

October 2017

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

<p>2 Aquatics 8am•Pickleball 8:30am Aquatics 9am•Aquatics 10am Keep Movin 10:30am Bridge 10:30am Aquatics 11am Aquatics 12pm Garden Club 12pm (p5) Aquatics 1pm Scrabble 1:30pm Tai Chi 2pm•Pickelball 3pm</p>	<p>3 Samba 9am•Focus On Fitness 9am Yoga 9am•Moving to Music 10:30am Pinochle 11:30am•Jammers 12pm 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</p>	<p>4 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•Aquatics 1pm Samba 1pm•Bingo 1pm Pickleball 3pm</p>	<p>5 Focus On Fitness 9am•Poker 9am Yoga 9am•Tai Chi 10am Changing Gears Bike Ride 10am Pinochle 11:30am•Jammers 12pm Oil Painting 12:30•Aquatics 1pm Scrabble 1pm•TRIAD 1:30pm (p5) Parkinsons Exercise 2pm Pickleball 1:30pm•Aquatics 2pm Photo Club 3:30pm•P-ball Lessons 3pm Aquatics 4:30pm•Yoga 4:45pm Chair Vball 5pm•Aquatics 5:30pm</p>	<p>6 Aquatics 8am Pickleball 8:30am Aquatics 9am•Weaving 9:30am Aquatics 10am•Aquatics 11am Hula 10am•Aquatics 12pm Bridge 12pm• Zumba 1pm Aquatics 1pm•Euchre 1pm Pickleball 3pm First Friday Social Dance 6:30pm (p5)</p>
<p>9 USS Closed for Columbus Day</p>	<p>10 Samba 9:am•Focus on Fitness 9am Yoga 9am Blocks to Blankets 10am (p5) Member Orientation 10am (p4) Moving to Music 10:30am Pinochle 11:30am•Jammers 12pm Bid Euchre 12:30pm Parkinsons Supt 1pm•Parkinsons Ex 2pm Chair Volleyball 2:30pm Member Orientation 4pm (p4) Pickleball 4:30pm•Aquatics 3:30pm Aquatics 4:30pm•Aquatics 5:30pm</p>	<p>11 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 Aquatics 1pm•Samba 1pm Bingo 1pm•Pickleball 3pm</p>	<p>12 Focus On Fitness 9am•Poker 9am Yoga 9am•Tai Chi 10am Changing Gears Bike Ride 10am Pinochle 11:30am•Jammers 12pm Oil Painting 12:30pm USS Wellness Conference 1-4pm (p3) Aquatics 1pm Scrabble 1pm•Parkinsons Ex 2pm Pickleball 1:30pm•Aquatics 2pm Photo Club 3:30pm•Aquatics 4:30pm Yoga 4:45pm•Chair Volleyball 5pm Aquatics 5:30pm</p>	<p>13 Aquatics 8am Pickleball 8:30am Aquatics 9am•Weaving 9:30am Aquatics 10am•Aquatics 11am Hula 10am•Aquatics 12pm Bridge 12pm•Zumba 1pm Aquatics 1pm•Euchre 1pm Pickleball 3pm</p>
