



# Sycamore Connections

A Maple Knoll community program

sycamore  
SENIOR CENTER

MAY / JUNE 2014

The Mission of the Senior Center Division of Maple Knoll Communities Inc. is to provide a stimulating community experience by creating sustainable, outstanding opportunities for social, intellectual and volunteer experiences, while providing care and support to those we serve throughout the Greater Cincinnati area.

**Serving these  
Hamilton County Residents  
from the  
Sycamore Office:**

Arlington Heights,  
Amberley Village, Blue Ash,  
Camp Dennison,  
Columbia Township (45213),  
Deer Park, Dillonvale,  
Evendale, Golf Manor,  
Indian Hill, Kenwood,  
Kennedy Heights, Loveland,  
Madeira, Montgomery,  
Pleasant Ridge, Reading,  
Rossmoyne, Sharonville,  
Silverton, Sycamore Township,  
Symmes Township

**Serving these  
Hamilton County Residents  
from the  
Maple Knoll Campus:**

Forest Park, Glendale,  
Greenhills,  
Lincoln Heights (45215)  
Lockland (45215)  
Springdale, Springfield Township,  
Wyoming, Woodlawn



*The Greatest gift I ever had,  
came from God;  
And I called him dad.*

Your dad was the most influential man in your life, so this Father's Day celebrate and honor his memory with a personal tribute at Sycamore Senior Center. A father is a son's first hero and a daughter's first love. He is the person who loved you, and guided you. He is the guy who promised "it will be all right" and, it was. He was hard working and he had character. He is the guy who said things like "A little dirt never hurt anybody" or "Do

what I say, not what I do', or "I'm awake. Why'd you turn the TV off"? Or "When I was your age"... and we saved the best one for last "I'm not made of money". As you reflect upon the cherished memories of your dad, join us as we remember and honor our fathers at Sycamore Senior Center with **The Celebrating Our Fathers Tribute**.

The tribute will remain up from Memorial Day, May 26<sup>th</sup>, through Father's Day June 15<sup>th</sup>, 2014 in the lobby of the senior center. With the permission of those participating, the tributes will also be placed on the Center's Facebook page. The **Size of your tribute is** 5 1/2 x 8 1/2. When choosing the **Content of your tribute**, a well-chosen photo paints a thousand words and offers the most personal connection, but a poem or a letter are lovely. The **Cost** is only a \$10.00 donation. For more information or to submit your tribute contact Cynthia 686-1013.

## Mother's Day Luncheon



Friday, May 9<sup>th</sup>  
\$12.00

Maple Knoll Village  
The Knolls of Oxford  
The Meadows  
Mt. View Terrace  
Corbly Trace  
Maple Knoll Child Center  
Sycamore Senior Center  
Maple Knoll Home Health Services  
Maple Knoll Management, Inc.  
WMKV 89.3 FM

### Sycamore Café News

We have lowered the suggested donation to  
**\$3.00**  
for the hot entrée.

The Center will be closed on Monday, MAY 26<sup>th</sup> in observation of Memorial Day.

JOIN US FOR  
**Sycamore's**  
**Silver Sneakers**  
FITNESS

Check us out on the web: [www.sycamoreseniorcenter.org](http://www.sycamoreseniorcenter.org)

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**WHAT’S FOR LUNCH . . .**

Our Deli serves lunch Monday through Friday from 11:00 a.m. to 1:30 p.m. Enjoy a hot entrée daily plus a variety of soups, salads, and sandwiches available through **Sycamore Café**. A suggested donation of **\$3.00** for the main entrée, while prices on sandwiches and salad bar will vary. Call the lunch hot line number at 686-1019.



**SYCAMORE SENIOR CENTER  
 Membership Application Form**

**New**     **Renewal**

\$30 Individual/ Year

\$50 Couple/Year

\$1000 Golden Lifetime

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Birth Date \_\_\_\_\_

Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Relationship \_\_\_\_\_

\*\*Membership cards can be obtained at the Welcome Center or by sending a self addressed stamped envelope.

**Please send your email  
 address to Laura at  
 lbell@mkcommunities.org  
 for the Center’s records.**

## FROM OUR DIRECTOR



For years, we have used the SERVtracker system for tracking our membership and services. This software was originally developed by a former Sycamore Senior Center meals on wheels driver many years ago who recognized a need for our center to easily track our services. We're very proud of the accomplishments they've continued to make and are excited about what the touchscreen features can do for our membership.

