

August 2017

Don't forget to visit the **United Senior Service's** website at
www.unitedseniorservices.org



125 West Main Street
 Springfield, OH 45502
 937-323-4948
 Building Hours: M-F 7am-7pm
 Office Hours: M-F 8:30am-4:30pm

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|---|---|---|--|---|
| <p>7 Aquatics 8am Pickleball 8:30am Aquatics 9am Aquatics 10am Keep Movin 10:30am Bridge 10:30am Aquatics 11am Aquatics 12pm Garden Club 12pm (p5) Scrabble 1:30pm Tai Chi 2pm•Pickleball 3pm</p> | <p>1 Samba 9am•Focus On Fitness 9am Yoga 9am•Moving to Music 10:30am Jammers 12pm•Pinochle 11:30am Bid Euchre 12:30pm Aquatics 1pm•Aquatics 2pm Parkinson Exercise 2pm Chair Volleyball 2:30pm Pickleball 4:30pm•Aquatics 3:30pm Aquatics 4:30pm•Aquatics 5:30pm Urban Line Dancing 6:45pm</p> | <p>2 Aquatics 8am Pickleball 8:30am Blood Pressure Screenings 8:45am Aquatics 9am•Mah Jongg 9am Vintage Voices 9am Bridge Lessons 9:30am•Aquatics 10am Aquatics 11am•Aquatics 12pm Chess Club 12pm Samba 1pm•Bingo 1pm Pickleball 3pm</p> | <p>3 Focus On Fitness 9am•Poker 9am Yoga 9am•Tai Chi 10am Changing Gears Bike Ride 9am Jammers 12pm•Pinochle 11:30am Oil Painting 12:30•Aquatics 1pm Scrabble 1pm•TRIAD 1:30pm (p5) Parkinsons Exercise 2pm Pickleball 2pm•Aquatics 2pm Photo Club 3:30pm•P-ball Lessons 4pm Aquatics 4:30pm•Yoga 4:45pm Aquatics 5:30pm•Chair Vball 6:30pm</p> | <p>4 Aquatics 8am Pickleball 8:30am Aquatics 9am•Weaving 9:30am Aquatics 10am•Aquatics 11am Hula 10am•Aquatics 12pm Bridge 12pm•Euchre 1pm Pickleball 3pm</p> <p>Saturday 8-5: Pickleball 9am-12pm</p> |
| <p>14 Aquatics 8am Pickleball 8:30am Aquatics 9am Aquatics 10am Blocks to Blankets 10am Keep Movin 10:30am Bridge 10:30am Aquatics 11am•Aquatics 12pm Scrabble 1:30pm Tai Chi 2pm Pickleball 3pm</p> | <p>8 Samba 9am •Focus on Fitness 9am Yoga 9am•Moving to Music 10:30am Jammers 12pm•Pinochle 11:30am Bid Euchre 12:30pm Parkinsons Support 1pm Parkinsons Exercise 2pm Chair Volleyball 2:30pm Pickleball 4:30pm•Aquatics 3:30pm Aquatics 4:30pm•Aquatics 5:30pm Urban Line Dancing 6:45pm</p> | <p>9 Aquatics 8am Pickleball 8:30am Blood Pressure Screenings 8:45am Aquatics 9am•Mah Jongg 9am Vintage Voices 9am Bridge Lessons 9:30am Cholesterol/A1C 10am Aquatics 10am•Aquatics 11am Aquatics 12pm•Chess Club 12pm Samba 1pm Bingo 1pm•Pickleball 3pm</p> | <p>10 Focus On Fitness 9am•Poker 9am Yoga 9am•Tai Chi 10am Changing Gears Bike Ride 9am Jammers 12pm•Pinochle 11:30am Oil Painting 12:30pm•Aquatics 1pm Scrabble 1pm•Parkinsons Ex 2pm Pickleball 2pm•Aquatics 2pm Photo Club 3:30pm•Aquatics 4:30pm Yoga 4:45pm Aquatics 5:30pm Chair Volleyball 6:30pm</p> | <p>11 Aquatics 8am Pickleball 8:30am Aquatics 9am•Weaving 9:30am Aquatics 10am•Aquatics 11am Hula 10am•Aquatics 12pm Bridge 12pm•Euchre 1pm Pickleball 3pm</p> <p>Saturday 8-12: Pickleball 9am-12pm</p> |