<p>16 Aquatics 8am•Pickleball 8:30am Aquatics 9am•Aquatics 10am Keep Movin 10:30am Bridge 10:30am Aquatics 11am•Aquatics 12pm Monday Movie 12:30pm Aquatics 1pm Scrabble 1:30pm Tai Chi 2pm Pickelball 3pm</p>	<p>17 Samba 9am•Focus On Fitness 9am Yoga 9am•Moving to Music 10:30am Pinochle 11:30am•Jammers 12pm 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</p>	<p>18 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•Aquatics 1pm Samba 1pm•Bingo 1pm Pickleball 3pm</p>	<p>19 Pool Tournament-Doubles 9am (p4) Focus On Fitness 9am•Poker 9am Yoga 9am•Tai Chi 10am Changing Gears Bike Ride 10am Pinochle 11:30am•Jammers 12pm Lunch and Learn 12pm (p5) Watercolor Painting 12:30pm Aquatics 1pm•Scrabble 1pm Parkinsons Ex 2pm•P-ball 1:30pm Aquatics 2pm•Aquatics 3:30pm Photo Club 3:30pm•Aquatics 4:30pm Yoga 5pm•Chair Volleyball 5pm Aquatics 5:30pm</p>	<p>20 Pool Tournament-Singles 9am (p4) Aquatics 8am Pickleball 8:30am Aquatics 9am•Weaving 9:30am Aquatics 10am•Aquatics 11am Hula 10am•Aquatics 12pm Bridge 12pm•Zumba 1pm Aquatics 1pm•Euchre 1pm Pickleball 3pm 10-21 USS Fall Pickelball Round-Robin 10am-2pm</p>
<p>23 Aquatics 8am•Pickleball 8:30am Aquatics 9am•Aquatics 10am Great to Blankets 10:30am (p5) Keep Movin 10:30am Bridge 10:30am Aquatics 11am•Aquatics 12pm Aquatics 1pm Scrabble 1:30pm Tai Chi 2pm Pickelball 3pm</p>	<p>24 Samba 9am•Focus On Fitness 9am Yoga 9am•Moving to Music 10:30am Pinochle 11:30am •Jammers 12pm Bid Euchre 12:30pm•Aquatics 1pm UFO Craft Group 1:30pm Legacy Planning 2pm (p8) Aquatics 2pm•Parkinson Exercise 2pm Chair Volleyball 2:30pm Pickleball 4:30pm•Aquatics 3:30pm Aquatics 4:30pm Aquatics 5:30pm</p>	<p>25 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•Aquatics 1pm Samba 1pm•Bingo 1pm Pickleball 3pm</p>	<p>26 Focus On Fitness 9am•Poker 9am Yoga 9am•Tai Chi 10am Changing Gears Pot Luck 11:30am Pinochle 11:30am•Jammers 12pm Aquatics 1pm•Scrabble 1pm REAL Book Club 1:30pm Parkinsons Exercise 2pm Pickleball 1:30pm•Aquatics 2pm Aquatics 3:30pm•Photo Club 3:30pm Aquatics 4:30pm•Yoga 5pm Aquatics 5:30pm•Chair Vball 5pm' Confident Caregiver Series 5:30pm (p4)</p>	<p>27 Aquatics 8am Pickleball 8:30am Aquatics 9am•Weaving 9:30am Aquatics 10am•Aquatics 11am Hula 10am•Aquatics 12pm Bridge 12pm•Zumba 1pm Aquatics 1pm•Euchre 1pm Pickleball 3pm</p>
<p>30 Aquatics 8am•Pickleball 8:30am Aquatics 9am•Aquatics 10am Keep Movin 10:30am Bridge 10:30am Aquatics 11am•Aquatics 12pm Dilly Dally Euchre 12pm Aquatics 1pm Scrabble 1:30pm Tai Chi 2pm Pickelball 3pm</p>	<p>31 Samba 9am•Focus On Fitness 9am Yoga 9am•Moving to Music 10:30am Pinochle 11:30am•Jammers 12pm 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</p>	<p>Don't forget to visit the United Senior Service's website at www.unitedseniorservices.org</p>		

