

The Center Page

Springfield and Clark County's Resource for People Age 55 and Better

OCTOBER-NOVEMBER 2019



ISSUE 2019-04

UNITED SENIOR SERVICES

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

ENON

7571 Dayton-Springfield Road
937-863-0043

NEW CARLISLE

1216 West Lake Avenue
199 Sunrise Terrace
937-845-2080

VILLA PARK

1350 Vester Avenue
Springfield, OH
937-399-3411

DIRECTORS

- Darryl Bauer
- Brad Boyer
- George Degenhart
- Don Flowers
- Wendy Ford
- Vicky Forrest
- Darrell Kitchen, President
- Hattie Millender
- Charlie Morris
- Dan O'Keefe
- Scott Powell
- Sheila Rice, Vice President
- Joy Rogers, Secretary
- Larry Todd
- Par Tolliver
- Mike Trempe, Treasurer
- Chris Wells
- Maureen Fagans, CEO
- Kyle Fambauch, Center Page Editor

United Senior Services (USS) was founded in 1968 as Elderly United. USS publishes The Center Page bi-monthly to inform people in Springfield and Clark County aged 55 and better about its services and events.

USS is funded (in part) by a Title III grant under the Older Americans Act administered by the Ohio Department of Aging through the Area Agency on Aging PSA2. Funds also provided by Clark County Senior Services Levy, United Way of Clark County, Mental Health & Recovery Board of Clark County, Corporation for National and Community Service, VOCA, Springfield Foundation, Healthpath Foundation, Community Health Foundation, member fees and donations. USS is non-discriminatory in services and employment, and facilities are accessible to all people.

Cover photo by
Nancy Lavonne Sturgeon

Director's Corner

Dear Members and Friends,

I am grateful for the successful grand re-opening we just enjoyed to celebrate the completion of renovations to the lower level of our downtown Springfield center. And I am hopeful for the possibilities that it represents. The completion of this project is an opportunity to modernize USS beyond the construction project, to respond to the needs and requests of a growing Clark County senior population, to prepare for future generations of seniors and to provide caring services to the older elders who count on us every day. The community excitement our re-opening continues to generate is very gratifying; now it's time for USS to meet the demand!



The following is an excerpt from the speech that Darrell Kitchen, President of the USS Board of Directors, delivered at our 2016 Grand Opening celebration. His words are still moving today: "Today represents another new beginning for United Senior Services. As a result of thoughtful planning, a solid vision, and a great central location, an older building with good bones and solid craftsmanship has been transformed into ... an excellent building that will enable us to continue our mission, and expand our work and commitment to the seniors of Clark County. Quite frankly we aspire to be a model for what can be possible. And further, we aspire to be the best senior services center in the State of Ohio.

"Having said that, it is still just a building; it will only be the people who can connect this wonderful space to our community, adding value to lives, and doing so with deliberate sincerity, care, concern, compassion and good humor. I have great confidence in our leadership and our professional and caring staff. I also have this same confidence in the seniors of the Clark County community. With a growing population of seniors...we must engage those who are active, support those who may be struggling, and connect with the many seniors who fall somewhere in between. It requires thoughtful programming, a dedicated staff, and a collaborative network of services. The work is difficult. And the work is important. So we have a new building. It is an excellent space. We will learn about its benefits and its limitations over time. We will make adjustments and we will do our very best to make this agency and this building a place of real connection."

I invite you to get connected - take a tour of the completed renovation, learn more about what we offer and if you aren't a member, please consider becoming one. United Senior Services stands ready to support your hopes and dreams of living healthier and happier.

Thank you for the opportunity,

Maureen

Maureen Fagans
Executive Director/CEO

Elder Abuse isn't always **THIS OBVIOUS**



One in 10 Americans
age 60 and older have
experienced some form
of elder abuse.

Identifying and defining **NEGLECT**:

- Elder neglect is defined as the failure to fulfill a caretaking obligation of an elderly person.
- Neglect constitutes more than 50% of all reported cases of elder abuse.
- It can be intentional or unintentional, based on factors such as ignorance or denial that an elderly person needs as much care as they do.
- Another common form of neglect is self-neglect, meaning an older adult is no longer able to perform essential self-care due to physical or mental impairment.

