**Director’s Corner**

Dear Members and Friends,

November 1st is the kickoff of our 2022 annual membership drive. If you are a current member, please update your membership forms, available online or at USS, before the end of the year so you do not miss the growing list of opportunities available at your center. Your timely membership also ensures that you will not miss any 2022 issues of the Center Page. If you are new to USS, please stop in and ask for a complete membership packet or call for a packet and we will mail one to you. Membership entitles you to all of the fun and informational USS activities, education, and travel. However, USS membership is never required to access our supportive services. If you or someone you know could benefit from meals, transportation, in-home care, or other caring services, USS wants to talk to you. Call 937-323-4948 to learn more.

USS recently completed a study of the 2020 Clark County Census data and industry research to guide our long-range planning. We know that Clark County, and the rest of the nation, has a growing population of people who are older and this report is helping us to better understand this growth. I intend to share some of the interesting facts we uncovered about the population we studied - the longevity industry, and USS’ role - in the next few editions of the Center Page.

For example, ten thousand Baby Boomers a day are now celebrating their 65th birthday and retiring in record numbers. According to the research, active boomers prefer a lifestyle in which they have fewer responsibilities and the ability to come and go as they please, also known as a “lock-and-leave” lifestyle.

Boomers have placed an emphasis on “smart sizing” and “smart living” choices. A new term, smart sizing refers to the concept of simplifying one’s living spaces to focus more on lifestyle. Similarly, smart living choices are prevalent among this group because we want convenience and simplicity at home. (Think of smart phones, smart TVs, smart thermostats, and more.)

What does this mean at USS? Amenities such as prepared meals, planned social activities, travel programs, and personalized exercise appeal to this group, especially with more choices and flexibility. Also, providing resources and education to stay abreast of technology that supports a simplified lifestyle is also an important part of our future. Do you agree? Feedback on this topic and future ones is important to my work and USS planning. If you have ideas for new programs, or concerns that will improve your experience, I would love to hear from you. Put your idea in the Idea Box at the Matthies Welcome Center or email me directly at mfagans@unitedseniorservices.org.

As the Thanksgiving holiday approaches, I find myself reflecting on all of the reasons I am grateful. 2021 has been a year full of trials, but there have been wonderful bright spots, too, with family and friends, new and old. I am very grateful. 2021 has been a year full of trials, but there have been wonderful bright spots, too, with family and friends, new and old. I am very grateful. 2021 has been a year full of trials, but there have been wonderful bright spots, too, with family and friends, new and old. I am very grateful. 2021 has been a year full of trials, but there have been wonderful bright spots, too, with family and friends, new and old. I am very grateful. 2021 has been a year full of trials, but there have been wonderful bright spots, too, with family and friends, new and old. I am very grateful. 2021 has been a year full of trials, but there have been wonderful bright spots, too, with family and friends, new and old. I am very grateful. 2021 has been a year full of trials, but there have been wonderful bright spots, too, with family and friends, new and old. I am very grateful. 2021 has been a year full of trials, but there have been wonderful bright spots, too, with family and friends, new and old. I am very grateful. 2021 has been a year full of trials, but there have been wonderful bright spots, too, with family and friends, new and old. I am very grateful. 2021 has been a year full of trials, but there have been wonderful bright spots, too, with family and friends, new and old. I am very grateful. 2021 has been a year full of trials, but there have been wonderful bright spots, too, with family and friends, new and old. I am very grateful. 2021 has been a year full of trials, but there have been wonderful bright spots, too, with family and friends, new and old. I am very grateful. 2021 has been a year full of trials, but there have been wonderful bright spots, too, with family and friends, new and old. I am very grateful. 2021 has been a year full of trials, but there have been wonderful bright spots, too, with family and friends, new and old. I am very grateful. 2021 has been a year full of trials, but there have been wonderful bright spots, too, with family and friends, new and old. I am very grateful.

Stay safe! Thank you for the opportunity, and Happy Thanksgiving!

