00 p.m. or 7:00 p.m. Understand the issues that relate to Long-Term Care and how they can affect you, your spouse, your family and your savings. You will learn the value of long-term care insurance and how it can become an essential part of your total retirement plan. This is a topic you will not want to miss.

Register for this informative free workshop by May 10. Light refreshments will be served.

Flag Day Luncheon

Friday, June 14 11:30 a.m.

We're celebrating Old Glory's birthday! Let's share in the pride of our Stars and Stripes with tips on flag flying, folding, and disposal. Enjoy an all-American lunch of fried chicken, mac & cheese, cole slaw, and a red, white, and blue dessert.

Patriotic music by Accordion player Sally Lukasik will help us celebrate our flag and country.

Bring in a faded or tattered flag and we'll see to it that it is officially retired. All attendees will receive a 12 x 18 stick flag. Perfect for landscaped areas, mailboxes, or gravesides.

Register with payment of \$7.50 members and \$10.00 for guests by Tuesday, June 11.

Creating Community Through People, Parks and Programs

Words from a Fitness Guru

Last time we talked a little about getting outside and enjoying the many parks and walking trails. Now I'd like to talk about what you can do on those trails besides just walking. As good as a cardio session is for the body, strength training can be just as important. And you don't need heavy weights or even machines for many types of workouts.

One of the hottest new trends in fitness is CrossFit. CrossFit describes its strength and conditioning program as "constantly varied, high intensity, functional movement." In laymen's terms: A different workout everyday that benefits you in how you move the rest of the day. Your Springdale Fitness Center is (squat) jumping on the CrossFit wagon and we want you to join us. This summer we will have a different workout posted in the Fitness Center every day from Memorial Day to Labor Day. We're calling it the "99 Days of Summer Workouts."

The workouts will be anywhere from 15-20 minutes long and can be accomplished inside or outside. Many of the exercises can be done with the offerings we have outside: hill climb, jump squats on the amphitheater steps or pull-ups on our new pull-up station, which is located near the sand volleyball court.

You might be thinking "That sounds a little too difficult for me." Well, the great thing about our Fitness Team is that we will customize any workout for you. So if you can't do squats, push-ups, or pull-ups we'll show how to modify them for *any* fitness level. So please join us and see how many of the 99 days you can complete this summer. If it happens to be a bad weather day, we'll move the workout inside and try our newest fitness class, "Step N2": a new and improved step aerobics class. Or try our newest piece of equipment in the Fitness Center: TRX. Stop by and try it out!

Yours in Health & Happiness,
Jay M. Dennis
Fitness Center Manager

SilverSneakers

We need your help! The Springdale Community Center needs your help in becoming a SilverSneakers facility. SilverSneakers is a fun, energizing program that helps older adults take greater

control of their health by encouraging physical activity and offering social events. Springdale is fortunate to have certified SilverSneaker instructor Elaine Lange on staff, who is eager to teach SilverSneakers here at the

Community Center. If you are a member of SilverSneakers you can help by calling 1-888-423-4632 and nominating the Springdale Community Center as a SilverSneakers Site. With your help maybe we can become a SilverSneakers Site in the near future!



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.*

Ohio's One-Mile Fitness Walk

Wednesday, May 15

11:00 a.m. - 1:00 p.m.

Healthy Ohio is sponsoring the ninth annual Healthy Ohio Fitness Walk. Help us reach our goal of over one hundred thousand Ohioans walking one mile-over one hundred thousand miles-by participating in this fun event. Walk inside the Community Center or walk on the outdoor walking track and log your mile(s)! Let's do our part as a community and participate in a 20-minute, one mile walk to help reach this goal! Healthy Ohio challenges YOU to "Walk the Talk"! No pre-registration necessary.

Refreshments provided to participants.

Wheel of Fortune

Tuesday, May 28 1:30 p.m.

Wii

We had such a great time playing Wii Wheel of Fortune we are going to do it again! Come and enjoy a great afternoon of wheel spinning, letter picking, and puzzle solving.

Registration deadline is Friday, May 24 for this free afternoon of fun.

The Pool Opens Saturday, May 25!

Pre-Season Pool Hours

5/25 12-5 pm
5/26 1-6 pm
5/27 1-6 pm
6/1 12-5 pm
6/2 1-6 pm

Regular season hours begin June 3.