Touchscreen monitors are installed at both entrances to maximize efficiency and give members and clients a level of control over the broad range of services from Congregate meals to Senior Center activities and programs. The new screens give staff the ability to capture client attendance using state-of-the-art touchscreen monitors. Using touchscreen monitors, clients can also track their own attendance for the activities or classes they attend on any given day.

**How does it work?** Each member will be given a key-tag card (just like your Kroger card, Walgreens card, YMCA card, etc) that is synced to your account with Sycamore Senior Center. Each time you enter the building, you can scan your card to see your account and the daily activities. You'll be able to select the activity you plan to attend and even register for upcoming events or activities. At the end of each month, staff will be able to print reports to see how our membership is utilizing our activities and can therefore share the information with our governing boards, local municipalities and our membership in general. This system will also be able to track guests attending our activities and has an account lookup feature in case anyone were to forget their keytag card.

Our staff is very excited about this upgrade to our center. We understand change can often be a little difficult for some people, especially when technology is involved. We'll have volunteers available to assist all of our members and guests with the new system. Please stop by our front desk to pick up your key tag today.

### Thank You Kathy Timm, We'll Miss You

On February 28<sup>th</sup>, 2014 our Activities Director Kathy Timm retired from the Center. Kathy joined our staff in 2006 after initially coming in to volunteer and has been a staple of our center ever since. She and her husband Gary, who also retired in February, plan to travel and spend more time with the grandkids. However, I wouldn't be surprised if we saw them in the Center every now and again.

Kathy, Thanks for all your hard work and dedication to Sycamore Seniors. You will be greatly missed!



Sycamore Senior Center is pleased to announce a new Activities Director has been selected. Congratulations to Cynthia Holloway!

Cynthia is no stranger to Sycamore members, having been our Director of Volunteers for the past 18 years. She has lead our meals on wheels department and worked recruiting volunteers, getting volunteers involved in activities, and planning events. Now, she moves into a new role supporting Center Activities and Programming and will also continue event planning. Center Director Joshua Howard said the entire administrative team is excited for Cynthia in her new role. "She brings a wealth of experience as well as excitement to the position that will benefit our seniors, staff and programs," Howard said. Holloway said she's looking forward to changing roles, with hopes to building upon the Center's "long tradition of excellence in lifelong learning, wellness programs and outstanding services" to help seniors both inside and outside of their homes. Please join us in congratulating Cynthia!



# Our 2014 Budget

**Income - \$665,685**



- Service Revenue
- City/Township Support
- Individual Donations
- Business Contributions/Grants

**Expense - \$772,179**



- Supplies and Services
- Salaries/Wages
- Benefits and Taxes
- Administrative

## Help Sycamore Senior Center Soar To New Heights

Sycamore has a long tradition of caring for older adults in the Greater Cincinnati area. Only through generous support is the Center able to provide services such as transportation to and from doctor's offices, therapy visits, and the grocery store, as well as Meals on Wheels, Home Health Care and life-long learning programs. Donations are also the way that Sycamore is able to have in house opportunities such as wellness and exercise programs, medical, personal and financial counseling, hot meals and more.

Sycamore Senior Center **will not** be a sustainable organization without receiving more support from members and the surrounding community. To ensure that services remain intact, The Sycamore Senior Center started an annual fund campaign to raise necessary funds. Each year a campaign theme and goals are set to raise money for Sycamore. With a theme of "Soaring To New Heights" the goal was set at \$95,000 with 490 Sycamore members donating. Sycamore member and volunteer, Dorothy Vice, will help Sycamore staff reach this goal.

This theme of "Soaring to New Heights" sets the sky as the limit and inspires everyone involved to work together and redefine the boundaries of what is possible for the older adults at our center. It is crucial that we meet this goal in order to ensure all of our services will continued to be offered at the center. If it is not, then critical services and programs may be cut in order to survive.

With this annual fund drive, your contribution will sustain our mission of "being a growing provider of outstanding facilities and services for the aging which allows those we serve to thrive in a safe, stimulating, and dignified environment". Any donation, no matter the size, will allow the Center to continue to fulfill the mission of the Center which is to assist older adults to live their lives with independence and dignity for as long as possible in their own homes. Remember, your gift to the Sycamore Senior Center is 100% tax-deductible. For more information on The Sycamore Senior Center Annual Fund Drive please contact The Development Department at 513.782.8629. Thank you for your continued support of our center!

