

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

South Charleston

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

<p>4 Aquatics 8am•Pickleball 8:30am Aquatics 9am•Aquatics 10am Keep Movin 10:30am Bridge 10:30am Aquatics 11am Aquatics 12pm Garden Club 12pm (p4) Aquatics 1pm Scrabble 1:30pm Tai Chi 2pm•Pickelball 3pm</p>	<p>5 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>6 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>7 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 (p4) USS Tree Trimming Party 1:30pm (p3) 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>1 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>11 Aquatics 8am•Pickleball 8:30am Aquatics 9am Hooks & 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>12 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>13 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>14 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>8 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>18 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>19 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>20 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>21 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 (p4) 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>15 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>25 USS Closed for Christmas Holiday</p>	<p>26 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>27 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>28 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>22 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>25 USS Closed for Christmas Holiday</p>	<p>26 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>27 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>28 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>1 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>1</p> <p>USS Closed for New Year's Day</p>	<p>2</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>3</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>4</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•TRIAD 1:30pm (p4) 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>5</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>8</p> <p>Aquatics 8am•Pickleball 8:30am Aquatics 9am Hooks & 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>9</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>10</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>11</p> <p>Focus On Fitness 9am Poker 9am•Tai Chi 10am Pinochle 11:30am•Jammers 12pm Lunch and Learn 12pm (p4) 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>12</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>15</p> <p>USS Closed for Martin Luther King Holiday</p> <p>Special MLK Program at 2pm at USS</p>	<p>16</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>17</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>18</p> <p>Focus On Fitness 9am Poker 9am•Tai Chi 10am Pinochle 11:30am•Jammers 12pm Watercolor Painting 12:30pm Lunch and Learn 12pm (p4) 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>19</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>22</p> <p>Aquatics 8am•Pickleball 8:30am Aquatics 9am Hooks & Needles 9:30-11:30am 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>23</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>24</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>25</p> <p>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</p>	<p>26</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>29</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>30</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>31</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="display: flex; align-items: center;">  <div> <p>UNITED SENIOR SERVICES 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> <div style="text-align: center; margin-top: 20px;"> <p>South Charleston</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