 **UNITED SENIOR SERVICES**
Active | Involved | Independent
125 West Main Street
Springfield, OH 45502
937-323-4948
Building Hours: M-F 7am-7pm
Office Hours: M-F 8:30am-4:30pm

Enon

2 Movie 1pm
4,11 Healthy U Chronic
Conditions 1:30-4:30pm
9 USS Closed for Columbus Day
18 Book Club 11am•Movie 1pm

Games & Activities:
M 500 1pm
Cards for Troops 1pm (2, 9)
MW Focus on Fitness 9:30am
T Bridge 9:30am•Euchre 1pm
W Cards for Troops 1pm (18, 25)
TH Bridge (5,19) 1pm•Rook (12,) 1pm
Sleeping Bag Project (26) 1pm
F Enon Stitchers 1pm
Hospice 1pm

New Carlisle

9 USS Closed for Columbus Day

Lake Avenue Games & Activities:
M-F Hot Meals 11am
T Euchre or Mexican Train
Dominoes 12:30pm
W 500 12:30pm
TH Bridge 12:30pm
F Hand, Knee, & Foot 12:30pm
Sunrise Terrace Games & Activities:
10 Blood Pressure 8:30-10am
25 Flu Shots 10am-12pm
M Mexican Train Dominoes 12:30pm
W Ceramics 12pm
S Bingo 1pm

Villa Park

9 USS Closed for Columbus Day

Games & Activities:
M-F Hot Meals 11:15am
T Euchre 12:15pm•Shopping 1pm
W Quilting 1pm
TH Crafts 1pm (except 19)
F Keep Moving 1pm

South Charleston

9 USS Closed for Columbus Day
19 Commodities
Clark County Library,
Houston Branch 12:45pm

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

November 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

		1 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•Aquatics 1pm Samba 1pm•Bingo 1pm Pickleball 3pm	2 Focus On Fitness 9am Poker 9am•Tai Chi 10am Changing Gears Breakfast 8:30am Jammers 12pm•Pinochle 11:30am Oil Painting 12:30 •Aquatics 1pm Scrabble 1pm• TRIAD 1:30pm (p5) Parkinsons Exercise 2pm Pickleball 1:30pm•Aquatics 2pm Photo Club 3:30pm•Aquatics 1:30pm P-ball Lessons 3pm•Aquatics 4:30pm Yoga 4:45pm •Chair Volleyball 5pm Aquatics 5:30pm Confident Caregiver Series 5:30pm (p4)	3 Aquatics 8am Pickleball 8:30am Aquatics 9am•Weaving 9:30am Aquatics 10am•Aquatics 11am Hula 10am•Aquatics 12pm Bridge 12pm•Zumba 1pm Aquatics 1pm•Euchre 1pm Pickleball 3pm First Friday Social Dance 6:30pm (p5)
6 Aquatics 8am•Pickleball 8:30am Aquatics 9am•Aquatics 10am Keep Movin 10:30am Bridge 10:30am Aquatics 11am•Aquatics 12pm Garden Club 12pm (p5) Aquatics 1pm Scrabble 1:30pm Tai Chi 2pm Pickelball 3pm	7 Samba 9am•Focus on Fitness 9am Yoga 9am•Moving to Music 10:30am Pinochle 11:30am•Jammers 12pm What is Acute Rehabilitation 12pm (p4) 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	8 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•Aquatics 1pm Samba 1pm•Bingo 1pm Pickleball 3pm	9 Focus On Fitness 9am Poker 9am•Tai Chi 10am Pinochle 11:30am•Jammers 12pm Oil Painting 12:30pm Aquatics 1pm•Scrabble 1pm Parkinsons Exercise 2pm Pickleball 1:30pm•Aquatics 2pm Photo Club 3:30pm•Aquatics 4:30pm Yoga 4:45pm•Chair Volleyball 5pm Aquatics 5:30pm Confident Caregiver Series 5:30pm (p4)	10 Aquatics 8am Pickleball 8:30am Aquatics 9am•Weaving 9:30am Aquatics 10am•Aquatics 11am Hula 10am•Aquatics 12pm Bridge 12pm•Zumba 1pm Aquatics 1pm•Euchre 1pm Pickleball 3pm 11-11 Veterans Pancake Breakfast 9am
13 Aquatics 8am•Pickleball 8:30am Aquatics 9am Aquatics 10am Keep Movin 10:30am Bridge 10:30am Aquatics 11am•Aquatics 12pm Aquatics 1pm Scrabble 1:30pm Tai Chi 2pm Pickelball 3pm	14 Samba 9am•Focus On Fitness 9am Yoga 9am•Moving to Music 10:30am Pinochle 11:30am•Jammers 12pm Bid Euchre 12:30pm•Aquatics 1pm Parkinson's Support 1pm Aquatics 2pm Parkinson Exercise 2pm Legacy Planning 2pm (p8) Chair Volleyball 2:30pm Pickleball 4:30pm•Aquatics 3:30pm Aquatics 4:30pm•Aquatics 5:30pm	15 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•Aquatics 1pm Samba 1pm•Bingo 1pm Pickleball 3pm	16 Focus On Fitness 9am Poker 9am•Tai Chi 10am Pinochle 11:30am•Jammers 12pm Watercolor Painting 12:30pm Lunch and Learn 12pm (p5) Aquatics 1pm•Scrabble 1pm Parkinsons Exercise 2pm Pickleball 1:30pm•Aquatics 2pm Photo Club 3:30pm•Aquatics 4:30pm Yoga 4:45pm Chair Volleyball 5pm Aquatics 5:30pm	17 Aquatics 8am Pickleball 8:30am Aquatics 9am•Weaving 9:30am Aquatics 10am•Aquatics 11am Hula 10am•Aquatics 12pm Bridge 12pm•Zumba 1pm Aquatics 1pm•Euchre 1pm Pickleball 3pm
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27 Aquatics 8am•Pickleball 8:30am Aquatics 9am•Aquatics 10am Keep Movin 10:30am Bridge 10:30am Aquatics 5 11am•Aquatics 6 12pm Dilly Dally Euchre 12pm Aquatics 1pm Scrabble 1:30pm Tai Chi 2pm Pickelball 3pm	28 Samba 9am•Focus On Fitness 9am Yoga 9am•Moving to Music 10:30am Pinochle 11:30am•Jammers 12pm 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	29 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•Aquatics 1pm Samba 1pm•Bingo 1pm Pickleball 3pm	30 Focus On Fitness 9am Poker 9am•Tai Chi 10am Pinochle 11:30am•Jammers 12pm Aquatics 1pm•Scrabble 1pm REAL Book Club 1:30pm Parkinsons Exercise 2pm Pickleball 1:30pm•Aquatics 2pm Photo Club 3:30pm•Aquatics 4:30pm Yoga 5pm•Chair Volleyball 5pm Aquatics 5:30pm	

