

# December 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 USS website at  
[www.unitedseniorservices.org](http://www.unitedseniorservices.org)

## South Charleston

25 USS Closed for Christmas Day  
M-F Hot Meals 11:30am

				<p><b>1</b> 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 Jigsaw Puzzle Group 3pm Pickleball 3pm</p>
<p><b>4</b> Aquatics 8am•Pickleball 8:30am Aquatics 9am•Aquatics 10am Keep Movin 10:30am Bridge 10:30am Aquatics 11am Aquatics 12pm <b>Garden Club 12pm (p4)</b> Aquatics 1pm Scrabble 1:30pm Tai Chi 2pm•Pickelball 3pm</p>	<p><b>5</b> 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><b>6</b> 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><b>7</b> 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•<b>TRIAD 1:30pm (p4)</b> <b>USS Tree Trimming Party 1:30pm (p3)</b> 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><b>8</b> 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 Jigsaw Puzzle Group 3pm Pickleball 3pm</p>
<p><b>11</b> Aquatics 8am•Pickleball 8:30am Aquatics 9am Hooks &amp; Needles 9:30-11:30am Aquatics 10am Keep Movin 10:30am Bridge 10:30am Aquatics 11am•Aquatics 12pm Aquatics 1pm Scrabble 1:30pm Tai Chi 2pm Pickelball 3pm</p>	<p><b>12</b> Samba 9am•Focus on Fitness 9am Yoga 9am•Moving to Music 10:30am Pinochle 11:30am•Jammers 12pm Bid Euchre 12:30pm Parkinsons Supt 1pm•Parkinsons Ex 2pm Chair Volleyball 2:30pm Pickleball 4:30pm•Aquatics 3:30pm Aquatics 4:30pm Aquatics 5:30pm</p>	<p><b>13</b> 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><b>14</b> 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•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><b>15</b> 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 Jigsaw Puzzle Group 3pm Pickleball 3pm</p>
<p><b>18</b> 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><b>19</b> 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><b>20</b> 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•Aquatics 1pm  USS Closed at 2pm for USS Employee's Christmas Party</p>	<p><b>21</b> Focus On Fitness 9am•Poker 9am Yoga 9am•Tai Chi 10am Changing Gears Bike Ride 10am Pinochle 11:30am•Jammers 12pm <b>Lunch and Learn 12pm (p4)</b> 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><b>22</b> Aquatics 8am Pickleball 8:30am Aquatics 9am•Weaving 9:30am Aquatics 10am•Aquatics 11am Hula 10am•Aquatics 12pm  USS Closed at Noon for Christmas Holiday  Todd Stoll's Red Hot Holiday Stomp 7pm - Doors open at 6pm (p8)</p>
<p><b>25</b>  USS Closed for Christmas Holiday</p>	<p><b>26</b> 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><b>27</b> 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 Pickleball 3pm</p>	<p><b>28</b> 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 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'</p>	<p><b>29</b> 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 Jigsaw Puzzle Group 3pm Pickleball 3pm</p>

## Enon

13 Book Club 11 am; Movie 1pm  
14 Christmas Potluck w/USS  
Jammers 5pm  
15 Card Making 1:30pm  
20 USS Closes at 2pm for  
Employee Christmas Party  
22 USS Closes at 12pm for  
Christmas Holiday  
25 USS Closed for Christmas Day

*Games & Activities:*  
M 500 1pm  
MW Focus on Fitness 9:30am  
T Bridge 9:30am•Euchre 1pm  
W Cards for Troops 1pm (except 12-10)  
TH Bridge (7,21) 1pm•Rook (14) 1pm  
F Enon Stitchers 1pm  
Hospice 1pm

## New Carlisle

20 USS Closes at 2pm for  
Employee Christmas Party  
22 USS Closes at 12pm for  
Christmas Holiday  
25 USS Closed for Christmas Day

*Lake Avenue Games & Activities:*  
M-F Hot Meals 11am  
7 Holiday Potluck w/USS  
Jammers 12:30pm  
8 Bridge 12:30pm  
29 New Year's Game Day  
T Mexican Train Dominoes 12:30pm  
W 500 12:30pm  
TH Bridge 12:30pm (except 12-7)  
F Hand, Knee, & Foot 12:30pm (1,8,15)