Monday – Friday 12:15-8:00 pm

The pool will close at 5:00 pm on Tuesdays for swim meets and 6:00 pm on Thursdays for Adult Night.

The pool will also close for a few special events, watch for more information or call 346-3910.

Aqua Zumba

Don't sweat over your fitness program this summer! Dive in to this high energy, no impact workout and experience a party in the pool! Our popular Aqua Zumba guru Patricia Cox will lead you through a fun and refreshing workout for all ages and fitness levels. This no-impact class is perfect for seniors! For more information, contact Pat at 385-6111.

Adult Swim Lessons

Do you have a fear of water? Not to worry! Our easy going instructors will work with you at your own ability level and at a pace comfortable to you. Already know how to swim but want to learn a new stroke? We can do that too! Whatever your ability is, if you want to improve your swimming skills or increase your comfort level in the water, join us on Thursday nights. Call the Community Center or stop by the front desk for class time and fees. Registration is required.

Youth Swim Lessons

The Springdale Parks and Recreation Department offers Red Cross swimming lessons to children 3 to 12. The program will help develop swimming skills and water safety in a positive learning environment. Various class levels and times are available. Call the Community Center or stop by the front desk for more information.

Registration begins May 1st.

Bowling

Tuesday, June 25 1:30 p.m. **Wii**

Can you keep your ball out of the gutter? How many strikes can you throw? A perfect score of 300 maybe? Try your luck at Wii Bowling.

Registration deadline is Tuesday, June 21 for this free afternoon of fun.

We are the Sailfish!

Do you have a relative or a neighbor that loves to swim and is 5-17 years old? The Sailfish swim team is looking for a few kids that love the water and like to compete against kids their age. Our Coaches are committed to developing each swimmer by providing a positive learning environment while emphasizing safety and respect for the water. Children build self-confidence and experience life long memories of summers at the pool. Springdale residents may register beginning May 1st and non-residents may register after May 31st. If you would like more information, please contact the Parent Board President, Sharon Brooks at 671-1883. No Timeouts. No Substitutions. Everybody Swims!

Sailfish Snack Shack

The Sailfish swim team parent volunteers operate the pool concession stand to help defray the costs of operating the team. Please help support the organization that serves over 60 Springdale children and purchase your snacks and soft drinks from the concession stand. Hours of operation beginning June 3 are Monday-Saturday 1-4pm. Closed Sunday.

Know Before You Go!

The pool is a fun place to be on a hot summer day but along with the fun there are a few rules to follow. Please make sure everyone in your family knows and follows all the pool rules. A small sampling of the rules is:

- Bathing suits are required. (No gym shorts, t-shirts, or underwear)
- Children 8 and under must be accompanied by a person 16 or older or have passed Level 4 swim lessons.
- Do not swim if you have had diarrhea in the past two weeks.
- Children not toilet trained must wear "swim diapers" and tight fitting swimsuits.
- Lifeguards must be obeyed.
- Excessive horseplay is prohibited.
- Swimmers must be 4 feet tall to ride the slide.

Be sure to check our web site www.springdale.org/goplay/ for a complete listing of the pool rules. A rules sign is also posted at the pool.

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

May 27 - Closed

Refrigerator Reminder

RD = Registration Deadline

May

14	2:00 p.m. or 7:00 p.m.	Retirement Ready - Long Term Care	RD 5/10
15	6:00 p.m.	Prime Time Diners	RD 5/13
17	11:30 a.m.	Lunch & Lawn Games	RD 5/14
23	2:00 p.m.	Thursday This & That Preventing Heart Attacks	RD 5/21
25	12:00 p.m.	Pool opens	
27		Community Center Closed Swimming Pool Open 1-6 p.m.	
28	1:30 p.m.	Wii Wheel of Fortune	RD 5/24

June

6	2:00	Thursday This & That Container Gardening	RD 5/31
14	11:30 a.m.	Flag Day Luncheon	RD 6/11
19	6:00 p.m.	Prime Time Diners	
25	1:30 p.m.	Wii Bowling	RD 6/21



Free Program!

Preventing Heart Attacks Thursday, May 23 2:00 p.m.