Warning Signs of Neglect:

- Unusual weight loss, malnutrition and/or dehydration
- Untreated physical problems
- Unsanitary living conditions
- Unsafe living conditions
- Poor personal hygiene
- Unsuitable clothing for the weather

If you suspect a senior is in imminent danger and needs weekend or after hours help, call 9-1-1 or Adult Protective Services directly at 937-327-1700.

**Report
Elder
Abuse**

✓ **937**
323-4948

**UNITED
SENIOR SERVICES**
Active | Involved | Independent

What's NEW ↓

October Free Memberships

Come tryout United Senior Services free for the month of October and see what exciting activities and programs we have in our newly renovated location downtown! Tell your friends who haven't been here yet to join us in all the fun!

Healthy U Workshop

Join USS and the Area Agency on Aging as we present the latest Healthy U Workshop on Chronic Pain Self-Management. This is a great workshop if you experience long-term pain, care for someone with chronic pain, feel limited by your daily activities, or are looking for a better way to manage pain. There is no cost for the workshop that takes place once a week on the following dates:

- **THURSDAYS, November 7, 14, 21 & December 5, 12, 19**
9:30am-12:00pm (noon).
- Workshops will take place at the Gray Hill Apartments,
220 Montgomery Ave, Springfield.

To register for the workshop or with questions, please contact Tracy Wickham at 521-3010 or twickham@unitedseniorservices.org.



2020 Memberships

New and renewing memberships for 2020 will be available on November 1, 2019.

2020 membership fees are:

Clark County Memberships	\$15
Out of County Memberships	\$50
Associate Memberships*	\$15

*Travel Only, Special Circumstance

USS Representative at Ohio Masonic Home

United Senior Services has representation available now at the Springfield Masonic Home to assist residents with any information they may need about USS. The office will be open on **Thursday afternoons 1:00-3:00pm in the York Rite Building.**



Medicare Open Enrollment

The Medicare open enrollment period is October 15-December 7.

If you have a Medicare supplement and a drug plan, you can:

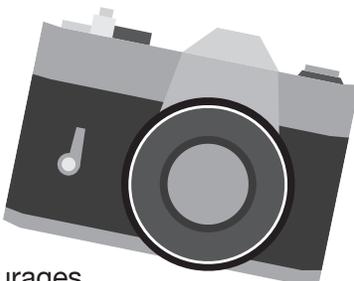
1) Switch to another drug plan, 2) apply for another drug plan, 3) apply for a different Medicare supplement plan, or 4) drop your Medicare supplement plan and switch to an Advantage plan. If you have had an Advantage plan longer than 12 months, you can switch to another Advantage plan.

To speak to an OSHIP counselor during open enrollment, **please make an appointment starting Tuesday, September 17 by calling 937-323-4948.**

Photo Club

Interested in having an official 8" x 10" portrait? USS Photo Club Studio will be open on **October 17 and November 21 from 1:00-5:00pm.** Pictures will be placed on a flashdrive for your use to print or keep. To offset the costs, Photo Club encourages a donation of \$10 at the time of your photo.

For questions or to sign up, visit or call the Matthies Welcome Center at 323-4948.



Volunteer Guardians

The USS Volunteer Guardianship Program provides Guardians of Person to residents of nursing homes who have been deemed incompetent and have no family willing, able, or appropriate to serve as an advocate. A six hour training is provided by the Ohio Supreme Court online or locally at Clark County Probate Court. If you'd like more information about this fulfilling volunteer opportunity, **please contact Monica Spencer at 521-3014.**



Ohio Senior Olympics

USS had 11 members attend and bring 14 medals back to Springfield!

Congratulations to all!

From left to right: (front row) Jim Holzworth, Joanne Harris, Chris Below, Diane Eichelberger, Terry Holzworth, Harold Fitch; (back row) Tim Rigel, Jan Brown, John Eichelberger, Curt Miller, Jake Conley

Save These DATES!

Novice Round-Robin Pickleball

Thursday, October 10th
12:00-4:30pm

Round-Robin Pickleball

Thursday, October 17th
12:00-4:30pm

Registration forms will be available at the Matthies Welcome Center.

Deadline: October 4 • Cost: \$5

You can only compete in one Round Robin. First 20 individuals for each event.



Upcoming Social Dances & Dinners

All dances are open to the public

6:00-9:00pm • Cost: \$6.00/person

Sign up and pay at the Matthies Welcome Center.