Maureen Fagans, CEO
What’s NEW↓

**Lunch & Learn**

Dr. Jyothi Challa, MD  
Thursday, November 18th at 12:00pm

Dr. Challa is a medical oncologist and hematologist who provides compassionate care founded on the core principle of open, honest, and personal communication with her patients. Her special areas of interest include breast cancer, lung cancer and myeloma. She has also worked with many patients with different types of cancer and blood disorders. Please RSVP no later than Monday, November 15th. Lunch will be provided for the first 50 members. Call the Matthies Welcome Center at 937-323-4948 to secure your spot. This program is sponsored by Villa Springfield Rehabilitation and Health Care Center.

**Stay at Home Bingo**

Join USS for Stay at Home Bingo on Wednesday, November 17th, at 1:00pm. Reservations and membership are required. Call Tracy Wickham at 937-521-3010 or email her at twickham@unitedseniorservices.org to reserve your spot. You will be provided with a number to call and a pin number to get you connected for the game. Land lines and cell phones will work. Bingo cards can be picked up at USS downtown starting Monday, November 8th between 8:30am and 4:30pm. Bingo cards can also be mailed to those unable to make it downtown. Winners of the game will receive a $10 gift card provided by Mercy Health Oakwood Village. Gift cards are from Kroger, Subway, and Chick-fil-A. There is no charge for this event.

**Caregiver Support Group**

The Caregiver Support Group will meet on Wednesday, November 17th at 8:00am via Zoom. If you are interested in joining with other caregivers to share and care, contact Jane Eckels at jeckels@unitedseniorservices.org or call 937-323-4948 ext. 209.

**Prevention Program Overview**

Were you aware that USS has a Prevention program? This program has designed group activities for older adults who are feeling isolated and want opportunities to spend time with peers. Education, creative arts, fitness, and plenty of social activities are offered at the downtown center and throughout the community on a regular schedule. Transportation is provided and proof of vaccine is required. Be sure to read your Center Page to see what new and exciting activities are being offered. Want more information about the Prevention program? Call Tracy Wickham at 937-521-3010 or email twickham@unitedseniorservices.org.

**Prevention November Schedule**

- **November 1st and 2nd at 10:30am**  
  Making Christmas wreaths at USS. **Reservations are required, call 937-521-0310.**
- **November 4th**  
  Lunch at Der Dutchman - New Carlisle and Central group
- **November 8th**  
  Thanksgiving Bingo. **Reservations are required, call 937-521-0310.**
- **November 11th**  
  Lunch in West Liberty and Marie's candies - East group
- **November 12th**  
  Breakfast at Bob Evans and Ollie's - West group
- **November 15th and 16th at 10:30am**  
  Making your own Christmas cards at USS. **Reservations are required, call 937-521-0310.**
- **November 17th at 1:00pm**  
  Stay at Home Bingo, played over your phone. **Reservations are required, call 937-521-0310.**
- **November 18th at 12:00pm**  
  Lunch and Learn - Dr. Challa, MD, oncologist and hematologist. **Reservations are required, call 937-323-4948.**
- **November 22nd & 23rd at 10:30am**  
  Volunteers needed to make Christmas party favors. **Reservations are required, call 937-521-0310.**
- **November 30th**  
  Lunch at Melody - Northridge group

**Parkinson’s Disease Support Group**

The Parkinson’s Disease Support Group will meet on Tuesday, November 9th at 1:00pm in room MP4. Marc Cantrell of the Red Cross will discuss Winter Preparation ideas for the cold weather. For more information, please contact Jane Eckels at jeckels@unitedseniorservices.org or call 937-323-4948 ext. 209.

**Last Call for Nashville!**

There is still time to add your name to the Worth the Wait List for the USS tour to Opryland December 7-9th, 2021! If you’d like to be added to this list for a chance to experience a celebration of the holidays done up “Country Style,” contact Debbie McCool at 937-323-4948 ext. 120.
What’s NEW

New Activities Scheduled in November!

- Quilting Group

Paid Activities in November

The following USS paid activities will be available in November. Payments can be made with Cortney in Member Services during normal business hours (8:30am-4:00pm).