Heart disease is the leading cause of death for both men and women. Cardiovascular disease happens when cholesterol and other substances build up in your blood. Knowing the warning signs and symptoms of a heart attack is key to preventing death. Every year about 715,000 Americans have heart attacks. Darlene Hardwick, registered nurse with Affinity Health Care, will be presenting ways to prevent heart disease and the warning signs.

Registration deadline May 21.

Container Gardening Thursday, June 6 2:00 p.m.

Whether you live in an apartment or a condo without green space, or don't want a big garden, container gardening can be simple and easy to do. Karen Reynolds and Joan Knox of the Springdale Garden Club will demonstrate how easy it is to take a container, soil, and a variety of flowers, veggies, or herbs and make a manageable container garden for your outdoor pleasure. Participants will have a chance at the end of the class to win the container garden made during the demonstration.

Register by May 31 for this free workshop.

Prime Time Diners

Wednesday, May 15 - Dingle House
9102 West Chester Town Center

Wednesday, June 19 – Bonefish Grill
7710 Voice of America Centre Dr.

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

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Springdale Parks & Recreation
11999 Lawview Ave
Springdale OH 45246



**Mark Your
Calendar!**
Pool
Opens
May 25



Springdale Parks & Recreation Department Adult and Senior Calendar May 2013

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
		1 9:15 Slimnastics 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole	2 9:30 500 11:00 L.I.F.E. 1:00 Cards	3 9:15 Slimnastics 1:00 Euchre	4 5
6 9:15 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Line Dancing	7 10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly	8 9:15 Slimnastics 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole	9 9:30 500 11:00 L.I.F.E. 1:00 Cards	10 9:15 Slimnastics 9:30 Investment Club 1:00 Euchre	11 12
13 9:15 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Line Dancing	14 10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly 2:00 Retirement Ready 7:00 Retirement Ready	15 9:15 Slimnastics 10:30 Let's Get Fit 11:00 Ohio One Mile Walk 12:00 Chair Volleyball 12:30 Corn Hole 6:00 Prime Time Diners	16 9:30 500 11:00 L.I.F.E. 1:00 Cards	17 9:15 Slimnastics 11:30 Lunch & Lawn Games 1:00 Euchre	18 19
20 9:15 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Line Dancing	21 10:30 Blood Pressure Check 10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly	22 9:15 Slimnastics 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole	23 9:30 500 11:00 L.I.F.E. 1:00 Cards 2:00 This & That Preventing Heart Attacks	24 9:15 Slimnastics 1:00 Euchre	25 26 POOL OPEN 12-5 p.m.
27 Community Center Closed Swimming Pool Open 1-6 p.m.	28 10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly 1:30 Wii Wheel of Fortune	29 9:15 Slimnastics 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole	30 9:30 500 11:00 L.I.F.E. 1:00 Cards	31 9:15 Slimnastics 1:00 Euchre	



Springdale Parks & Recreation Department Adult and Senior Calendar June 2013



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					2
<p>3</p> <p>9:15 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Line Dancing</p>	<p>4</p> <p>10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly</p>	<p>5</p> <p>9:15 Slimnastics 10:00 Creative Stamping 10:30 Let's Get Fit 12:00 Chair Volleyball 12:30 Corn Hole</p>	<p>6</p> <p>9:30 500 11:00 L.I.F.E 1:00 Cards 2:00 This & That Container Gardening</p>	<p>7</p> <p>9:15 Slimnastics 1:00 Euchre</p>	8
					9
<p>10</p> <p>9:15 Slimnastics 10:00 Chair Volleyball 10:30 Let's Get Fit 12:15 Duplicate Bridge 1:00 Line Dancing</p>	<p>11</p> <p>10:30 Badminton 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Tripoly</p>	<p>12</p> <p>9:15 Slimnastics 10:30 Let's Get Fit 11:00 Fitness Walk 12:00 Chair Volleyball 12:30 Corn Hole</p>	<p>13</p> <p>9:30 500 9:30 AARP Drivers Safety 11:00 L.I.F.E. 1:00 Cards</p>	<p>14</p> <p>9:15 Slimnastics 9:30 Investment Club 11:30 Flag Day Luncheon 1:00 Euchre</p>	15
					16
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