

April 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 Yoga \$-R Samba (Card Game) NC-D	8am Aquatics \$-R-I	9am Focus on Fitness \$-R Poker NC-D	8am Aquatics \$-R-I
8:30am Pickleball NC-D-I	9-10:30am Computer Lab NC-R	8:30am Pickleball NC-D-I	10am Tai Chi NC-D 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 Bridge \$-D	11:30am Pinochle NC-D	9am Aquatics \$-R-I Mah Jongg NC-D Vintage Voices NC-I Computer Lab NC-D	11:30am Pinochle NC-D	9:30am Weaving NC-D
10:30am Keep Movin' \$-R	12pm Jammers NC-D Friendly Euchre NC-D	10am Aquatics \$-R-I Chess Club NC-D	12pm Jammers NC-D	10am Aquatics \$-R-I Chess Club NC-D
11am Aquatics \$-R-I	12:30pm Bid Euchre NC-D	11am Aquatics \$-R-I	1pm Aquatics \$-R-I Scrabble NC-D Canasta NC-D	Hula NC-D
12pm Aquatics \$-R-I	1pm Aquatics \$-R-I	12pm Aquatics \$-R-I Samba (Card Game) NC-D	1:30pm Pickleball NC-D-I	11am Aquatics \$-R-I
1pm Aquatics \$-R-I	2pm Aquatics \$-R-I Parkinson's Exercise NC-D	1pm Aquatics \$-R-I Bingo \$-D	2pm Parkinson's Exercise NC-D Aquatics \$-R-I	12pm Aquatics \$-R-I Casual Cards NC-D Bridge NC-D
1:30pm Scrabble NC-D	2:30pm Chair Volleyball NC-D	2pm Aquatics \$-R-I Pickleball for Novices NC-D-I	3pm Pickleball Lessons NC-D-I 1st Thursday Pickleball for Novices all other Thursdays	12:15-12:45pm Drums 4 Fitness \$-R
2pm Tai Chi NC-D Aquatics \$-R-I	3:30pm Aquatics \$-R-I	3pm Aquatics \$-R-I	3:30pm Photo Club NC-D Aquatics \$-R-I	1pm Zumba \$-R Aquatics \$-R-I Euchre NC-D
3pm Pickleball NC-D-I Aquatics \$-R-I	4:30pm Pickleball NC-D-I Aquatics \$-R-I	4-6:15pm Pickleball NC-D-I	4:30pm Aquatics \$-R-I	3-6:45pm Jigsaw Puzzle Group NC-D Pickleball NC-D-I
4pm Monday PM Yoga \$-R	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 Matthies Welcome Center

Special Weekday and Monthly Activities, Programs, and Events

April 1 Chair Massage 9am-3:30 \$-R Blocks to Blankets 10-3pm (p4) NC-D	April 9 Parkinsons Support 1pm NC-D	April 10 AIC 10am NC-D	April 4 TRIAD 1:30pm (p5) NC-D	April 5 Social Dance 6pm (p4) NC-D
April 8 Card Making Club 1pm NC-D	April 23 Adult Nail Trimming 1-4:40pm \$-R	April 24 Welcome to Medicare 4pm (p4) NC-D	April 18 Lunch and Learn 12pm (p5) NC-R	
April 15 Blocks to Blankets 10-3pm (p4) NC-D Monday Movie 12pm NC-D			April 25 USS Annual Meeting 1:30pm (p4) R.E.A.L. Bookclub 1:30pm NC-D Bunco 5:30pm (p4) \$-R	
April 29 Blocks to Blankets 10-3pm (p4) NC-D Dilly Dally Euchre 12pm NC-D				

Enon

Games & Activities:
 MW Focus on Fitness 9:30am
 T Bridge 9am • Euchre 1pm
 TH Bridge (4,18), Sleeping Bag Project (11, 25), 1pm
 F Hospice • Enon Stitchers 1pm

New Carlisle

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

Villa Park

11 Music/Melissa & Christina Darding, 12:30pm
 24 Blood Pressure Blood Sugar Checks 10:30am - Noon
 26 Brookside Lab, Genetic DNA Cancer Screenings, 2pm

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

South Charleston

11 Euchre 6-10pm
 22 Blood Pressure/Random Blood Sugar Checks 10:30am - Noon
 M-F Hot Meals 11:30am

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

<p>May 6 Chair Massage 9am-3:30 \$-R Card Making Club 1pm NC-D- Revised!</p> <p>May 13 Blocks to Blankets 10-3pm (p4) NC-D</p> <p>May 20 Monday Movie 12pm NC-D</p> <p>May 27 USS Closed for Memorial Day</p>	<p>May 14 Senior Day Luncheon 12pm (p12) \$-R Parkinsons Support 1pm NC-D</p> <p>May 28 Blocks to Blankets 10-3pm (p4) NC-D Adult Nail Trimming 1-4:40pm \$-R</p>	<p>May 8 Cholesterol Screenings 10am NC-D</p>	<p>May 2 TRIAD 1:30pm (p5) NC-D</p> <p>May 16 - Revised! Lunch and Learn 12pm (p5) NC-R</p> <p>May 30 R.E.A.L. Bookclub 1:30pm NC-D</p>	<p>May 3 Spring Fling Dance 6-9pm (p4) \$-R</p>
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Enon

- 27 USS Closed for Memorial Day
- Games & Activities:*
 MW Focus on Fitness 9:30am
 T Bridge 9am • Euchre 1pm
 TH Bridge (2,16), Sleeping Bag Project (9, 23), Mexican Train Dominoes (30) 1pm
 Hospice • Enon Stitchers 1pm
 F

New Carlisle

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

Villa Park

- 9 Music/USS Jammers, 1pm
 22 Blood Pressure Blood Sugar Checks 10:30am - Noon
 27 USS Closed for Memorial Day
- Games & Activities:*
 M-F Hot Meals 11:15am
 T Euchre 12:15pm • Shopping 1pm
 W Quilting 1pm
 F Keep Moving 1pm

South Charleston

- 9 Euchre 6-10pm
 27 USS Closed for Memorial Day
 TBA Due to holiday date for Blood Pressure/Random Blood Sugar Checks, 10:30am-Noon will be announced.
 M-F Hot Meals 11:30am