**Warm Water Pool (WWP) Aquatics Classes**
- Tuesdays at 2:00pm ($2 per class x 5 total classes = $10 total cost)
- Thursdays at 1:00pm ($2 per class x 4 total classes = $8 total cost)
*Aquatic classes start the week of November 15th, payments will be taken starting November 8th, first-come first-served*

**Tuesday and Thursday Yoga**
- Tuesdays at 8:30am and Thursdays at 4:45pm ($6 per class x 7 total classes = $42 total cost)
  (11/2, 12/2, 12/7, 12/9, 12/14, 12/16, 12/21)
*Dates in this Yoga series are shortened due to special circumstances*

**Functional Fitness**
- Wednesdays at 11:00am ($10 per class x 9 total classes = $90 total cost)

**Focus on Fitness**
- Tuesdays & Thursdays at 9:00am ($2 per class x 17 total classes = $34 total cost)

We Want to Hear From You!

USS wants to know what activities and events you want to see added to our schedule. Stop at the Matthies Welcome Center to share your ideas in the idea box. USS staff regularly monitor suggestions and follow up on new opportunities that can be offered.

Long Arm Quilting Additional Hours

With USS downtown being open Monday-Thursday, 8:30am-7:00pm, we have the ability to expand our Long Arm Quilting hours on Tuesday afternoons. If you have a quilting project that needs finished, USS has a coordinator trained to help you with the Long Arm Quilting machine.

Please contact the Matthies Welcome Center at 937-323-4948 to schedule a time to use the machine.

Interested in New Opportunities?

USS would like to find members interested in the activities listed below. Once there is enough interest, these activities will be added to the calendar and members will be invited to attend or register. Please contact Kyle Farnbauch at 937-323-4948 ext. 141 or kfarnbauch@unitedseniorservices.org to express interest.

**Backgammon**
This board game is easy to learn and a great way to meet new friends.

**Chair Yoga**
This class will be designed to improve balance, flexibility, and body awareness.

**Cornhole Tournament**
Open for members of all skill levels, individuals or pairs are welcome to sign up.

**Pickleball Tournament**
Open for members of all skill levels, individuals or pairs are welcome to sign up.

**Monthly Crafts**
Open to all members regardless of artistic medium, will require minimal fee to cover the cost of materials.

**Book Club**
Open to all members, monthly meetings, and book suggestions by the group.

**Aquatic Center**
Open swim, instructor-led classes, swim lessons, fun pool games, let USS know what you want to see in the Aquatic Center.

Community Wellness

USS is committed to providing education and resources to all Clark County residents age 60 and better with limited access to the COVID-19 Vaccine or Booster. Reliable health information about the vaccine, assistance with scheduling appointments, navigating website and internet applications, and transportation to vaccine appointments are all services USS can provide! If you or someone you know is in need of our assistance or would like help answering questions about vaccine parameters, please contact Laura Fulton at 937-323-4948 ext. 227 or lfulton@unitedseniorservices.org.
2021 USS Annual Campaign

The Road Back to USS!

Last year was a long and winding road.
2021 marks the road back…to normal…to better health and wellness…to being with old friends once again and to making new ones!
Make 2021 the road back to USS!

Please Consider a Gift to support the 2021 Annual Fund Campaign!
For 53 years, USS has been the leading advocate, community resource, and change agent for people age 55 & better across Clark County.

USS IS PROUD TO SERVE our friends and neighbors through essential services and integrated wellness programs that support active, involved, and independent lives.

OUR MISSION WILL NOT WAVER! This year’s campaign will support USS operations as we continue to serve older adults in our community when they need us most.

YOUR SUPPORT ENSURES that increased demand for essential services like meal delivery, transportation to medical appointments, and personal care are available when they are needed and that all seniors in our community can take part in recreation and education at our centers.

USS NEEDS YOUR SUPPORT MORE THAN EVER.
Today, 31% of Clark County is age 60 or better.
By 2030, 39% of Clark County will be age 60 or better.

Today, tomorrow and for many years to come, USS is prepared to serve an even larger generation of members and clients. We take seriously our responsibility to meet the opportunities and challenges current and future generations of older adults in our community will surely face.

ALL GIFTS - large AND small - make an important and lasting impact.
Thank you in advance for your enduring commitment to keep USS strong!

EIN 31-0747271 - All gifts are tax-deductible to the fullest extent of the law as no goods or services are provided in consideration of a gift.

PLEASE DONATE NOW!
Visit www.unitedseniorservices.org/donate OR mail your donation to USS in the attached envelope.
Contact Stephanie McCuistion at 937-521-3002 or smmcuistion@unitedseniorservices.org.

