

Springdale Community Center

Creating Community Through People, Parks and Programs

Facilities Include:

Senior Lounge, Indoor Running/Walking Track, Adult Billiards Room, Pickleball Court, Lighted Tennis Courts, Racquetball Courts, Fitness Center, Gymnasium, Aerobics Studio, Computer Lab, Game Room & Outdoor Swimming Pool.



Daily Hours

Monday - Friday	9:00am - 9:00pm
Saturday	9:00am - 5:00pm
Sunday	1:00pm - 9:00pm

Fitness Center & Indoor Track open at
6:00am Monday - Friday.

Senior Resident Membership \$20 Annually

Open to any resident 62 years of age and older. Membership includes access to all facilities and participation in senior programs and activities.

Senior Non-Resident Membership \$20 Annually

Open to non-resident 62 years of age and older. Includes use of the gymnasium, game rooms, track, tennis courts, computer lab, senior lounge, and participation in senior programs and activities.



513-346-3910
11999 Lawnview Ave.
Springdale, OH 45246
www.springdale.org/goplay



inside Scoop

May / June 2017

News & Views for Springdale Adults

Outside Everyone!

I think Spring and early Summer are my favorite time of the year except for Christmas of course. Everyone is ready to get outside and plant the garden, fire up the grill, take some long walks, and my favorite, spend time at the lake.

It's time for some great outdoor fun here at the Community Center. The pool opens at the end of May, swim lessons begin in June, and on Thursday nights, the adults have the pool all to themselves. The park maintenance crew have all the Springdale parks freshened up and ready for family fun. The tennis courts are getting a new look, and the outdoor Pickleball court is up and ready. I hope everyone will join us for our annual Putt Putt outing, the Ohio One-Mile Walk, and our Lunch and Lawn Games. Looking forward to the great outdoors! Look for more information on these and other activities in this issue of the Scoop.

Donna

Red, White & Blue Luncheon!

Friday, May 26 12:00 p.m.

It's the holiday weekend, and we are celebrating! Wear your Red, White and Blue for a special drawing. We'll be serving a tasty patriotic summer salad, along with fresh baguettes and a dessert. There will also be some great live entertainment provided by Raggedy Edge. So start off the holiday weekend with us and enjoy!

Register with payment of \$5.00 for members and \$ 7.50 for guests by May 22, at the front desk or call 346-3910.



Putt Putt Golf Outing

Tuesday, May 30 10:00 a.m.

Who will come home with the "Golden Putter"? Show off your putting skills and enjoy the great outdoors. We'll meet at Eagle Tee Golf on Cincinnati-Dayton Road for a round of putt putt. While playing, keep your eye out for Rudy, the rabbit, hiding somewhere on the course. If you spot him, keep it a secret until the end of the round where you will have a little surprise waiting. After the round, we'll gather under the shelter for light refreshments and the "Golden Putter" presentation.

Register with payment of only \$5.00 by May 26 at the front desk or call 346-3910



Technology 101

June 2, 16, 23 & 30

Take advantage of this opportunity for private instructions on your iPad, smart phone, notebook, or other mobile devices. Instructions on the computer in the Senior Lounge are also available.

Appointments are 45 minutes in length on Friday mornings at 9:30 a.m., 10:30 a.m., and 11:30 a.m.

Participants should bring their fully charged mobile device with them to the appointment. To secure a convenient time, register early with payment of \$3.00! Please one appointment per person.



Creating Community Through People, Parks and Programs

Words from a Fitness Guru

Falls are the #1 cause of injuries in the home. While falls among the elderly are common, they can happen to anyone at any age. Here are a few tips to help prevent future falls and injuries.

The best thing you can do is get rid of rugs and other tripping hazards. If you can't part with your favorite rug, put double-sided tape under it to keep it from sliding. And never put a rug at the top or bottom of stairs.

Speaking of stairs, keep yours clutter-free. You might think that setting something there temporarily is ok but it's not. Don't set anything on or near steps...ever! Do you have wooden stairways? They can be very slippery. Prevent slips and falls by installing skid-resistant carpet treads.

The bathroom is another place a lot of falls occur. Believe it or not, many bath falls are caused by reaching for dropped soap. So you can do two things – use a slip-proof bath mat and install a wall-mounted soap and shampoo dispenser. Most dispensers install quickly and easily with adhesive strips and a little silicone glue so you're not putting holes in your wall.

Twenty percent of falls happen at night and poor lighting is the main culprit. Keep a flashlight by your bedside for when you need to get up in the middle of the night. You can also improve the lighting in your home with night lights and motion sensor lights. Another good home improvement is installing handrails and grab bars around the house.