| <p>21 Aquatics 8am Pickleball 8:30am Aquatics 9am•Aquatics 10am Blocks to Blankets 10am Keep Movin 10:30am Bridge 10:30am Aquatics 11am•Aquatics 12pm Movie 12:30pm Scrabble 1:30pm Tai Chi 2pm Pickleball 3pm</p> | <p>15 Samba 9am•Focus On Fitness 9am Yoga 9am•Moving to Music 10:30am Jammers 12pm•Pinochle 11:30am Bid Euchre 12:30pm•Aquatics 1pm Aquatics 2pm Parkinson Exercise 2pm Chair Volleyball 2:30pm Pickleball 4:30pm•Aquatics 3:30pm Aquatics 4:30pm•Aquatics 5:30pm Urban Line Dancing 6:45pm</p> | <p>16 Aquatics 8am Pickleball 8:30am Blood Pressure Screenings 8:45am Aquatics 9am•Mah Jongg 9am Vintage Voices 9am Bridge Lessons 9:30am Aquatics 10am Aquatics 11am•Aquatics 12pm Chess Club 12pm Samba 1pm•Bingo 1pm Pickleball 3pm</p> | <p>17 Focus On Fitness 9am•Poker 9am Yoga 9am•Tai Chi 10am Changing Gears Bike Ride 9am Jammers 12pm•Pinochle 11:30am Lunch and Learn 12pm (p5) Watercolor Painting 12:30pm Aquatics 1pm•Scrabble 1pm Parkinsons Ex 2pm•P-ball 2pm Aquatics 2pm•Aquatics 3:30pm Photo Club 3:30pm•Aquatics 4:30pm Yoga 5pm•Aquatics 5:30pm Chair Volleyball 6:30pm</p> | <p>18 Aquatics 8am Pickleball 8:30am Aquatics 9am•Weaving 9:30am Aquatics 10am•Aquatics 11am Hula 10am•Aquatics 12pm Bridge 12pm•Euchre 1pm Pickleball 3pm</p> <p>Saturday 8-19: 9am-12pm</p> |
| <p>28 Aquatics 8am•Pickleball 8:30am Aquatics 9am Aquatics 10am Blocks to Blankets 10am Keep Movin 10:30am Bridge 10:30am Aquatics 11am•Aquatics 12pm Dilly Dally Euchre 12pm Scrabble 1:30pm Tai Chi 2pm Pickleball 3pm</p> | <p>22 Samba 9am•Focus On Fitness 9am Yoga 9am•Moving to Music 10:30am Jammers 12pm•Pinochle 11:30am Bid Euchre 12:30pm•Aquatics 1pm UFO Craft Group 1:30pm Aquatics 2pm Parkinson Exercise 2pm Chair Volleyball 2:30pm Pickleball 4:30pm•Aquatics 3:30pm Aquatics 4:30pm•Aquatics 5:30pm Urban Line Dancing 6:45pm</p> | <p>23 Aquatics 9 8am Pickleball 8:30am Blood Pressure Screenings 8:45am Aquatics 9am•Mah Jongg 9am Vintage Voices 9am Bridge Lessons 9:30am Aquatics 10am Aquatics 11am•Aquatics 12pm Chess Club 12pm Samba 1pm•Bingo 1pm Pickleball 3pm</p> | <p>24 Focus On Fitness 9am•Poker 9am Yoga 9am•Tai Chi 10am Changing Gears Bike Ride 9am Jammers 12pm•Pinochle 11:30am Aquatics 1pm•Scrabble 1pm Parkinsons Exercise 2pm Pickleball 2pm•Aquatics 2pm Photo Club 3:30pm•Aquatics 4:30pm Yoga 5pm•Aquatics 5:30pm Chair Volleyball 6:30pm</p> | <p>25 Aquatics 8am Pickleball 8:30am Aquatics 9am•Weaving 9:30am Aquatics 10am•Aquatics 11am Hula 10am•Aquatics 12pm Bridge 12pm• AARP Safe Driver Class 12:30 (p4) Euchre 1pm Pickleball 3pm</p> <p>Saturday 8-26: Pickleball 9am-12pm</p> |
| <p>29 Aquatics 8am•Pickleball 8:30am Aquatics 9am Aquatics 10am Blocks to Blankets 10am Keep Movin 10:30am Bridge 10:30am Aquatics 11am•Aquatics 12pm Dilly Dally Euchre 12pm Scrabble 1:30pm Tai Chi 2pm Pickleball 3pm</p> | <p>29 Samba 9am•Focus On Fitness 9am Yoga 9am•Moving to Music 10:30am Jammers 12pm•Pinochle 11:30am Bid Euchre 12:30pm•Aquatics 1pm Aquatics 2pm Parkinson Exercise 2pm Chair Volleyball 2:30pm Pickleball 4:30pm•Aquatics 3:30pm Aquatics 4:30pm•Aquatics 5:30pm Urban Line Dancing 6:45pm</p> | <p>30 Aquatics 9 8am Pickleball 8:30am Blood Pressure Screenings 8:45am Aquatics 9am•Mah Jongg 9am Vintage Voices 9am Bridge Lessons 9:30am Aquatics 10am Aquatics 11am•Aquatics 12pm Chess Club 12pm Samba 1pm•Bingo 1pm Pickleball 3pm</p> | <p>31 Focus On Fitness 9am•Poker 9am Yoga 9am•Tai Chi 10am Changing Gears Bike Ride 9am Jammers 12pm•Pinochle 11:30am Aquatics 1pm•Scrabble 1pm Ice Cream Social 1:30pm (p12) REAL Book Club 1:30pm Parkinsons Exercise 2pm Pickleball 2pm•Aquatics 2pm Aquatics 3:30pm•Photo Club 3:30pm Aquatics 4:30pm•Yoga 5pm Aquatics 5:30pm•Chair Vball 6:30pm</p> | |