2022 Membership

The 2022 USS Membership Drive Begins November 1st
It is hard to believe the time has come to begin another membership drive at USS. This year’s drive will begin on Monday, November 1st and will be open to new and returning members. All those age 55 and better are eligible and welcome to join!

Clark County Residents: $15 Out of County Residents: $50

All members, NEW & RETURNING, must complete a 2022 Membership Form. Forms are available at our downtown and New Carlisle centers, on our website, or in mailboxes located outside our downtown center.

We look forward to seeing you in our centers soon! Since we began our reopening in June, USS staff have worked hard to bring back as many of your favorite activities as possible, as quickly as possible, and as safely as possible.

Come to our downtown lobby 8:30am-4:00pm, Monday-Friday to complete your 2022 Membership Form in person. USS staff and volunteers will be available to assist you during these times.

Reminder: Masks will continue to be required inside all USS centers, regardless of vaccination status, until further notice. Members may remove masks only during vigorous physical exercise or while eating in the café.

Membership Orientation
From fitness classes to games, educational opportunities, support groups, and everything in between, USS has a wide variety of programs and services for older adults in Clark County. To keep all new, returning, and eligible members informed and aware of all we have to offer, USS will hold orientations and tours on Wednesday, November 17th from 9:00am-4:00pm. USS staff and volunteers will be available during these times. We hope you will stop in to have all your questions answered. Individual or group tours can always be scheduled through the Matthies Welcome Center.
**Activity Calendar: November 2021**

*Additional information available at the Matthies Welcome Center*

<table>
<thead>
<tr>
<th>Mondays</th>
<th>Tuesdays</th>
<th>Wednesdays</th>
<th>Thursdays</th>
<th>Fridays</th>
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<tr>
<td>Billiards....................8:30a - 7:00p...D-NC</td>
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<td>Advanced Pickleball 8:30a-10:15a...D-NC</td>
<td><em>WWP</em> Open Swim 3:30p - 6:30p...D-NC</td>
<td>Long Arm Quilting 9:00a - 1:00p...A-$</td>
<td>Lap Pool Open Swim 9:00a-1:00p...D-NC</td>
<td>WWP Open Swim 9:00a - 11:00a...D-NC</td>
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<td>Medicare Open Enrollment 9:00a - 3:00p...A-NC</td>
<td>Advanced Pickleball 8:30a-10:30a...D-NC</td>
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<td>Medicare Open Enrollment 9:00a - 3:00p...A-NC</td>
<td>Weaving.........................11:00a - 1:00p...D-NC</td>
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<td>Blocks to Blankets 10:00a - 12:00p...D-NC</td>
<td>WWP Aquatics Class 2:00p - 2:45p</td>
<td>Lap Pool Open Swim 9:00a-11:00a...D-NC</td>
<td><em>Starting November 3rd</em></td>
<td>Ping Pong.........................12:00p - 4:00p...D-NC</td>
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<td>Lap Pool Open Swim 11:00a-1:00p...D-NC</td>
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<td>Billiard for Novice 1:00p - 3:00p...D-NC</td>
<td>WWP Open Swim 3:30p - 6:30p...D-NC</td>
<td>Card Making Club 1:00p - 3:00p...D-NC</td>
<td>Jigsaw Puzzle Group 1:30p - 6:30p...D-NC</td>
<td>Advanced Pickleball 2:30p - 4:30p...D-NC</td>
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<td>Scrabble........................1:00p - 4:30p...D-NC</td>
<td>Lap Pool Open Swim 3:00p - 6:30p...D-NC</td>
<td>Intermediate Pickleball 1:30p - 4:30p...D-NC</td>
<td>Parkinson's Exercise 2:00p - 3:00p...D-NC</td>
<td><em>USS will be closed November 26th</em></td>
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<td>Aging Mastery...........2:00p - 3:30p...R-NC</td>
<td><em>WWP</em> Aquatics Class 1:00p - 4:15p</td>
<td>Parkinson's Exercise 2:00p - 3:00p...D-NC</td>
<td>Lap Pool Open Swim 3:00p - 6:30p...D-NC</td>
<td><em>Be sure to check in at the Matthies Welcome Center. Activity times, dates, and rooms are subject to change.</em></td>
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<td>Tai Chi........................2:00p - 3:30p...D-NC</td>
<td>Intermediate &amp; Advanced Pickleball 4:00p - 7:00p...D-NC</td>
<td>Photo Club.......................3:00p - 4:30p...D-NC</td>
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<td>Intermediate Pickleball 3:00p - 5:00p...D-NC</td>
<td><em>Starting November 3rd</em></td>
<td>Yoga..............................4:45p - 5:45p...R-$</td>
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<td>D: Drop-in</td>
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<td>Lap Pool Open Swim 3:30p - 6:30p...D-NC</td>
<td><em>Starting November 3rd</em></td>
<td><em>See page 6</em></td>
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<td>R: Registration Required</td>
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<tr>
<td>WWP Open Swim 3:30p - 6:30p...D-NC</td>
<td>Happy Thanksgiving!</td>
<td>Chair Volleyball 5:00p - 7:00p...D-NC</td>
<td>Chair Volleyball 5:00p - 7:00p...D-NC</td>
<td>A: Appointment Required</td>
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<td>Advanced Pickleball 5:00p - 7:00p...D-NC</td>
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<td><em>WWP</em> = <em>Warm Water Pool</em></td>
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**USS DOWNTOWN BUILDING HOURS:**