Do you sometimes use a step stool to reach the top shelf? Well more than 160,000 injuries each year are from step stools. Injuries happen when the stool collapses or tips over or when someone loses their balance because there is nothing to grab onto. Avoid these falls by making sure your step stool is designed with safety features such as deep, nonslip steps and a handrail that extends well above the top step. While using a ladder, make sure it's sitting on a flat surface and never lean too far in any direction.

Outdoor surfaces can get very slick when it rains. Add some inexpensive grip strips to smooth surfaces and steps to help with traction.

It is also advisable to have your vision checked and to do exercises that can strengthen legs and improve balance. Tai Chi is a great class that can do both and we just began a class here at the Community Center. It's on Mondays at 1pm and your first class is free.

If you have any questions about falls, balance, or fitness classes you can always ask me or a member of the Fitness Team.

Jay

Pool Season

May 27 - August 13

Pool membership required, SCC members and guest of pool members may purchase a daily pass for \$3.00, family of four \$10. Further inquires 346-3910

Pool Hours

Monday - Friday 12:15 - 8:00 p.m.

Saturday 12:00 - 5:00 p.m.

Sunday 1:00 - 6:00 p.m.

The pool will close at 5:00 p.m. on Tuesdays for swim meets and 6:00 p.m. on Thursdays for Adult Night.

The pool will also close for a few special events during the summer, watch for more information at our facility or check us out online www.springdale.org/goplay

Youth Swim Lessons

Lessons are available for ages 3-12.

Sessions Begin June 5, 19 and July 10, 24

Stop by the front desk to register.

Family Fun Day

Sunday, June 18 12:00 PM

Bring the whole gang to our annual Family Fun Day. We will have plenty of entertaining activities for all ages, rubber duck races, master-splasher contest, sponge relay and more. This event is free to pool members. Regular guest fees apply.

Cardio Splash!

Thursdays, 6:30 - 7:30 p.m.

Saturdays - 11:00 a.m. - 12:00 p.m.

Session 1: June 8, 10, 15, 17, 22

Session 2: June 24, 29 and July 1, 6, 8

Dive in to this high energy, low impact water workout! Our popular Cardio Splash instructor Patricia Cox will lead you through a fun and refreshing workout for all ages and fitness levels. Students should bring a towel, noodle and water bottle to class.

For more information, contact Pat at 513-385-6111.

Fee: \$25 / 5 classes residents

(\$30 / 5 classes non-residents).

Walk-Ins: \$7/ residents (\$8/non-residents)

Thursday's

THIS & THAT

Free
Program!

We Can Help

Thursday, May 18 2:00 p.m.

There are so many questions relating to personal affairs. Questions on your money, probate, taxes, social security, or ability to afford a nursing home. These are just a few topics to be discussed by United Family Services at this month's This & That.

To register or for more information call 346-3910 or stop at the front desk by May 16.

Cyber Safety

Thursday, June 22 2:00 p.m.

Gail Taylor from AARP will cover risk factors and behaviors that help you stay safe online. Find out what makes a safe password, what can be safely done on public wi-fi, and how to avoid "ransomware" and "phishing" scams. These are just some of the helpful topics to be discussed.

Register for this free presentation by June 20 at the front desk or call 346-3910.

This & That programs are open to the public.

Ohio's One-Mile Fitness Walk

Wednesday, May 17 11:00 a.m. - 1:00 p.m.

We challenge YOU to "Walk the Talk!" We would like to encourage you to get active. For the ninth year in a row, help us reach our goal of over one hundred Springdale residents walking one mile by participating Wednesday, May 17, any time from 11:00 a.m. – 1:00 p.m. Let's do our part as a community and participate in a 20-minute, one-mile walk, to help reach this goal! Each participant will receive light refreshments.

Centerpieces with the Springdale Garden Club

Thursday, May 25 1:00 p.m.

Do you see a centerpiece on someone's table or in a store window and think of how neat it would be to make something like that? Here's your chance to get the scoop from the Springdale Garden Club. They will demonstrate how to make beautiful table centerpieces. You will all get the chance to make one that will be used at our Red White and Blue Luncheon on Friday. After the luncheon you will be taking them home to enjoy!

Register for this free program at the front desk or call 346-3910 by May 22.

Lunch & Lawn Games

Thursday, June 15 12:00 p.m.

It's time for fun, food, and friends as we head outdoors to the picnic grove behind the Community Center. The food will be club wraps, watermelon salad, corn salad, and a summer dessert. The fun will be games of corn hole, bocce ball, ladder toss and pickleball. Come with a friend, meet new friends, and enjoy the great outdoors!