October 11:

Dinner catered by Lee's Chicken provided by Brookdale with music by Dick Hatfield. Deadline: October 7.

November 1:

Dinner catered by Simply Delicious provided by Medi Gold with music by The Jack Fox Duo. Deadline: October 28.

HEAP Outreach

Applications are available for the Home Energy Assistance Program (HEAP) at United Senior Services, 125 W Main St., and at the Enon and New Carlisle Satellites for those 60 years of age and better. HEAP is a program through the Ohio Department of Development that provides financial assistance for utility expenses for those who qualify based upon household income. United Senior Services can provide assistance with filling out the application at the office. For those who are homebound, assistance with the application in the home is available. You will need to call for an appointment for either assistance in the office or at home. **Please contact Joyce Robinson at 937-521-3005 with questions.**

SAILL Fall Term

The 2019 Fall SAILL semester is "off and running". It began the week of September 23 and continues through November 15. Some classes may still have spaces available. **Call the Matthies Welcome Center at 323-4948 for additional information.**



There will be a winter term beginning January 6, ending February 7. Check the 2019 December Center Page for course selections and registration schedules. SAILL appreciates all of our dedicated instructors who provide timely, stimulating courses AND the USS members who continue to enthusiastically support it. **Lifelong learning isn't just a hobby, it's a lifestyle!**

Adult Nail Care Services

Do you have trouble trimming your own toenails? Do vision, dexterity, arthritis, hip or knee issues interfere?

USS is partnering with Everyday Divinity to offer adult nail care services. Sessions will be offered at USS downtown on the **2nd Tuesday of each month 10:00am-2:00pm, starting October 8.** Each session costs \$30. More information is available at the Matthies Welcome Center.

To schedule an appointment, call Everyday Divinity at 614-716-9919.



USS Prevention Program

The USS Prevention Program is designed to help less mobile older adults socialize.

The calendar below lists activities for Prevention clients.

If you would like more information about the USS Prevention Program, call 323-4948.

OCTOBER

- 1** Captain D's and Shopping, Kettering LG-E
Loretta's, Christiansburg and Copey's, Medway SG-W
- 2** Schmidt's and Dine & Drive, Columbus LG-NR
Senior Center & Dollar Store, London SG-N
- 3** Walking & Lunch, Springfield LG-ALL
USS Café and TRIAD SG-ALL
- 7** Mastery Program and Lunch, Masonic Home ... LG/SG-ALL
- 8** Der Dutchman and Country Closet, Plain City LG-NC
Schmidt's and Dine & Drive, German Village SG-E
- 9** Der Dutchman and Country Closet, Plain City SG-S
- 10** Mastery Program and Lunch, Masonic Home ... LG/SG-ALL
- 11** USS POTLUCK LG-ALL
- 15** Mastery Program and Lunch, Masonic Home ... LG/SG-ALL
- 16** Der Dutchman and Country Closet, Plain City LG-NR
USS Café and BINGO SG-ALL
- 17** Mastery Program and Lunch, Masonic Home ... LG/SG-ALL
- 21** Mastery Program and Lunch, Masonic Home ... LG/SG-ALL
- 22** Der Dutchman and Country Closet, Plain City LG-W
Loretta's, Christiansburg and Copey's, Medway SG-N
- 23** Mystery Lunch LG-E
Schmidt's and Dine & Drive, German Village SG-W
- 24** Mastery Program and Lunch, Masonic Home ... LG/SG-ALL
- 28** Schmidt's and Dine & Drive, Columbus LG-NC
USS Café and Dilly Dally Euchre SG-ALL
- 29** CiCi's Pizza and Shopping, Huber Heights LG-W
Der Dutchman and Country Closet, Plain City SG-E
- 30** Foy's and Family Dinner, Fairborn LG-ALL
Senior Center and Dollar Store, London SG-S
- 31** Mastery Program and Lunch, Masonic Home ... LG/SG-ALL