M-Th 8:30am - 7:00pm
F 8:30am - 4:30pm

**Building hours:** 8:30am - 4:30pm; D - Drop-in

**Activity times, dates, and rooms are subject to change.**
What’s NEW

Welcome, Debbie McCool

As many of you have noticed, there is a new face behind the welcome desk at our downtown center. We would like to officially introduce another talented new member of our team, Debbie McCool. Debbie joined USS in October as the Executive Assistant to our CEO, Maureen Fagans. Debbie will support the executive functions of USS, including support for our Board of Directors. Most recently, Debbie spent 17 years as an Executive Assistant at the Turner Foundation here in Springfield. Debbie spent 16 years on the West Coast after graduating from Clark Technical College (now Clark State) with a degree in court reporting, but otherwise has been a lifelong resident of Springfield. She and her husband, Jon, and their puppy, Lena, live in Northridge. They have a daughter, Alexandra, who lives in Springfield with her family, and a son, Shawn, who lives in Akron, Ohio, with his family. In her spare time Debbie enjoys exercising, walking and spending time with her grandchildren. Please join us in welcoming Debbie to the USS family. We are so glad she is here!

Welcome, Marlin Newell

As many of you have noticed, there is a new face behind the welcome desk at our downtown center. We would like to officially introduce another talented new member of our team, Marlin Newell. Marlin joined USS in October as our afternoon and evening receptionist. You will have a chance to meet her, if you haven't already, when you come in to take advantage of our extended hours. A native of Greenfield, Ohio, Marlin previously served as the Director and Lead Teacher at the Yellow Springs Community Children’s Center. Most recently, she worked as the Lead Caregiver and Quality Assurance Coordinator with Home Instead. Marlin is a wonderful addition to our team and she is looking forward to meeting all of you! Please join us in welcoming Marlin to the USS family. We are so glad she is here!

Mondays:
- Mexican Train Dominos 12:30p
  *November 1st*
- Bingo 12:30p
  *November 8th*
- Sadie Hawkins Shindig 12:30p
  *November 15th*
- Mammobile 10:00a-3:00p
  *November 22nd*
- Thanksgiving Dinner Potluck 12:30p
  *November 22nd*
- MOVIE DAY 12:30p
  *November 29th*

Tuesdays:
- Mexican Train Dominos 12:30p
- Rock Painting 12:30p
  *November 2nd*
- Crafts 12:30p
  *November 9th*
- Yahtzee 12:30p
  *November 23rd*

Wednesdays
- “500” Card Game 12:30p

Thursdays
- Bridge 12:30p
  *CLOSED on Thursday, November 25th*
  Happy Thanksgiving!
- Hand, Knee & Foot 12:30p
  *CLOSED on Friday, November 26th*

Coming this Month:
The Mercy Health mobile mammography unit is coming to our New Carlisle Satellite on Monday, November 22nd, 10:00a-3:00p. Please contact Mercy Health event coordinator, Adrienne, at 937-523-9332 to schedule a 3D or 2D mammogram or with any questions.