Enon

2,16 Movie 1pm
 8 Salad/Sandwich Pot Luck 11:45am
 16 Book Club 11am•Movie 1pm

Games & Activities:
 M 500 1pm
 MW Focus on Fitness 9:30am
 T Bridge 9:30am•Euchre 1pm
 W Cards for Troops 1pm
 TH Bridge (3,17) 1pm
 F Enon Stitchers 1pm

New Carlisle

Lake Avenue Games & Activities:
 10 Picnic Potluck 12:30pm
 11 Bridge 12:30pm
 M-F Hot Meals 11am
 T Euchre 12:30pm
 W 500 12:30pm
 TH Bridge 12:30pm (except 10)
 F Hand, Knee, & Foot 12:30pm

Sunrise Terrace Games & Activities:
 8 Blood Pressure 8:30-10am
 20 AARP Safe Driver Class 12:30pm
 M Dominoes 12:30pm
 W Ceramics 12pm
 S Bingo 1pm

Villa Park

3 Jewelry Making Class 1pm
 11 Italian Lunch 12pm
 23 Lunch Speaker-Penny Dunbar NTPR
 25 Luau 2pm

Games & Activities:
 M-F Hot Meals 11:15am
 T Euchre 12:15pm•Shopping 1pm
 W Quilting 1pm
 TH Crafts 1pm
 F Keep Moving 1pm

South Charleston

17 Commodities
 Clark County Library,
 Houston Branch 12:45pm

M-F Hot Meals 11:30am
 T Grocery 1pm
 F Shopping 1pm

September 2017



125 West Main Street
Springfield, OH 45502
937-323-4948
Building Hours: M-F 7am-7pm
Office Hours: M-F 8:30am-4:30pm

Don't forget to visit the United Senior Service's website at
www.unitedseniorservices.org

