

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>

Special Programming

The State of Ohio and Department of Insurance are offering Medicare Check-Up webinars every Monday through Thursday, 9/14 – 10/14. If you are interested in attending one of these sessions, visit: <https://attendee.gotowebinar.com/rt/4987248812118591502>. For more information, please visit: www.insurance.ohio.gov.

One Time Programs:

Activity/Program: Life & Legacy Planning

Presenter/Instructor: Peg Foley – Park National Bank

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

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 call 937-323-4948 or email kfarnbauch@unitedseniorservices.org.

Activity/Program: Great Decisions 2020

Presenter/Instructor: Mike Lyons

Date & Time: Thursday's at 2:00pm; 8 weeks starting October 22, Excluding: 11/26

Description: Join USS and Mike for this thought-provoking program based around the Briefing Book, DVD and group discussions.

Register Here: Please call 937-323-4948 or email 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

Activity/Program: Overcoming 5 Bad Pandemic Habits

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

Date & Time: Thursday, October 29 at 12:00pm

Description: Learn what habits you should break as we continue through the COVID-19 pandemic. This program is available for CEU credits.

Register Here: Please call 937-232-9356 or 937-405-3324; email registration to mhemphill@villaspringfield.com or lbocook@wrightrehabcenter.com.

If you have suggestions about future classes or constructive criticism on certain classes, please email kfarnbauch@unitedseniorservices.orglast updated 10/12/2020



UNITED SENIOR SERVICES

Activity/Program: Support for Caregivers

Presenter/Instructor: Jane Eckels, MSW, LISW-S

Date & Time: Monday, November 9 at 10:30am

Description: The discussion will cover the role of the family caregiver and knowing when services should be accessed, as well as providing some tips on how to use those services. There are many resources in our community that can support family caregivers and reduce caregiver stress. Caregivers will also learn about building their own support team.

Register Here: Please email Karen Nevius at knevius@info4seniors.org.

Activity/Program: Medicare Supplement Plans vs. Medicare Advantage Plans – You Decide the Right Plan for You!

Presenter/Instructor: Donna Foster – RetireMEDiQ

Date & Time: Tuesday, November 10 at 12:00pm

Description: Medicare's Annual Election Period runs October 15 – December 7. Are you enrolled in the plan that is right for you? Join RetireMEDiQ to learn about items to consider as you navigate your Medicare plan for 2021. This sessions is designed for individuals who are already enrolled in Medicare but those who are approaching Medicare eligibility are also welcome to join!

Register Here: Please visit: <https://bit.ly/34MJD1a> or contact Kyle Farnbauch at 937-323-4948 or kfarnbauch@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 call 937-323-4948 or email kfarnbauch@unitedseniorservices.org.

Activity/Program: Parkinson's Support Group

Presenter/Instructor: Robert Parrett – Mercy Health

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

Description: Parkinson Support Group is open to all who are diagnosed and those who care for or love someone diagnosed. Bobby will review fall prevention as we get to spending more time indoors this winter.

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

Activity/Program: Preserving Your Family Heirlooms

Presenter/Instructor: Virginia Weygandt, Kasey Eichensehr, Natalie Fritz – Clark County Historical Society

Date & Time: Tuesday's at 2:00pm; starting November 10 through December 1

Description: This course will cover simple methods of preserving antiques, photographs, and digital materials. Participants will learn how to identify materials and common forms of

If you have suggestions about future classes or constructive criticism on certain classes, please email kfarnbauch@unitedseniorservices.orglast updated 10/12/2020



UNITED SENIOR SERVICES

deterioration, safe cleaning techniques, and how to store objects in order to minimize further damage. The course will be divided into four classes; the first three classes will address different types of objects (three-dimensional objects, photographs and paper, and digital files), the fourth class will give students an opportunity to virtually share objects of their own to be reviewed by the instructors.

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

Activity/Program: Rise Up

Presenter/Instructor: Emily Stanton – Ally Wellness

Date & Time: Thursday, November 12 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 call 937-323-4948 or email kfarnbauch@unitedseniorservices.org.

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

Presenter/Instructor: RetireMEDiQ – Donna Foster

Date & Time: Thursday, November 12 at 12:00pm

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 visit: <https://bit.ly/3nKw7nB> or contact Kyle Farnbauch at 937-323-4948 or kfarnbauch@unitedseniorservices.org.

Activity/Program: Walk Back Through Time: Springfield Then & Now

Presenter/Instructor: Natalie Fritz – Clark County Historical Society

Date & Time: Monday, November 16 at 1:00pm

Description: Explore historical perspectives by taking a walk through time. Natalie Fritz from the Heritage Center will present photographs of community landmarks and how they have changed throughout the years. Reminisce as we evoke warm memories of people and place and hear stories of Springfield's rich history.

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

Activity/Program: Staying Healthy Through the Holidays

Presenter/Instructor: Mercy Health – Oakwood Village

Date & Time: Tuesday, November 17 at 1:00pm

Description: This program will discuss hygiene health, staying warm, mental and physical health; all while continuing to stay healthy in the battle against COVID-19.

Register Here: Please call 937-521-3010 or email twickham@unitedseniorservices.org.

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

Presenter/Instructor: Jane Eckels

Date & Time: Tuesday, November 24 at 1:00pm

If you have suggestions about future classes or constructive criticism on certain classes, please email kfarnbauch@unitedseniorservices.orglast updated 10/12/2020



UNITED SENIOR SERVICES

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

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.

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

If you have suggestions about future classes or constructive criticism on certain classes, please email kfarnbauch@unitedseniorservices.orglast updated 10/12/2020



UNITED SENIOR SERVICES

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

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: 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

Register Here: Online registration begins June 1 at 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.

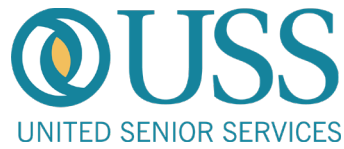
Register Here: Visit: <https://mhaohio.org/get-help/MHFA/>

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>

If you have suggestions about future classes or constructive criticism on certain classes, please email kfarnbauch@unitedseniorservices.orglast updated 10/12/2020



Presenter/Instructor: International Council on Active Aging (ICAA)

Description: The International Council on Active Aging has create multiple resources for older adults to use as we continue to remain in our homes. For tips & tricks and everything in between, visit: <https://www.activeagingweek.com/>

Register Here: Visit: <https://www.activeagingweek.com/>