# COMPUTER AND TECHNOLOGY EDUCATION

## COMPUTER BASICS

### 4 Week Class

**Tuesdays, May 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, & 27<sup>th</sup>**  
**Tuesdays, June 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, & 24<sup>th</sup>**  
**9:30 a.m. - 11:30 a.m.**

### Members: \$15

Designed for Beginners or as a review of proper procedures for those interested in the Internet/Email class. If you have a laptop, notebook or netbook, you may bring it to class.

- Introduces the basics of using a computer
- Explanation and Updating Operating Systems (Windows XP, Vista, Windows 7)
- Properly start and shut down your personal computer
- Use both the keyboard and mouse to perform tasks
- Navigate through menus
- How to work with files and folders
- Everyday usable programs (Applications)
- Introduction to the Internet and email.

## INTERNET AND E-MAIL USING POPULAR WEB MAIL SITES, FAVORITE (BOOKMARKS) AND GOOGLE SEARCHING TOOLS

### 4 Week Class

**Tuesdays, May 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, & 27<sup>th</sup>**  
**Tuesdays, June 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, & 24<sup>th</sup>**  
**1:00 p. m. - 3:00 p.m.**

### Members: \$15

If you have a laptop, notebook or netbook, you may bring it to class.

- Searching Google, Yahoo, MSN Bing, etc.
- Internet Explorer 9-Websites, Tab Browsing, Home Pages and Favorites
- Copy and Paste and Shortcuts using Right Clicks
- Buying: Travel, Airlines, Books, EBay and PayPal
- Creating an Address Book (Contacts) and Folders
- Receiving, sending, opening and creating Email
- Attaching Pictures and Documents
- Social Networking: Facebook, Twitter, YouTube

### MEMBERS BENEFIT

#### SIGN UP FOR BOTH CLASSES FOR ONLY \$20

Sign up for both classes above and save \$10.  
Contact Sam 686-1015 for more information.

## COMPUTER HELP SESSION WITH CHARLENE SPECIAL TOPICS

### Mondays (FREE)

**1:00 p.m. - 2:00 p.m.**

*Please Note: Computer Help Sessions are not offered over the summer.*

May 5<sup>th</sup> Using the Keyboard  
May 12<sup>th</sup> Desktop Overview  
May 19<sup>th</sup> Menu Bar

## SUPER SOLVING SESSIONS

### Optional Donation Please

**Thursdays, May 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup>**  
**Thursdays, June 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, & 26<sup>th</sup>**  
**1:00 p.m. – 3:00 p.m.**

What you want and need to know to buy a new computer or use the one you have. Bring your instruction manuals, take notes and leave confident and informed ! Please call Sam at 686-1015 for more information. Computer, Laptops, Notebooks, GPS units, e-book readers, iPods/iPads, Cameras, Cell phones, Flash drives, CDs/DVDs, Add-ons WiFi Network setups Printers, Scanners Other mobile technology are all welcome

## OPEN COMPUTER LAB

### FREE

Sycamore's computer Lab is available to members during normal business hours, except when classes or workshops are scheduled. A donation is required for using the printer in the lab. .10¢ per black and white and .25¢ per color pages.

## KROGER COMMUNITY REWARDS PROGRAM

With your help **Kroger's** will donate a percentage of each of your purchases to the center when you designate us as your charity of choice. Kroger requires each user to have a valid email address to utilize the Kroger rewards program.

Supporting Sycamore Senior Center  
is as easy as swiping your  
Kroger Plus Card  
each time you shop!



If you need help setting up a personal email address, to utilize the Kroger rewards program we offer help through the computer classes.

Please note, you must be a member to participate in our Computer Lab activities.

THE OSHER LIFELONG LEARNING INSTITUTE (OLLI)

The Osher Lifelong Learning Institute (OLLI) will present classes and discussions for seven Wednesdays over the summer. This summer series of lectures offer topics from history to media to law enforcement by regional thought leaders. Sycamore Senior Center will continue to host the Wednesday WOWS from 10:00 a.m. to 12:00 p.m. and all center members are invited to attend.

# OSHER SUMMER SERIES 2014

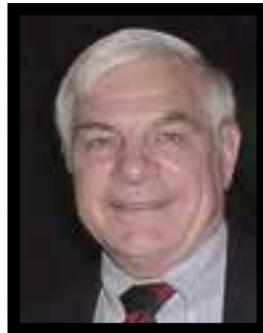
*Enjoy the dogs days of summer with seven weeks of thought provoking topics*

10:00 a.m. to 12:00 p.m.