NOVEMBER

- 4** Rob's and Shopping, Brookville NC
Der Dutchman and Country Closet, Plain City SG-W
- 5** Perkins and Christmas Store, Dayton W
Loretta's, Christiansburg and Copey's, Medway SG-S
- 6** B-I-N-G-O! Must be a Member to Play ALL
Schmidt's and Dine & Drive, German Village SG-N
- 7** Mastery Program and Lunch, Masonic Home ... LG/SG-ALL
- 8** USS POTLUCK ALL
- 11** Homecoming and Dine & Drive, Bellefontaine LG-NR
USS Café and Monday Movie: "Breakthrough" SG-ALL; 12-2pm
- 12** Perkins and Christmas Store, Dayton LG-E
Senior Center and Dollar Store, London SG-E
- 13** Casino and Lunch, Dayton LG-ALL
B-I-N-G-O! Must be a Member to Play SG-ALL
- 14** Mastery Program and Lunch, Masonic Home ... LG/SG-ALL
- 18** Perkins and Christmas Store, Dayton LG-NC
- 19** Farmers' Daughter and Shopping, Urbana LG-W
Der Dutchman and Country Closet, Plain City SG-N
- 20** B-I-N-G-O! Must be a Member to Play LG-ALL
Schmidt's and Dine & Drive, German Village SG-S
- 21** Mastery Program and Lunch, Masonic Home ... LG/SG-ALL
- 25** Rob's and Shopping, Brookville LG-NR
- 26** Farmers Daughter and Shopping, Urbana LG-E
Loretta's, Christiansburg and Copey's, Medway SG-E
- 27** Senior Center and Dollar Store, London SG-W

LG=Large Group • SG=Small Group
B=Both LG and SG

Buy a Brick!

Honor someone special, your family or a group of friends with a brick on our USS patio.

For more information, please contact USS at 937-323-4948.

Gift Certificates

Want to get something special for someone who has everything??

Buy a USS Gift Certificate for memberships, SAILL classes, activities or trips!

A fantastic gift for birthdays or holidays!

What's New



Keep Movin' Demonstration

Keep Movin' is a proven fitness program for all from age 55 to 105 and is celebrating its 40th year in 2020. To celebrate, a program will be presented at United Senior Services on **October 9 at 12:30pm in MP1**.

All are invited to experience the good feeling of joining others who are on the aging journey to achieve their best functional fitness for independent living. The program will include Keep Movin' demonstrations, easy how-to's, Q & A, and open discussion. Topics will include how to exercise the natural way, adapt exercises to fit your individual goals, everyday stretching and deep breathing, and the newest Keep Movin' at-home exercises.

Come learn the moves to Get Fit, Stay Fit, and Pass it Along.

Classes:

Monday 10:30am at USS

Friday 1:00pm at Villa Park on Vester Avenue

See information about "Joy Camp" each summer with the Keep Movin' program at www.joyofseasons.org.

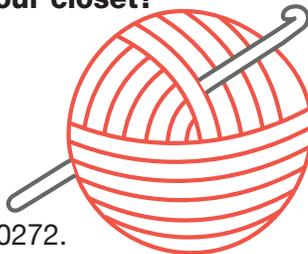
Hooks & Needles 2020

Do you have UFO's (unfinished objects) in your closet?

Join Hooks & Needles 10:00am – 2:00pm on the following dates to finish projects:

November	12 & 25	February	3 & 18
December	9 & 23	March	2, 16 & 30
January	6 & 21		

For more information, call Jane Cole at 937-964-0272.



IRA Minimum Distribution

If you are 70 ½ or older and have an IRA, you know that each year you must take your Required Minimum Distribution (RMD). But did you know that you can make a transfer directly from your IRA to a charity of your choice and the contribution is not taxed? You can give up to \$100,000 from your IRA to a charity and it will be counted towards your RMD but isn't included in your adjusted gross income. If you would like further information on how you can make a gift to United Senior Services from your IRA, please contact your financial advisor.

Golden Fund

Support the Golden Fund!

This holiday season consider a year-end gift to the USS Golden Fund which helps seniors afford memberships, programs and other activities and classes provided by USS. Give to the Golden Fund!

Gifts & Donations

USS is grateful for all of the recent donors and their gifts to our organization.