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

## Villa Park

6 Christmas Photo Shoot 1:30pm  
7 Make Christmas Jewelry 1pm  
8 Heart Strings w/Linda Scutt 2pm  
14 Christmas Open House, w/Hot  
Chocolate Bar 1 - 3pm  
25 Closed for Christmas Day

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

# January 2018

<p><b>1</b></p> <p>USS Closed for New Year's Day</p>	<p><b>2</b></p> <p>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 Parkinsons Exercise 2pm Chair Volleyball 2:30pm Pickleball 4:30pm•Aquatics 3:30pm Aquatics 4:30pm Aquatics 5:30pm</p>	<p><b>3</b></p> <p>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><b>4</b></p> <p>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•<b>TRIAD 1:30pm (p4)</b> 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</p>	<p><b>5</b></p> <p>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 Jigsaw Puzzle Group 3pm Pickleball 3pm</p>
<p><b>8</b></p> <p>Aquatics 8am•Pickleball 8:30am Aquatics 9am Hooks &amp; Needles 9:30-11:30am Aquatics 10am Keep Movin 10:30am Bridge 10:30am Aquatics 11am•Aquatics 12pm Aquatics 1pm Scrabble 1:30pm Tai Chi 2pm Pickelball 3pm</p>	<p><b>9</b></p> <p>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 Chair Volleyball 2:30pm Pickleball 4:30pm•Aquatics 3:30pm Aquatics 4:30pm Aquatics 5:30pm</p>	<p><b>10</b></p> <p>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><b>11</b></p> <p>Focus On Fitness 9am Poker 9am•Tai Chi 10am Pinochle 11:30am•Jammers 12pm <b>Lunch and Learn 12pm (p4)</b> 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</p>	<p><b>12</b></p> <p>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 Jigsaw Puzzle Group 3pm Pickleball 3pm</p>
<p><b>15</b></p> <p>USS Closed for Martin Luther King Holiday</p> <p>Special MLK Program at 2pm at USS</p>	<p><b>16</b></p> <p>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><b>17</b></p> <p>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><b>18</b></p> <p>Focus On Fitness 9am Poker 9am•Tai Chi 10am Pinochle 11:30am•Jammers 12pm Watercolor Painting 12:30pm <b>Lunch and Learn 12pm (p4)</b> 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</p>	<p><b>19</b></p> <p>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 Jigsaw Puzzle Group 3pm Pickleball 3pm</p>
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<p><b>29</b></p> <p>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</p>	<p><b>30</b></p> <p>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><b>31</b></p> <p>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>	<div style="text-align: center;">  <p><b>UNITED SENIOR SERVICES</b> Active   Involved   Independent</p> <p>125 West Main Street Springfield, OH 45502 937-323-4948 Building Hours: M-F 7am-7pm Office Hours: M-F 8:30am-4:30pm</p> </div> <div style="text-align: center; background-color: #f0f0f0; padding: 10px; border-radius: 10px;"> <p><b>South Charleston</b></p> <p>1 USS Closed for New Year's Day 15 USS Closed for MLK Day M-F Hot Meals 11:30am</p> </div>	

### Enon

1 USS Closed for New Year's Day  
3,17 Movie 1pm  
15 USS Closed for MLK Day  
17 Book Club  
24 Pot Luck 11:30am-1pm

*Games & Activities:*  
M 500 1pm (except 1-1 and 15)  
MW Focus on Fitness 9:30am (except 1-1 and 15)  
T Bridge 9:30am•Euchre 1pm  
W Cards for Troops 1pm;  
TH Bridge (4,18) 1pm•Rook (11) 1pm  
Sleeping Bag Project (25) 1pm  
F Enon Stitchers 1pm  
Hospice 1pm

### New Carlisle

1 USS Closed for New Year's Day  
15 USS Closed for MLK Day

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

*Sunrise Terrace Games & Activities:*  
9 Blood Pressure 8:30-10am  
M Mexican Train Dominoes 12:30pm  
S Bingo 1pm

### Villa Park

1 USS Closed for New Year's Day  
11 Frank Lewis, Jackson Lytle & Lewis Life Celebrations Center 1:30pm  
15 USS Closed for MLK Day  
17 Bean Soup Dinner 4-6pm  
19 Kazoo Lessons 2pm  
25 Valentine Day Craft 1pm  
26 Line Dancing 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