



## 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](mailto: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](mailto: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](mailto: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.org](mailto:kfarnbauch@unitedseniorservices.org)\*\*last reviewed 9/9/2020



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**Register Here:** Please call 937-323-4948 or email [kfarnbauch@unitedseniorservices.org](mailto:kfarnbauch@unitedseniorservices.org)

**Activity/Program:** Drums 4 Fitness

**Presenter/Instructor:** Shari Davis

**Date & Time:** Every Friday at 11:00am, starting Friday, August 7<sup>th</sup>

**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](mailto:kfarnbauch@unitedseniorservices.org)

### One Time Programs:

**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](mailto:twickham@unitedseniorservices.org), must register by Monday, September 23<sup>rd</sup>.

**Activity/Program:** Parkinson's Support Group – Friends Together

**Presenter/Instructor:** Jane Eckels

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

**Description:** Parkinson Support Group is open to all who are diagnosed and those who care for or love someone diagnosed.

**Register Here:** Please call 937-323-4948 or email [jeckels@unitedseniorservices.org](mailto:jeckels@unitedseniorservices.org)

**Activity/Program:** Rise Up

**Presenter/Instructor:** Emily Stanton – Ally Wellness

**Date & Time:** Thursday, September 24 at 11:00am

**Description:** This program will focus on how to use deep breathing, postural awareness and simple movements to help combat the mental and physical stresses of isolation and aging.

**Register Here:** Please email 937-323-4948 or email [kfarnbauch@unitedseniorservices.org](mailto:kfarnbauch@unitedseniorservices.org).

**Activity/Program:** Navigating Medicare & Your Retirement Health Care Costs

\*\*If you have suggestions about future classes or constructive criticism on certain classes, please email [kfarnbauch@unitedseniorservices.org](mailto:kfarnbauch@unitedseniorservices.org)\*\*last reviewed 9/9/2020



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**Presenter/Instructor:** RetireMEDiQ – Donna Foster

**Date & Time:** Thursday, September 24 at 4:30pm

**Description:** This program will help individuals who are approaching Medicare eligibility and those who are still working beyond age 65. You will learn about Medicare Parts A, B and D, how Medicare Advantage plans and Medicare Supplement plans work, as well as Medicare considerations when working beyond age 65.

**Register Here:** Please email 937-323-4948 or email [kfarnbauch@unitedseniorservices.org](mailto:kfarnbauch@unitedseniorservices.org); or visit: <https://bit.ly/3hazOcN>.

**Presenter/Instructor:** Dr. Domingo Molina IV, MD

**Date & Time:** Thursday, October 1 at 9:00am

**Description:** This program will focus on the spine, as Dr. Molina is an Orthopedic Spine Surgeon at Springfield Orthopedics and Sports Medicine Institute. You will not want to miss this program. All attendees will be entered in a raffle.

**Register Here:** Please email 937-323-4948 or email [kfarnbauch@unitedseniorservices.org](mailto:kfarnbauch@unitedseniorservices.org).

**Activity/Program:** Medicare Must Know Information for Open Enrollment

**Presenter/Instructor:** RetireMEDiQ – Donna Foster

**Date & Time:** Thursday, October 8 at 12:00pm

**Description:** Medicare's Annual Election Period begins October 15. Are you enrolled in the plan that is right for you for 2021? Join RetireMEDiQ to learn about items to consider as you navigate your Medicare plan for 2021. This program will help individuals who are already enrolled in Medicare but those who are approaching Medicare eligibility are also welcome to join!

**Register Here:** Please email 937-323-4948 or email [kfarnbauch@unitedseniorservices.org](mailto:kfarnbauch@unitedseniorservices.org); or visit: <https://bit.ly/2RcNOWJ>.

**Activity/Program:** Parkinson's Support Group

**Presenter/Instructor:** Susan Bayless, RN

**Date & Time:** Tuesday, October 13 at 1:00pm

**Description:** Parkinson Support Group is open to all who are diagnosed and those who care for or love someone diagnosed. She will talk to us about the educational classes offered through their network.

**Register Here:** Please call 937-323-4948 or email [jeckels@unitedseniorservices.org](mailto:jeckels@unitedseniorservices.org)

**Activity/Program:** Life & Legacy Planning

**Presenter/Instructor:** Peg Foley – Park National Bank

**Date & Time:** Wednesday, October 21 at 9:00am

\*\*If you have suggestions about future classes or constructive criticism on certain classes, please email [kfarnbauch@unitedseniorservices.org](mailto:kfarnbauch@unitedseniorservices.org)\*\*last reviewed 9/9/2020



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**Description:** An overview of the tools that may be used to manage and distribute property during and after your lifetime. Such tools include gifting, financial power of attorney, will, and trust.