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|--|---|---|--|--|
| <p>4</p> <p>USS Closed for Labor Day</p> | <p>5</p> <p>Samba 9am•Focus on Fitness 9am•Yoga 9am•Moving to Music 10:30am Jammers 12pm•Pinochle 11:30am Bid Euchre 12:30pm•Aquatics 1pm Aquatics 2pm Parkinsons Exercise 2pm Chair Volleyball 2:30pm Pickleball 4:30pm•Aquatics 3:30pm Aquatics 4:30pm•Aquatics 5:30pm Urban Line Dancing 6:45pm</p> | <p>6</p> <p>Aquatics 9 8am Pickleball 8:30am Blood Pressure Screenings 8:45am Aquatics 1 9am•Mah Jongg 9am Vintage Voices 9am Bridge Lessons 9:30am Aquatics 3 10am Aquatics 5 11am•Aquatics 6 12pm Chess Club 12pm•Samba 1pm Bingo 1pm•Pickleball 3pm</p> | <p>7</p> <p>Focus On Fitness 9am Poker 9am•Tai Chi 10am Changing Gears Bike Ride 9am Jammers 12pm•Pinochle 11:30am Oil Painting 12:30 •Aquatics 1pm Scrabble 1pm•TRIAD 1:30pm (p5) Parkinsons Exercise 2pm Pickleball 2pm•Aquatics 2pm Photo Club 3:30pm•Aquatics 1:30pm P-ball Lessons 4pm•Aquatics 4:30pm Yoga 4:45pm •Aquatics 5:30pm Chair Volleyball 6:30pm</p> | <p>1</p> <p>Aquatics 8am Pickleball 8:30am Aquatics 9am•Weaving 9:30am Aquatics 10am•Aquatics 11am Hula 10am•Aquatics 12pm Bridge 12pm•Euchre 1pm Zumba Gold 1pm Pickleball 3pm</p> <p>Saturday 9-2: Pickleball 9am-12pm</p> |
| <p>11</p> <p>Aquatics 8am•Pickleball 8:30am Aquatics 9am•Aquatics 10am Blocks to Blankets 10am Keep Movin 10:30am Bridge 10:30am Aquatics 11am•Aquatics 12pm Garden Club 12pm (p5) USS Senior Golf Scramble 1pm (p4) Scrabble 1:30pm Tai Chi 2pm Pickelball 3pm</p> | <p>12</p> <p>Samba 9am•Focus On Fitness 9am Yoga 9am•Moving to Music 10:30am Jammers 12pm•Pinochle 11:30am Bid Euchre 12:30pm•Aquatics 1pm Aquatics 2pm Parkinson Exercise 2pm Chair Volleyball 2:30pm Pickleball 4:30pm•Aquatics 3:30pm Aquatics 4:30pm•Aquatics 5:30pm Urban Line Dancing 6:45pm</p> | <p>13</p> <p>Aquatics 9 8am Pickleball 8:30am Blood Pressure Screenings 8:45am Aquatics 1 9am•Mah Jongg 9am Vintage Voices 9am Bridge Lessons 9:30am Cholesterol/A1C 10am Aquatics 3 10am Aquatics 5 11am•Aquatics 6 12pm Chess Club 12pm•Samba 1pm Bingo 1pm•Pickleball 3pm</p> | <p>14</p> <p>Focus On Fitness 9am Poker 9am•Tai Chi 10am Changing Gears Bike Ride 9am Jammers 12pm•Pinochle 11:30am Oil Painting 12:30pm Aquatics 1pm•Scrabble 1pm Vintage Voices Concert 1:30pm (p4) Parkinsons Exercise 2pm Pickleball 4pm•Aquatics 2pm Photo Club 3:30pm•Aquatics 4:30pm Yoga 4:45pm•Aquatics 5:30pm Chair Volleyball 6:30pm</p> | <p>8</p> <p>Aquatics 8am Pickleball 8:30am Aquatics 9am•Weaving 9:30am Aquatics 10am•Aquatics 11am Hula 10am•Aquatics 12pm Bridge 12pm•Euchre 1pm Zumba Gold 1pm Pickleball 3pm</p> <p>Saturday 9-9: Pickleball 9am-12pm</p> |
| <p>18</p> <p>Aquatics 8am Pickleball 8:30am Aquatics 9am•Aquatics 10am Keep Movin 10:30am Bridge 10:30am SAILL Fall Launch 12pm (p3) Aquatics 11am•Aquatics 12pm Monday Movie 12:30pm Scrabble 1:30pm Tai Chi 2pm Pickelball 3pm</p> | <p>19</p> <p>Samba 9am•Focus On Fitness 9am Yoga 9am•Moving to Music 10:30am Jammers 12pm•Pinochle 11:30am Bid Euchre 12:30pm•Aquatics 1pm Parkinsons Support 1pm UFO Craft Group 1:30pm Aquatics 2pm•Parkinson Ex 2pm Chair Volleyball 2:30pm Pickleball 4:30pm•Aquatics 3:30pm Aquatics 4:30pm•Aquatics 5:30pm Urban Line Dancing 6:45pm</p> | <p>20</p> <p>Aquatics 9 8am Pickleball 8:30am Blood Pressure Screenings 8:45am Aquatics 1 9am•Mah Jongg 9am Vintage Voices 9am Bridge Lessons 9:30am Aquatics 3 10am Aquatics 5 11am•Aquatics 6 12pm Chess Club 12pm•Samba 1pm Bingo 1pm•Pickleball 3pm</p> | <p>21</p> <p>Focus On Fitness 9am Poker 9am•Tai Chi 10am Changing Gears Bike Ride 9:30am Jammers 12pm•Pinochle 11:30am Watercolor Painting 12:30pm Aquatics 1pm•Scrabble 1pm Parkinsons Exercise 2pm Pickleball 2pm•Aquatics 2pm Photo Club 3:30pm•Aquatics 4:30pm Yoga 4:45pm•Aquatics 5:30pm Chair Volleyball 6:30pm</p> | <p>15</p> <p>Aquatics 8am Pickleball 8:30am Aquatics 9am•Weaving 9:30am Aquatics 10am•Aquatics 11am Hula 10am•Aquatics 12pm Lunch and Learn 12pm (p5) Bridge 12pm Euchre 1pm Zumba Gold 1pm Dinner Dance 6:30pm (p5)</p> <p>Saturday 9-16: Pickleball 9am-12pm</p> |
| <p>25</p> <p>Aquatics 9 8am Pickleball 8:30am Aquatics 9am•Aquatics 10am Blocks to Blankets 10am Keep Movin 10:30am Bridge 10:30am Aquatics 11am•Aquatics 12pm Scrabble 1:30pm Tai Chi 2pm Pickelball 3pm</p> | <p>26</p> <p>Samba 9am•Focus On Fitness 9am Yoga 9am•Moving to Music 10:30am Jammers 12pm•Pinochle 11:30am Bid Euchre 12:30pm•Aquatics 1pm Parkinsons Support 1pm Aquatics 2pm Parkinson Exercise 2pm Chair Volleyball 2:30pm Pickleball 4:30pm•Aquatics 3:30pm Aquatics 4:30pm•Aquatics 5:30pm Urban Line Dancing 6:45pm</p> | <p>27</p> <p>Aquatics 9 8am Pickleball 8:30am Blood Pressure Screenings 8:45am Aquatics 1 9am•Mah Jongg 9am Vintage Voices 9am Bridge Lessons 9:30am Aquatics 3 10am Aquatics 5 11am•Aquatics 6 12pm Chess Club 12pm•Samba 1pm Bingo 1pm•Pickleball 3pm</p> | <p>28</p> <p>Focus On Fitness 9am Poker 9am•Tai Chi 10am Changing Gears Bike Ride 9:30am Jammers 12pm•Pinochle 11:30am Aquatics 1pm•Scrabble 1pm REAL Book Club 1:30pm Parkinsons Exercise 2pm Pickleball 2pm•Aquatics 2pm Photo Club 3:30pm•Aquatics 4:30pm Yoga 5pm•Aquatics 5:30pm Chair Volleyball 6:30pm</p> | <p>29</p> <p>Aquatics 9 8am Pickleball 8:30am Aquatics 9am•Weaving 9:30am Aquatics 10am•Aquatics 11am Hula 10am•Aquatics 12pm Bridge 12pm Euchre 1pm Zumba Gold 1pm Pickleball 3pm</p> <p>Saturday 9-30: Pickleball 9am-12pm</p> |