Nancy Allen
Vincent Amato
James Bernard
Dennis Brooks
Millie Chamberlin
Mary Clark
Yolonde Conroy
Anne Deam
Donna Deane
Diane & John Eichelberger
Ron Farrell
Wendy & Eddie Ford
Vicki Forrest
Jerry & Carol Gasho
Greene County Historical Society
Larry & Nancy Grube
Craig Hamakawa
Constance Hansen
Scot Hinson
I.U.U.A.W. Local 402
Katherine Jellison
William Kennard
Kiwanis Club of Springfield
Gary Lookabaugh
J.M. & M.R. Malinowski
Kelly Manion
Beckie & Thomas Neff
Larry Neiswinger
Dan & Lois O'Keefe
Rebecca Pitzer
Phyllis Reitz
Dennis Roberts
Joy & Rick Rogers
Nancy Roof
Carl & Berry Sanders
Edgar & Maybelle Snoddy
Larry & Carol Todd
Trilogy OpCo, LLC
Trinity Health/Medigold
Villa Springfield Rehab & Healthcare
Ronald & Sally White
David Winkelmann
Hollis Wolfe
John Young
Mark Youngquist
Michael Zarecky

THANK YOU

RSVP

Thank You to New RSVP Members for Your Interest in Service



Many seniors express interest in serving the community in some capacity. RSVP has many new members who have started volunteering within the last 12 months at the following agencies:

Open Hands Free Store, Family Needs, Inc., St Vincent de Paul, Clark County Agricultural Society, Ohio's Hospice, Clark State Performing Arts Center, Warder Literacy Center, The Heritage Museum, Enon Emergency Relief, On-The-Rise, Second Harvest Food Bank, St. John's Rainbow Table, Project More Tutoring, St. John's Outreach Store, Interfaith Hospitality, Pregnancy Resource Clinic, The National Museum of the USAF.

It's always the right time to get involved!

Volunteering can help you make friends, learn new skills, and feel happier and healthier. **To inquire about volunteering with the RSVP program, call Barbara or Cora at 937-324-5705.**



RSVP is sponsored by United States Seniors of Springfield, Ohio, and is funded by federal funds through the Corporation for National and Community Service, by a grant award through Ohio Department of Aging, and by local matching funds in Clark and Adams Counties.

American Red Cross, Northern Miami Valley OH Chapter

One of our RSVP partners recently moved to a new location. The American Red Cross offices have relocated from North Limestone Street to 5 Masonic Drive on the campus of the Ohio Masonic Community. Ninety percent of the Red Cross workforce are volunteers. They provide support to disaster victims, supply blood, teach life-saving skills and support military members and their families. If you are interested in volunteering with this outstanding organization, please call the RSVP office.

Family & Youth Initiatives Expands Outreach Program

Mentoring creates meaningful connections that can positively impact the lives of both mentor and mentee. FYI volunteer mentors offer themselves as role models, give students an opportunity to discuss concerns and challenges, and work on solutions and coping skills. Call the RSVP office for more information on volunteering to help our youth.

Clubs & Groups

TRIAD

TRIAD meetings are held at 1:30pm at USS, 125 W Main St, on the first Thursday of each month.

Upcoming programs:

October 3 - Senior Scams, presented by the Ohio Attorney General's Office

November 7 - Holiday & Fire Safety

Lt. Daniel Smith, Fire Marshal's Bureau

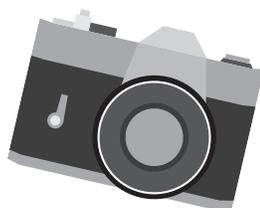
Personal & Shopping Safety

Sgt. Ralph Underwood, Clark County Sheriff's Office

Photo Club

In October and November, the Photo Club will return to meeting **every Thursday at 3:30pm.**

The third Thursday of each month, individuals are encouraged to bring their own camera to learn more about it.



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Lunch & Learn

Lunch and Learn programs cover a wide range of topics presented at 12:00pm at USS, with lunch provided by generous community partners. Upcoming programs:

October 3 – Social Security at Age 65 and Beyond

Presented by Forest Glen with Theresa Busher, Public Affairs Specialist from the Social Security Administration

November 21 – Making the Transition

Presented by Mercy Health Orthopedics & Oakwood Village

Lunch & Learn by Ohio Valley

Ohio Valley Lunch and Learn programs are presented on the **first Thursday of each month at 11:30am with lunch provided at USS downtown.**

October 3 – Breast Cancer

Presented by Dr. Jennifer Daniels, Surgical Associates of Springfield & Medical Director of the Breast Center at Ohio Valley.