**Register Here:** Please email 937-323-4948 or email [kfarnbauch@unitedseniorservices.org](mailto:kfarnbauch@unitedseniorservices.org).

**Activity/Program:** Parkinson's Support Group – Friends Together

**Presenter/Instructor:** Jane Eckels

**Date & Time:** Tuesday, October 27 at 1:00pm

**Description:** Parkinson Support Group is open to all who are diagnosed and those who care for or love someone diagnosed.

**Register Here:** Please call 937-323-4948 or email [jeckels@unitedseniorservices.org](mailto:jeckels@unitedseniorservices.org)

**Activity/Program:** Investing in 2021

**Presenter/Instructor:** Jim Kreckman – Park National Bank

**Date & Time:** Tuesday, November 10 at 1:00pm

**Description:** After a tumultuous and extraordinary 2020, let's hope for a calmer 2021. Are you curious about what the next year may hold for your investments? Come join the discussion as the Trust Department from Park National Bank provides insights into the New Year for stocks, bonds, and the U.S. economy.

**Register Here:** Please email 937-323-4948 or email [kfarnbauch@unitedseniorservices.org](mailto:kfarnbauch@unitedseniorservices.org).

## Partnership Programming

**Activity/Program:** Resilience

**Presenter/Instructor:** Linda Butler, ACSW,MSW, LISW-S

**Date & Time:** Wednesday, September 16 at 12:00pm

**Description:** Join USS and Villa Springfield for this one time program on Resilience. Learn from some of the best in the industry on how to keep moving forward in this pandemic.

**Register Here:** Please email [mhemphill@villaspringfield.com](mailto:mhemphill@villaspringfield.com) or [lbocook@wrightrehabcenter.com](mailto:lbocook@wrightrehabcenter.com) for registration.

**Activity/Program:** Eating Smart, Being Active

**Presenter/Instructor:** Meighan Schutte - OSU Extension

**Date & Time:** Every Thursday at 11:00am, starting September 17<sup>th</sup>

**Description:** The Expanded Food and Nutrition Education Program (EFNEP) can show you how to eat healthier and be more active even on a limited budget. EFNEP offers a series of nine, 30 to 45-minute workshops via live online Zoom meetings that offer opportunities for discussion, being physically active, and building food resource management skills.

**Register Here:** Please email [schutte.62@osu.edu](mailto:schutte.62@osu.edu), must register by Wednesday, September 16<sup>th</sup>.

\*\*If you have suggestions about future classes or constructive criticism on certain classes, please email [kfarnbauch@unitedseniorservices.org](mailto:kfarnbauch@unitedseniorservices.org)\*\*last reviewed 9/9/2020

## 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](http://www.omhacademy.org) for the full list of classes.

**Register Here:** Visit: [www.omhacademy.org](http://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](http://www.clarkdd.org/master-classes) for the full list of classes or go to [www.youtube.com/user/ClarkCountyDD](http://www.youtube.com/user/ClarkCountyDD) to watch any previous class.

**Register Here:** Visit: [www.clarkdd.org/master-classes-sign-up-form/](http://www.clarkdd.org/master-classes-sign-up-form/)

**Presenter/Instructor:** Alzheimer's Association – Miami Valley Chapter

**Description:** The Alzheimer's Association has a wide variety of educational and informational programs during the month of September. Visit: <https://bit.ly/3ly4Fs5> for the full list of programs.

**Register Here:** Visit: <https://bit.ly/3ly4Fs5> for the full list of programs.

**Presenter/Instructor:** We Thrive Together

**Description:** Class names and times can be found at: [www.wethrivetogether.org/events](http://www.wethrivetogether.org/events)

**Register Here:** Online registration begins June 1 at [www.wethrivetogether.org/events](http://www.wethrivetogether.org/events)

**Presenter/Instructor:** Mental Health America

**Description:** An evidence-based program that has been adopted by over 20 countries, Mental Health First Aid teaches adults how to identify, understand and respond to signs of mental illnesses and substance use disorders. Visit: <https://mhaohio.org/get-help/MHFA/> for the full list of classes.

**Register Here:** Visit: <https://mhaohio.org/get-help/MHFA/>

**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.

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