



USS Virtual Class Offerings

Join USS on this new, exciting adventure into all online classes and programs. All classes and programs are free of charge and take place online through Zoom. Assistance is provided for those unfamiliar with the platform. Videos of previous programs will be available to view on the USS YouTube page: <https://bit.ly/2ZniwrW>

Weekly Activities:

Activity/Program: Pilates

Presenter/Instructor: Teresa Magill

Date & Time: Every Monday at 9:00am; June through September

Description: Join Teresa as she teaches Pilates for all experience levels. Stay active and healthy by strengthening your muscles and building endurance.

Suggested but not necessary: Resistance bands & trainings balls, similar to what she uses in class.

Register Here: Please call 937-323-4948 or email kfarnbauch@unitedseniorservices.org

Activity/Program: Movin' with Music

Presenter/Instructor: BJ Devore

Date & Time: Every Tuesday at 10:30am; July & August

Description: Join BJ as she teaches Movin' with Music, a fun, upbeat dance class for all fitness and experience levels. Staying active and healthy are very important and USS is here to help.

Register Here: Please call 937-323-4948 or email kfarnbauch@unitedseniorservices.org

Activity/Program: Zumba Gold

Presenter/Instructor: Shari Davis

Date & Time: Every Wednesday at 1:00pm; July, August & September

Description: Join Shari as she teaches a weekly Zumba class, nothing additional is required, bring a good attitude and you will be guaranteed a fun class. Dance your heart out and break a sweat with fellow USS members. All experience levels are welcome.

Register Here: Please call 937-323-4948 or email kfarnbauch@unitedseniorservices.org

Activity/Program: Yoga

Presenter/Instructor: Julie Fasick-Johnson

Date & Time: Every Thursday at 9:00am; June through September

Description: Join Julie as she teaches Yoga on Thursday mornings. All experience levels can learn to stretch and strengthen your muscles as Julie guides you.

Suggested but not necessary: Yoga mat/towel, blocks/books, tie/strap or hand towel, and bolster/pillow/folded blanket.

If you have suggestions about future classes or constructive criticism on certain classes, please email kfarnbauch@unitedseniorservices.orglast reviewed 7/30/2020



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Register Here: Please call 937-323-4948 or email kfarnbauch@unitedseniorservices.org

Activity/Program: Drums 4 Fitness

Presenter/Instructor: Shari Davis

Date & Time: Every Friday at 11:00am, starting Friday, August 7th

Description: Join Shari as she teaches a weekly Drums 4 Fitness class. This class upbeat, exciting class will have you dancing and moving all around the house. Dance your heart out and break a sweat with fellow USS members. All experience levels are welcome.

Suggested but not necessary: 65cm Exercise physio ball & wood drum sticks. Alternative objects around the house work well too.

Register Here: Please call 937-323-4948 or email kfarnbauch@unitedseniorservices.org

One Time Programs:

Activity/Program: Parkinson's Support Group

Presenter/Instructor: Jessica Bartsch, MS, NCC – Parkinson Foundation

Date & Time: Tuesday, August 11 at 1:00pm

Description: Join USS and Jessica as she presents an overview of Parkinson Disease and information on the Parkinson Foundation. This is be a very informative session for all who may be affected by the disease. All are welcome.

Register Here: Please call 937-323-4948 or email jeckels@unitedseniorservices.org

Partnership Programming

Activity/Program: Reduce your Summer Cooling Costs

Presenter/Instructor: Andrew Tinkham – Ohio Consumers' Counsel

Date & Time: Tuesday, August 11 at 1:00pm

Description: Are you looking for way to lower your electric bill, while staying cool this summer? This program teaches individuals how to reduce your electric bill through cheap and easy weatherization tips, vampire power and lighting. Learn these tips and tricks to beat the heat and save money in the process.

Register Here: Please call 937-323-4948 or email kfarnbauch@unitedseniorservices.org.

Activity/Program: Healthy U – Chronic Pain Self-Management

Presenter/Instructor: Tracy Wickham & Linda Sauers

Date & Time: Every Wednesday at 9:00am, starting Wednesday, August 26th (6 weeks)

Description: Join USS and the Area Agency on Aging as we present Chronic Pain Self-Management. If you experience long-term pain, care for someone with chronic pain or feel limited by your daily activities, this workshop is for you.

Register Here: Please call 937-521-3010 or email twickham@unitedseniorservices.org, must register by Monday, August 17.

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Activity/Program: Home Maintenance & Aging in Place

Presenter/Instructor: Kerri Brammer & James Klay – Neighborhood Housing Partnership

Date & Time: Wednesday, August 26 at 12:00pm

Description: With all this time at home, now is the perfect time to find ways to save money and make a house feel like a home. This presentation will discuss preventative maintenance, budgeting for repairs, energy efficient strategies, community resources and much more. All attendees will be entered in a drawing for a special gift.

Register Here: Please call 937-521-3010 or email twickham@unitedseniorservices.org, must register by Monday, August 24th.

Activity/Program: Options for Pain Management: Ways to Stop Living with the Pain

Presenter/Instructor: Dr. Abdul Shahid – Pain Management Specialist

Date & Time: Tuesday, September 22 at 1:00pm

Description: Join USS and Villa Springfield as we learn about the back and spine and how to manage pain that may be associated. Dr. Shahid is an affiliate doctor with Mercy Health and has complete fellowship training at Ohio State and the University of Rochester in New York. You will not want to miss this one-time program. All attendees will be entered in a drawing for a special gift.

Register Here: Please call 937-521-3010 or email twickham@unitedseniorservices.org, must register by Monday, September 23rd.

Additional Resources

Presenter/Instructor: Ohio Masonic Home

Description: The Ohio Masonic Home has created a database of virtual classes that anyone can watch, as their schedule allows. Classes include: how to add personal style to your home, how to make the most of an at-home gym, and many other that will be added weekly. Visit: www.omhacademy.org for the full list of classes.

Register Here: Visit: www.omhacademy.org; an account must be created to access all videos.

Presenter/Instructor: Developmental Disabilities of Clark County

Description: Visit: www.clarkdd.org/master-classes for the full list of classes or go to www.youtube.com/user/ClarkCountyDD to watch any previous class.

Register Here: Visit: www.clarkdd.org/master-classes-sign-up-form/

Presenter/Instructor: Parkinson's Foundation

Description: The Parkinson's Foundation has developed a variety of classes and support groups for everyone to stay mentally and physically engaged while we remain safe in our homes. Visit: <https://bit.ly/2YPRJ6j> for the full list of classes.

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Register Here: Visit: <https://bit.ly/2YPRJ6j>

Presenter/Instructor: We Thrive Together

Description: Class names and times can be found at: www.wethrivetogether.org/events

Register Here: Online registration begins June 1 at www.wethrivetogether.org/events

If you have suggestions about future classes or constructive criticism on certain classes, please email kfarnbauch@unitedseniorservices.orglast reviewed 7/30/2020