

# December 2018



125 West Main Street  
Springfield, OH 45502  
937-323-4948

Building Hours: M-F 7am-7pm  
Office Hours: M-F 8:30am-4:30pm

| Mondays                                  | Tuesdays   | Wednesdays  | Thursdays   | Fridays  |
|--|--|---|---|--|
| 8am Aquatics \$-R-I                      | 9am Focus on Fitness \$-R<br>Yoga \$-R<br>Samba (Card Game) NC-D | 8am Aquatics \$-R-I   | 9am Focus on Fitness \$-R<br>Poker NC-D   | 8am Aquatics \$-R-I                                      |
| 8:30am Pickleball NC-D-I                 | 9am-12pm Computer Lab NC-R                                       | 8:30am Pickleball NC-D-I  | 10am Tai Chi NC-D<br>Changing Gears Bike Ride NC-D-I                                      | 8:30am Pickleball NC-D-I                                 |
| 9am Aquatics \$-R                        | 10:30am Moving w/Music \$-R                                      | 8:45-11:30am Blood Pressure Screenings NC-D   | 10:30am Wellness Exercise NC-D  | 9am Aquatics \$-R-I                                      |
| 10am Aquatics \$-R-I<br>Bridge \$-D      | 11:30am Pinochle NC-D  | 9am Aquatics \$-R-I<br>Mah Jongg NC-D<br>Vintage Voices NC-I<br>Bridge Lessons NC-D | 11:30am Pinochle NC-D   | 9:30am Weaving NC-D                                      |
| 10:30am Keep Movin' \$-R                 | 12pm Jammers NC-D<br>Friendly Euchre NC-D                        | 10am Aquatics \$-R-I<br>Chess Club NC-D   | 12pm Jammers NC-D   | 10am Aquatics \$-R-I<br>Chess Club NC-D                  |
| 11am Aquatics \$-R-I                     | 12:30pm Bid Euchre NC-D  | 11am Aquatics \$-R-I  | 1pm Aquatics \$-R-I<br>Scrabble NC-D  | 11am Aquatics \$-R-I                                     |
| 12pm Aquatics \$-R-I                     | 1pm Aquatics \$-R-I  | 12pm Aquatics \$-R-I<br>Samba (Card Game) NC-D                                      | 1:30pm Pickleball NC-D-I  | 12pm Aquatics \$-R-I<br>Casual Cards NC-D<br>Bridge NC-D |
| 1pm Aquatics \$-R-I                      | 2pm Aquatics \$-R-I<br>Parkinson's Exercise NC-D                 | 1pm Aquatics \$-R-I<br>Bingo \$-D   | 2pm Parkinson's Exercise NC-D<br>Aquatics \$-R-I  | 12:15-12:45pm Drums 4 Fitness \$-R                       |
| 1:30pm Scrabble NC-D                     | 2:30pm Chair Volleyball NC-D                                     | 2pm Aquatics \$-R-I<br>Pickleball for Novices NC-D-I                                | 3pm Pickleball Lessons 1st Thursday-<br>Pickleball for Novices all other Thursdays NC-D-I | 1pm Zumba \$-R<br>Aquatics \$-R-I<br>Euchre NC-D         |
| 2pm Tai Chi NC-D<br>Aquatics \$-R-I      | 3:30pm Aquatics \$-R-I   | 3pm Aquatics \$-R-I   | 3:30pm Photo Club NC-D<br>Aquatics \$-R-I   | 3-6:45pm Jigsaw Puzzle Group NC-D<br>Pickleball NC-D-I   |
| 3pm Pickleball NC-D-I<br>Aquatics \$-R-I | 4:30pm Pickleball NC-D-I<br>Aquatics \$-R-I                      | 4-6:15pm Pickleball NC-D-I  | 4:30pm Aquatics \$-R-I  |  |
|  | 5:30pm Aquatics \$-R-I   | 5:30pm Wed PM Zumba \$-R  | 4:45pm Yoga \$-D  |  |
|  |  |   | 5pm Chair Volleyball NC-D   |  |
|  |  |   | 5:30pm Aquatics \$-R-I  |  |

| Key |  |
|-----|--|
| \$  | Cost   |
| NC  | No cost  |
| R   | Registration required                              |
| D   | Drop-in  |
| I   | Info/flyer available at the Matthes Welcome Center |