November 7– Total Hip & Knee Replacement Surgery

Presented by Dr. Matthew Pigott, Orthopedic Surgeon with Springfield Orthopedic & Sports Medicine Institute.

Day Trips

Scioto Downs Casino

Wednesday, October 30

Back by popular demand! Board the deluxe coach and let us take you away for a fun-filled day. **The buffet will be half price for the day and you will receive \$20 free play.**

*35 people must register for this trip for the group to be eligible for the free incentives.

Depart: 10:00am Return: 5:00pm

PLEASE ARRIVE ½ HOUR PRIOR TO DEPARTURE

Total Cost: \$30 • Payment Due: 10/16 • Activity Level: Easy



Dickens Victorian Village

Tuesday, November 5

Take a trip back in time and experience old world England at Christmas as historic downtown Cambridge, Ohio is charmingly transformed into a Dickens Victorian Village, a popular holiday destination in the Midwest!

We will travel with our guide, Jim, to the Guernsey County Senior Center where we will view the gingerbread contest entries and crafts made by local seniors.

We will stop at Kennedy's Bakery whose baked goodies are always made from scratch and baked fresh daily using the same family recipes since 1925.

The next stop is the Guernsey County Museum. Then, see the history of the local area in the oldest frame house in Cambridge. While there we will hear the story of "A Coal Miner's Christmas" and then take a guided tour through a one-room school house with an old-fashioned teacher.

After a lunch buffet at Theo's, a hometown favorite, we will stop at the Dickens Welcome Center. We will see how the mannequins are made, dress in Victorian costumes and make photo memories.

You will then have time to shop in downtown Cambridge and stroll the street viewing the mannequin scenes and reading the plaques that describe their relationship to Victorian times.

Costumed guides with the National Museum of Cambridge Glass will greet us and talk about "Christmas at the Cambridge Glasshouse. Try paper etching from original plates, see how the famous Cambridge Arms can be used as a Christmas centerpiece and enjoy all of the sparkling glass displays.

The Courthouse Light Show will be our last stop. You will experience over 65,000 lights synchronized to holiday music. There will be two comfort stops for this trip.

Depart: 7:30am Return: 9:30pm

PLEASE ARRIVE ½ HOUR PRIOR TO DEPARTURE

Total Cost: \$100

Payment Due: 10/18

Activity Level: Moderate (Numerous stops and walking store to store)

LaComedia Dinner Theater

Elf the Musical

Friday, December 13

A title known the world over, Elf the Musical is a hilarious fish-out-of-water comedy based on the beloved holiday film starring Will Ferrell. Buddy, a young orphan, mistakenly crawls into Santa's bag of gifts and is transported to the North Pole.

The would-be elf is raised unaware that he is actually a human, until his enormous size and poor toy-making abilities cause him to face the truth. With Santa's permission, Buddy embarks on a journey to New York City to discover his true identity.

Faced with the harsh realities that his father is on the naughty list and half-brother does not want to believe in Santa, Buddy is determined to win over his new family and help New York remember the true meaning of Christmas.

Enjoy the buffet of Chef carved meats, famous sweet potato soufflé, house signature salad, with papaya chutney dressing and much more.

Depart: 9:00am

Return: 4:00pm

**PLEASE ARRIVE
½ HOUR
PRIOR TO
DEPARTURE**

**Total Cost:
\$71**

**Payment
Due:
11/5**

**Activity Level:
Easy to
Moderate**

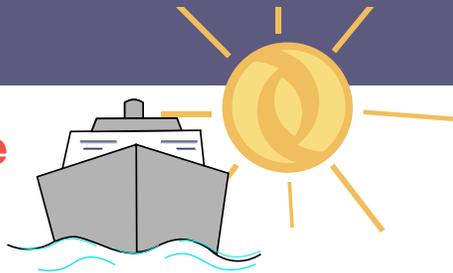


Trips & Tours

Bahamas Cruise

February, 11 - 17 2020

Passport Required



Remember last winter when you dreamed about a warm and sunny getaway? Next winter make your dreams come true as you sail onboard Norwegian Cruise Line's ship, the Sky! Refurbished from bow to stern in 2019; offering 11 dining options, 8 lounges, 2 pools, 4 hot tubs, a spa, casino, and WARM SUNSHINE!