If the weather does not cooperate with us, we will have just as much fun indoors.

Register with payment of \$7.50 for members and \$10 for guests by June 12, at the front desk or call 346-3910.



Ice Cream Soda Day!

Tuesday, June 20 1:30 p.m.

Tuesday, June 20 is National Ice Cream Soda Day!!!!

To help celebrate this magnificent day we will be serving free ice cream sodas.

There will be Black Cows, Brown Cows, Purple Cows and who knows what other kind of cow! Then we will sit back and enjoy our sodas with some fun entertainment by ventriloquist Gary Lare.



Register by June 16 at the front desk or call 346-3910

Refrigerator Reminder

May

9	1:00 p.m.	Dominoes	RD 5/8
17	11:00 a.m.	Ohio One-Mile Walk	
17	6:00 p.m.	Prime Time Diners	RD 6/12
18	2:00 p.m.	Thursday's This & That	RD 5/16
		We Can Help	
25	1:00 p.m.	Centerpieces	RD 5/22
26	12:00 p.m.	Red White and Blue Luncheon	RD 5/22
27	12:00 p.m.	Swimming Pool Opens	
30	10:00 a.m.	Putt Putt Golf Outing	RD 5/26

June

6	1:00 p.m.	Bunco	RD 6/4
15	12:00 p.m.	Lunch & Lawn Games	RD 6/12
20	1:30 p.m.	Ice Cream Soda Day	RD 6/16
21	6:00 p.m.	Prime Time Diners	RD 6/16
22	2:00 p.m.	Thursday's This & That	RD 6/20
		Cyber Safety	

RD = Registration Deadline

Game Days

Dominoes - Tuesday, May 9 1:00 p.m.

Bunco - Tuesday, June 6 1:00 p.m.

Community Center Hours

Fitness Center & Indoor Track open at 6:00 a.m.
Monday - Friday

Monday-Friday	9:00 a.m. - 9:00 p.m.
Saturday	9:00 a.m. - 5:00 p.m.
Sunday	1:00 p.m. - 9:00 p.m.

Holiday Hours

Monday, May 29 (Memorial Day) - Community Center Closed
Pool Hours - 1-6 p.m.

Prime Time Diners

Wednesday, May 17

Dewey's Pizza

7663 Cox Ln. West Chester Township

Wednesday, June 21

Butt Shack BBQ & Grill

500 Wessel Dr, Fairfield

Meet at the Restaurant at 6:00 p.m.
Please register by the Friday prior to the date.



Red, White & Blue Luncheon
May 26 12:00 p.m.

**Mark Your
Calendar!**



Springdale Parks & Recreation
11999 Lawview Ave
Springdale OH 45246



PRSRPT STD
U.S. POSTAGE
PAID
Cincinnati OH
Permit No. 1448



Springdale Parks & Recreation Department Adult and Senior Calendar MARCH 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
6 9:15 Slimnastics 10:00 Chair Volleyball 12:15 Duplicate Bridge 1:00 Pickleball	7 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Line Dancing	8 9:15 Slimnastics 10:00 Chair Volleyball	9 11:00 L.I.F.E. 1:00 Are You Interested	10 9:15 Slimnastics	11 9:30 Technology 101 10:30 Technology 101 11:30 Technology 101
13 9:15 Slimnastics 10:00 Chair Volleyball 12:15 Duplicate Bridge 1:00 Pickleball	14 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Line Dancing 1:00 Dominoes	15 9:15 Slimnastics 10:00 Chair Volleyball 6:00 Prime Time Diners	16 11:00 L.I.F.E. 2:00 Thursday's This & That Healthy Ears!	17 9:15 Slimnastics	18 9:30 Technology 101 10:30 Technology 101 11:30 Technology 101
20 9:15 Slimnastics 10:00 Chair Volleyball 12:15 Duplicate Bridge 12:00 First Day of Spring Luncheon 1:00 Pickleball	21 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Line Dancing	22 9:15 Slimnastics 10:00 Chair Volleyball	23 11:00 L.I.F.E.	24 9:15 Slimnastics	19 25 9:30 Technology 101 10:30 Technology 101 11:30 Technology 101
27 9:15 Slimnastics 10:00 Chair Volleyball 12:15 Duplicate Bridge 1:00 Pickleball	28 11:00 L.I.F.E. 12:00 Party Bridge 1:00 Line Dancing	29 9:15 Slimnastics 10:00 Chair Volleyball	30 11:00 L.I.F.E. 1:00 W/! Wheel of Fortune	31 9:15 Slimnastics	26

February 2017

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Springdale Parks & Recreation Department Adult and Senior Calendar APRIL 2017



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