## Special Weekday and Monthly Activities, Programs, and Events

|  |  |  |  |  |
|--|--|--|--|--|
| <b>December 3</b><br>Hooks and Needles 10am-2pm NC-D<br><br><b>December 10</b><br>Card Making Club 1pm NC-D<br><br><b>December 17</b><br>Hooks and Needles 10am-2pm NC-D<br>SAILL Winter Term Registration Begins<br>Monday Movie 12pm NC-D<br><br><b>December 24</b><br><i>USS Closed for Christmas Holiday</i><br><br><b>December 31</b><br><i>USS Closes at 4:30pm for New Year's Eve</i> | <b>December 11</b><br>Parkinsons Support 1pm NC-D<br><br><b>December 18</b><br><i>USS Closed at 2pm for Staff Christmas Party</i><br><br><b>December 25</b><br><i>USS Closed for Christmas Holiday</i> | <b>December 5</b><br>Wittenberg A Cappella Ensembles<br>5pm NC-R<br><br><b>December 12</b><br>Cholesterol Screenings 10am \$-D<br><br><b>December 19</b><br>No Bingo<br><br><b>December 26</b><br>No Bingo | <b>December 6</b><br>TRIAD 1:30pm (p4) NC-D<br>USS Tree Trimming Party (p3) NC-D<br><br><b>December 13</b><br>Lunch and Learn 12pm (p4) NC-R<br><br><b>December 20</b><br>Lunch and Learn 12pm (p4) NC-R<br><br><b>December 27</b><br>No R.E.A.L. Bookclub this month. | <b>Saturday December 22</b><br>Todd Stoll's Red Hot Holiday Stomp<br>7pm (p12) \$-R<br><br><b>South Charleston</b><br>3 Charleston Strummers 12:30pm<br>10 Lawrence Pitzer/Classical Guitar 1pm<br>13 Euchre 6-10pm<br>18 USS Closed at 2pm for Staff Christmas Party<br>24 USS Closed for Christmas Holiday<br>25 USS Closed for Christmas Holiday<br>M-F Hot Meals 11:30am |
|--|--|--|--|--|

### Enon

- 5 Movie 1pm  
Christmas Party 5pm
  - 7 Christmas Luncheon
  - 18 USS Closed at 2pm for Staff Christmas Party
  - 19 Movie 1pm
  - 24 USS Closed for Christmas Holiday
  - 25 USS Closed for Christmas Holiday
- Games & Activities:*
- M 500 1pm (except 12/31)
  - MW Focus on Fitness 9:30am
  - T Bridge 9:30am•Euchre 1pm
  - W Cards for Troops 1pm
  - TH Bridge (6, 20), Rook (27), Mexican Train Dominoes (27) 1pm, Sleeping Bag Project 1pm
  - F Enon Stitchers 1pm  
Hospice 1pm

### New Carlisle

- 7 Holiday Potluck 12:30pm
  - 18 USS Closed at 2pm for Staff Christmas Party
  - 24 USS Closed for Christmas Holiday
  - 25 USS Closed for Christmas Holiday
  - 31 New Year's Eve Party 12:30pm
- Lake Avenue Games & Activities*
- M-F Hot Meals 11am
  - M Mexican Train Dominoes 12:30pm
  - T Mexican Train Dominoes 12:30pm;  
Rock Painting 12:30pm
  - W 500 12:30pm
  - TH Bridge 12:30pm
  - F Hand, Knee, & Foot 12:30pm

### Villa Park

- 7 TAC Choir 1:30pm
  - 13 Christmas Open House 1:30-3:30pm
  - 14 Springfield Dulcimer Club 2pm
  - 17 Bingo with Forest Glenn 2pm
  - 18 USS Closed at 2pm for Staff Christmas Party
  - 24 USS Closed for Christmas Holiday
  - 25 USS Closed for Christmas Holiday
- Games & Activities:*
- M-F Hot Meals 11:15am
  - T Euchre 12:15pm•Shopping 1pm
  - W Quilting 1pm
  - F Keep Moving 1pm