Welcome, Marlin Newell

As many of you have noticed, there is a new face behind the welcome desk at our downtown center. We would like to officially introduce another talented new member of our team, Marlin Newell. Marlin joined USS in October as our afternoon and evening receptionist. You will have a chance to meet her, if you haven’t already, when you come in to take advantage of our extended hours. A native of Greenfield, Ohio, Marlin previously served as the Director and Lead Teacher at the Yellow Springs Community Children’s Center. Most recently, she worked as the Lead Caregiver and Quality Assurance Coordinator with Home Instead. Marlin is a wonderful addition to our team and she is looking forward to meeting all of you! Please join us in welcoming Marlin to the USS family. We are so glad she is here!
“RSVP Brings a Bit of Country to Downtown Springfield”
- Debbie Southward

Scarecrows, straw bales, pumpkins, and gourds added to the festive spirit of the 47th annual AmeriCorps Seniors Retired and Senior Volunteer Program Recognition! USS hosted the drive-through event with boxed dinners provided by Mercy Health Oakwood Village for more than 100 volunteers. Thirteen door prizes ($50 restaurant gift cards, scarecrow family, and a winter themed basket) were donated by Wallace & Turner, USS, The Springfield Masonic Community, Ohio’s Community Mercy Hospice, Park National Bank, Richwood Bank, Springfield Assisted Living, Ohio Valley Surgical, McGohan Brabender, Sellman Insurance, and an anonymous donor.

Members serving 5, 10, 15, or 20 years received certificates of appreciation and gifts to thank them for their volunteer commitment to our community. All attendees received a swag bag filled with goodies from various local agencies and some candy thrown in too! Everyone had a great time! Give us a call at 937-324-5705 to be a part of this great volunteer program.

Thank you to those folks who came to help make our evening so successful! Sandy Chinn - Mercy Health Oakwood Village, Tami Clark - Ohio’s Community Mercy Hospice, Poetry Davis - Springfield’s Masonic Community, Carl Patterson - RSVP volunteer, Debbie DeWitt - RSVP volunteer, and Tracy Wickham - RSVP volunteer.

RSVP is sponsored by United Senior Services of Springfield, Ohio and is funded by federal funds through AmeriCorps, by a state subsidy through Ohio Department of Aging, and by local matching funds in Clark and Madison Counties.

USS is excited to share the long-awaited 2022 Tour Schedule! A full catalog with all of the details will be included in the December Center Page.

**Southern Charm**
April
Visit the Charleston Tea Plantation, Savannah's Historic District, Jekyll Island Resort, and more!

**Escape to Wisconsin**
May
Visit House on the Rock, Frank Lloyd Wright's Taliesin, Wisconsin Dells, and more!

**Dirty Dancing Themed Weekend**
June
Have “The Time of Your Life” at Mountain Lake Lodge!

**Pacific Northwest**
July
Visit Portland, OR, Mt. St. Helen’s, Columbia River Gorge, and Sacramento.

**By the Sea**
August
Visit Atlantic City, Bally’s Resort & Casino, and more!

**Riverboatin’**
September
Visit Danville, IL with a tour honoring Abraham Lincoln and a 3-day cruise.

**Massachusetts & More**
October
Coach tour of Massachusetts historic sites.

**Annual Mystery Tour**
October
Lights, Camera, Action!

**Greenbrier Christmas**
December
Visit the breathtaking mountains of West Virginia at the Greenbrier Resort.

For more than 53 years, USS has been the leading advocate, community resource and change agent for people age 55 & better across Clark County.
USS Locations

*Senior Meal Location

**Downtown Springfield**
125 W Main St • Springfield, OH
937-323-4948
www.unitedseniorservices.org

**Enon Satellite** - closed until further notice
7571 Springfield-Dayton Rd • Enon, OH
937-863-0043

**New Carlisle Satellite**
1216 W Lake Ave • New Carlisle, OH
937-845-2080

**Villa Park Satellite** - closed until further notice
1350 Vester Ave • Springfield, OH
937-399-341

**North Hill Towers** - closed until further notice
337 Chestnut Ave • Springfield, OH

**Tubman Towers** - closed until further notice
17 W Johnson Ave • Springfield, OH