Day 1: Springfield, OH – Your private coach departs Springfield enroute to the Columbus airport and your non-stop flight on Southwest Airlines to Fort Lauderdale. Stay at the Hollywood Beach Marriott sitting on 2.5 miles of pristine beachfront and Hollywood's famous boardwalk rated as one-of-the-best in the U.S. by *Travel & Leisure magazine*.

Day 2: Miami

– NCL's Sky
A private transfer coach takes you to the pier to board the Norwegian Sky. Don't miss the "Sail Away Party"! Next stop, Key West!

Day 3: Key West, FL

Some of your excursion options include: Legends of Hemingway, snorkeling at North America's only living coral reef, swimming with the sting rays, or a trolley tour of the island.

Day 4: Great Stirrup Cay, Bahamas

Spend a whole day in paradise; Great Stirrup Cay, NCL's private island where you'll enjoy a beach buffet.

Day 5: Grand Bahama Island, Bahamas

Many excursions are available including taking a dip with the resident wild pigs! Enjoy the local flavor at cafés and boutiques or shop at the famous Straw Market.

Day 6: Nassau, Bahamas

Excursions include swimming with the dolphins, or cruising Nassau Harbor on a catamaran. You'll find the best duty-free shopping here along with trying your luck at the many casinos.

Day 7: Miami, FL – Columbus, OH – Springfield, OH

Return to the Port of Miami and board your private coach to the airport for your flight home.

Compliments of USS Tours: Choose 2 of these cabin amenities: unlimited beverage pkg./specialty dinner pkg. (surcharge applies), 20 photo pkg., 20-minute internet pkg., or \$50 per cabin shore excursions credit!

Cruise/Tour Includes: All airport & Miami transfers, round-trip airfare, all port & air taxes, baggage handling, five-night cruise, 15 meals, one-night pre-cruise stay in Ft. Lauderdale, coach driver gratuities, professional tour manager and cabin credits of \$50 inside, \$60 Ocean View & \$100 Balcony.

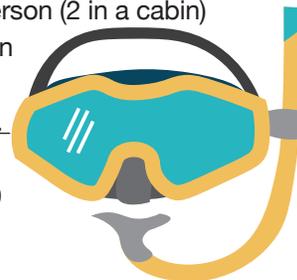
Tour Fare: Inside cabins: \$1830 per person (2 in a cabin)

Oceanview Cabins: \$1975 per person (2 in a cabin)

Balcony Cabins: \$2242 per person
(2 in a cabin)

Deposit Due: \$350 pp double occ.
due at time of booking.

Balance Due: November 14, 2019



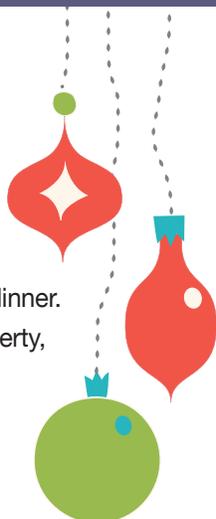
Christmas Treasures Featuring The Greenbrier

December 4 - 8

Day 1: Travel by coach to **White Sulphur Springs, WV** and the magnificent **Greenbrier Resort** for a luxurious two-night stay. Enjoy afternoon tea and a five-star gourmet dinner.

Day 2: The day is yours to enjoy: tour of property, carriage ride, bowling, Greenbrier shops, the pool or the spa. Tonight, dinner followed by a movie or the Tavern Casino.

Day 3: After a gourmet breakfast depart for **Harrisburg, PA** for a two-night stay.



Day 4: Explore the reasons why we are fascinated with lights during the Holidays at the *Season of Light Optical Show*. Travel to Bernville, PA and Koziars Christmas Village.

Day 5: Depart Harrisburg for home.

Tour Includes: Motorcoach transportation, 2 nights lodging at The Greenbrier including two breakfasts, two dinners, daily afternoon tea, Tavern Casino with \$20 Free Slot Play, swimming pool, movie theater, historic hotel tour; 2 nights in Harrisburg including four meals, all sightseeing and admissions, all gratuities, baggage handling and professional escort, total of 8 meals.

Tour Fare: \$1489 pp double occupancy

Deposit Due: \$350 by 8-30 **Balance Due:** 10/18

Where did the Mystery Tour Go?

August 14 – 16, 2019

We visited **Franklin, TN**, spending two nights at the Drury Inn & Suites. The next day we learned about a Civil War battle that none of us knew about...