# January 2019



125 West Main Street  
Springfield, OH 45502  
937-323-4948

Building Hours: M-F 7am-7pm  
Office Hours: M-F 8:30am-4:30pm

| Mondays                                  | Tuesdays   | Wednesdays  | Thursdays   | Fridays  |
|--|--|---|---|--|
| 8am Aquatics \$-R-I                      | 9am Focus on Fitness \$-R<br>Yoga \$-R<br>Samba (Card Game) NC-D | 8am Aquatics \$-R-I   | 9am Focus on Fitness \$-R<br>Poker NC-D   | 8am Aquatics \$-R-I                                      |
| 8:30am Pickleball NC-D-I                 | 9am-12pm Computer Lab NC-R                                       | 8:30am Pickleball NC-D-I  | 10am Tai Chi NC-D<br>Changing Gears Bike Ride NC-D-I                                      | 8:30am Pickleball NC-D-I                                 |
| 9am Aquatics \$-R                        | 10:30am Moving w/Music \$-R                                      | 8:45am-11:30am Blood Pressure Screenings NC-D                                       | 10:30am Wellness Exercise NC-D  | 9am Aquatics \$-R-I                                      |
| 10am Aquatics \$-R-I<br>Bridge \$-D      | 11:30am Pinochle NC-D  | 9am Aquatics \$-R-I<br>Mah Jongg NC-D<br>Vintage Voices NC-I<br>Bridge Lessons NC-D | 11:30am Pinochle NC-D   | 9:30am Weaving NC-D                                      |
| 10:30am Keep Movin' \$-R                 | 12pm Jammers NC-D<br>Friendly Euchre NC-D                        | 10am Aquatics \$-R-I<br>Chess Club NC-D   | 12pm Jammers NC-D   | 10am Aquatics \$-R-I<br>Chess Club NC-D                  |
| 11am Aquatics \$-R-I                     | 12:30pm Bid Euchre NC-D  | 11am Aquatics \$-R-I  | 1pm Aquatics \$-R-I<br>Scrabble NC-D  | 11am Aquatics \$-R-I<br>Hula NC-D                        |
| 12pm Aquatics \$-R-I                     | 1pm Aquatics \$-R-I  | 12pm Aquatics \$-R-I<br>Samba (Card Game) NC-D                                      | 1:30pm Pickleball NC-D-I  | 12pm Aquatics \$-R-I<br>Casual Cards NC-D<br>Bridge NC-D |
| 1pm Aquatics \$-R-I                      | 2pm Aquatics \$-R-I<br>Parkinson's Exercise NC-D                 | 1pm Aquatics \$-R-I<br>Bingo \$-D   | 2pm Parkinson's Exercise NC-D<br>Aquatics \$-R-I  | 12:15-12:45pm Drums 4 Fitness \$-R                       |
| 1:30pm Scrabble NC-D                     | 2:30pm Chair Volleyball NC-D                                     | 2pm Aquatics \$-R-I<br>Pickleball for Novices NC-D-I                                | 3pm Pickleball Lessons 1st Thursday-<br>Pickleball for Novices all other Thursdays NC-D-I | 1pm Zumba \$-R<br>Aquatics \$-R-I<br>Euchre NC-D         |
| 2pm Tai Chi NC-D<br>Aquatics \$-R-I      | 3:30pm Aquatics \$-R-I   | 3pm Aquatics \$-R-I   | 3:30pm Photo Club NC-D<br>Aquatics \$-R-I   | 3-6:45pm Jigsaw Puzzle Group NC-D<br>Pickleball NC-D-I   |
| 3pm Pickleball NC-D-I<br>Aquatics \$-R-I | 4:30pm Pickleball NC-D-I<br>Aquatics \$-R-I                      | 4-6:15pm Pickleball NC-D-I  | 4:30pm Aquatics \$-R-I  |  |
|  | 5:30pm Aquatics \$-R-I   |   | 4:45pm Yoga \$-D  |  |
|  |  |   | 5pm Chair Volleyball NC-D   |  |
|  |  |   | 5:30pm Aquatics \$-R-I  |  |

| Key |   |
|-----|---|
| \$  | Cost  |
| NC  | No cost   |
| R   | Registration required                               |
| D   | Drop-in   |
| I   | Info/flyer available at the Matthies Welcome Center |

## Special Weekday and Monthly Activities, Programs, and Events

|  |   |  |   |
|--|---|--|---|
| <b>January 7</b><br>Hooks and Needles 12-2pm (p5) NC-D<br><br><b>January 14</b><br>Monday Movie 12pm NC-D<br>Card Making Club 1pm (p5) NC-D<br><br><b>January 21</b><br>Martin Luther King Day Celebration 2pm (p3) NC-R<br><i>USS will be closed for all other activities and programs in observance of MLK Day.</i><br><br><b>January 28</b><br>Dilly Dally Euchre 12pm NC-D | <b>January 1</b><br><i>USS Closed for New Year's Day</i><br><br><b>January 8</b><br>Parkinsons Support 1pm NC-D | <b>January 9</b><br>A1C Screenings 10am \$-D | <b>January 3</b><br>TRIAD 1:30pm (p4) NC-D<br><br><b>January 17</b><br>Lunch and Learn 12pm (p4) NC-R<br><br><b>January 31</b><br>R.E.A.L. Bookclub 1:30pm NC-D |
|--|---|--|---|

### Enon

21 USS Closed for MLK Holiday  
*Games & Activities:*  
M 500 1pm  
MW Focus on Fitness 9:30am  
T Bridge 9:30am•Euchre 1pm  
W Cards for Troops (except 11) 1pm  
TH Bridge (5,17) Rook (24) Mexican Train Dominoes (24), Sleeping Bag Project (10, 24) 1pm  
F Enon Stitchers 1pm  
Hospice 1pm

### New Carlisle

21 USS Closed for MLK Holiday  
*Lake Avenue Games & Activities:*  
M-F Hot Meals 11am  
M Mexican Train Dominoes 12:30pm  
T Mexican Train Dominoes 12:30pm;  
Rock Painting 12:30pm  
W 500 12:30pm  
TH Bridge 12:30pm  
F Hand, Knee, & Foot 12:30pm

### Villa Park

21 USS Closed for MLK Holiday  
*Games & Activities:*  
M-F Hot Meals 11:15am  
T Euchre 12:15pm•Shopping 1pm  
W Quilting 1pm  
F Keep Moving 1pm

### South Charleston

10 Euchre 6-10pm  
21 USS Closed for MLK Holiday  
M-F Hot Meals 11:30am