Enon

4 USS Closed-Labor Day Holiday
11, 25 Movie 1pm

Games & Activites:
M 500 1pm•Cards for Troops 1pm
MW Focus on Fitness 9:30am
T Bridge 9:30am•Euchre 1pm
W Healthy U Chronic Disease 1:30pm
Bridge (7,21) 1pm•Rook (14) 1pm
F Enon Stitchers 1pm

New Carlisle

4 USS Closed-Labor Day Holiday

Lake Avenue Games & Activities:
M-F Hot Meals 11am
T Euchre 12:30pm
W 500 12:30pm
TH Bridge 12:30pm
F Hand, Knee, & Foot 12:30pm

Sunrise Terrace Games & Activities:
12 Blood Pressure 8:30-10am
M Dominoes 12:30pm
W Ceramics 12pm
S Bingo 1pm

Villa Park

4 USS Closed-Labor Day Holiday
8 Lunch Speaker-Sheriff Burchett
22 Springfield Police Dept-CSI Unit

Games & Activities:
M-F Hot Meals 11:15am
T Euchre 12:15pm•Shopping 1pm
W Quilting 1pm
TH Crafts 1pm
F Keep Moving 1pm

South Charleston

4 USS Closed-Labor Day Holiday
21 Commodities,
Clark County Library,
Houston Branch 12:45pm

M-F Hot Meals 11:30am
T Grocery 1pm