Enon

7 USS Programing Cancelled for Election Day
11,15 Movie 1pm
15 Book Club
23,24 USS Closed for Thanksgiving
29 Thanksgiving Pot Luck 5:30pm

Games & Activities:

M 500 1pm
MW Focus on Fitness 9:30am
T Bridge 9:30am•Euchre 1pm
W Cards for Troops 1pm;
TH Bridge (2,16) 1pm•Rook (9) 1pm
Sleeping Bag Project (30) 1pm
F Enon Stitches 1pm•
Hospice 1pm

New Carlisle

23,24 USS Closed for Thanksgiving

Lake Avenue Games & Activities:

M-F Hot Meals 11am
T Euchre or Mexican Train
Dominoes 12:30pm
W 500 12:30pm
TH Bridge 12:30pm
F Hand, Knee, & Foot 12:30pm

Sunrise Terrace Games & Activities:

14 Blood Pressure 8:30-10am
M Dominoes 12:30pm
W Ceramics 12pm
S Bingo 1pm

Villa Park

23,24 USS Closed for Thanksgiving Day

Games & Activities:

M-F Hot Meals 11:15am
T Euchre 12:15pm•Shopping 1pm
W Quilting 1pm
TH Crafts 1pm (except 16)
F Keep Moving 1pm

South Charleston

23,24 USS Closed for Thanksgiving
16 Commodities,
Clark County Library,
Houston Branch 12:45pm

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