November 30, 1864's Battle of Franklin was described by National Geographic as the "most unjustly forgotten battle of the entire Civil War" with a frontal assault larger than Pickett's Charge at Gettysburg! This was the bloodiest five hours of the Civil War, over 2,300 men died and another 10,000 were badly wounded.

Next, we lunched at Puckette's General Store, serving home-made Southern food. Later, we learned about the "Unknown Soldier", whose body was discovered in 2009 during a construction dig. It was not known if he was a Confederate or Union soldier, but he represented all soldiers lost and was buried with full military honors. That evening we dined in **Leiper's Fork**, home to many stars including



Nichole Kidman & Justin Timberlake to name a few. Actually, Franklin County has the 13th highest per capita income in the country!

Our final day was spent in **Lynchburg, TN**, home of the Jack Daniels Distillery – the oldest registered distillery in the U.S. We lunched at Miss Mary Bobo's Boarding House and then toured the distillery where every ounce of whiskey is produced. Enroute home, we stopped at **Nashville's** Cock of the Walk.

Southern Charm

April 25 – May 1, 2020

Join us as we kick back, relax and savor the food and charm of the Old South.

Day 1: Depart Springfield in your private motor coach and begin your journey South overnighting in **Rock Hill, SC**.

Day 2: Visit the Charleston Tea, America's only tea plantation. Tour the factory, greenhouse and take a trolley tour through the tea fields.

Day 3: Take a step-on tour of Savannah including stops at: Leopold's Ice Cream; City Market; a horse-drawn carriage tour of the historic district and dinner at the River House Restaurant on the Savannah River.

Day 4: Depart Savannah en route to **St. Simon's Island** for a step-on tour before checking into the exclusive **Jekyll Island Club** for an unforgettable 2-night stay, once described as "the richest, most exclusive club in the world". A special wine and cheese reception awaits you followed by dinner at the Club.

Day 5: After a hearty breakfast, enjoy an included 90-minute tram tour of the island. Activities for your day



could include: renting a bike to explore; playing a game of Lawn Croquet; hopping a shuttle to Beach Village; taking a Club History Tour or just sitting in a rocking chair on the veranda.

The choice is yours. Later, indulge in another included dinner.

Day 6: Bid farewell to the Jekyll Island Club and begin your Northward journey en route to Burlington, NC for your one-night stay. Dine at a local restaurant.

Day 7: Depart for **Mt. Airy, NC** and visit the Andy Griffith Museum, the largest collection of artifacts from Andy's life, film, and music. Highlights include props and wardrobe from **The Andy Griffith Show** and **Matlock**. Browse the shops on Main St. Then have lunch at Andy's favorite place, Snappy Lunch. Afterward, board the coach and continue your journey home.

Vacation Includes: Motor coach transportation, 6 nights lodging, 14 meals (6B, 2L, 6D), all attractions & sightseeing per itinerary, all gratuities for baggage handling, drivers, local step-on guides & Tour Manager.

Tour Fare: \$1849 Double (2 in a room)

Deposit Due: \$500 deposit 2/7/20 **Balance Due:** 3/18/20



**UNITED
SENIOR SERVICES**
Active | Involved | Independent

Elderly United of Springfield & Clark County, Ohio, Inc.
125 West Main Street
Springfield, OH 45502

USS WELLNESS CONFERENCE: **The Art of Aging**

Thursday, October 24 • 1:00-4:00pm

If you are 55 years of age or better, the 7th annual USS Wellness Conference - The Art of Aging is for you! This afternoon event will offer a number of activities for seniors designed to be interactive, educational and fun.

The emphasis this year will be on an integrative approach to health and wellness. Participants will have a greater understanding that a full range of physical, emotional, mental, social, spiritual, occupational and environmental influences affect one's health.

The event will include speaker presentations, demonstrations, door prizes, building tours, and healthy snacks. USS and community partner exhibitors will be on hand to outline numerous local resources available to seniors. Some of the health screenings will include: vision, hearing, blood pressure, and fall risk assessments as well as flu and pneumonia shots.

The conference is held at United Senior Services, 125 W Main St, Springfield and sponsored by Springfield Masonic Community. Come join us for this free event and leave feeling more empowered to live a healthier lifestyle.