July 9<sup>th</sup>

### I'VE RETIRED TO START A NEW JOB!

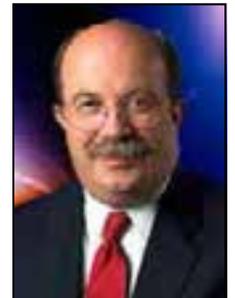
**Moderator:** Jack Dominic, former CET VP, now creating the National Voice of America Museum. After 37 years at WCET-TV, most recently as station manager, Jack Dominic retired in February to create the new National Voice of America Museum of Broadcasting at the old VOA short-wave radio transmission site in West Chester Township.



July 23<sup>rd</sup>

### LOVE HISTORY? THAT'S MY CAREER!

**Moderator:** Dan Hurley, Historian/Reporter, Local 12, WKRC-TV. Dan Hurley is the executive producer and host of Local 12 Newsmakers, a Sunday morning political-analysis program. Trained as a historian, he has produced more than 20 long-form documentary videos and written several books on Cincinnati history.



July 16<sup>th</sup>

### WHAT IF THERE WERE NO FBI?

**Moderator:** Kevin Cornelius, FBI Special Agent in Charge, Cincinnati Division. Kevin Cornelius joined the FBI in 1991 and has extensive experience domestically and internationally in the FBI's counterterrorism, counterintelligence, cyber, and intelligence programs.



July 30<sup>th</sup>

### YOUR NEWSPAPER'S FUTURE

**Moderator:** Carolyn Washburn, VP/Editor, Cincinnati Enquirer. Before joining the Cincinnati Enquirer as vice president and editor in 2011, Carolyn Washburn was vice president and editor of the Des Moines Register and previously executive editor of the Idaho Statesman.



Wednesday, August 6<sup>th</sup>

**VOLCANOES GOING CRAZY FROM MONTSERRAT TO YELLOWSTONE CALDERA**

**Moderator:** Attila I. Kilinc, PhD, UC Department of Geology. Attila Kilinc is professor of experimental and computational geochemistry at the University of Cincinnati. A specialist in the properties of volcanoes, he holds a PhD from Pennsylvania State University.



August 13<sup>th</sup>

**IS PAKISTAN A DEPENDABLE ALLY?**

**Moderator:** Inayat Malik, MD, President, Islamic Center of Greater Cincinnati. A urologist, Inayat Malik is president of the board of the Islamic Center of Greater Cincinnati and founding member and president of the Islamic Educational Council.



August 20<sup>th</sup>

**WHAT'S THE BIG DEAL? IT'S JUST POT!**

**Moderator:** Mary Haag, President/CEO, Coalition for a Drug-Free Cincinnati. A registered nurse and certified prevention specialist with more than 15 years of achievement in substance abuse prevention, coalition building, and nonprofit management, Mary Haag will be joined by a panel of specialists from law enforcement, medicine, drug treatment, and business.



**SPRING SPECIALS**  
**The Sycamore Café**

11:00 a.m. – 1:30 p.m.

**KY DERBY WEEK**

Thursday, May 1<sup>st</sup>

KY Hot Brown with Sweet Tea  
\$5.00

Friday, May 2<sup>nd</sup>

Mint Juleps  
Derby Pie

**NATIONAL HOAGIE DAY**

Monday, May 5<sup>th</sup>

Hoagie with a fountain soda  
\$4.50

**GRILL OUT**

WEDNESDAY, May 7<sup>th</sup>

Burgers, Mets, Brats, Hot and Veggie Dogs

**MOTHER'S DAY LUNCHEON**

Friday, May 9<sup>th</sup>

"Mothers Day Celebration"  
11:30 a.m. – 1:00 p.m.

*We'll celebrate you with a special luncheon of a Bacon and Cheese Frittata, and Honey Buttered Biscuits, A Strawberry, Mandarin Spinach Salad And Cookies & Cream Parfait for dessert.*

RSVP by Friday, May 2<sup>nd</sup>  
\$13.00

**NATIONAL CHOCOLATE**

**ICE CREAM DAY**

Friday, June 6<sup>th</sup>

\$1.75 to \$2.50

**NATIONAL ICE CREAM**

**SODA DAY**

Friday, June 20<sup>th</sup>

\$1.75



**"FROZEN"**

Friday, May 2<sup>nd</sup> at 1:00 p.m.  
 PG, Action/Adventure, Animated  
 Starring: Voices of Kristen Bell, Idina Menzel,  
 Jonathan Groff

**"AMERICAN HUSTLE"**

Friday, May 9<sup>th</sup> at 1:00 p.m.  
 R, Crime Drama  
 Starring: Christian Bale, Bradley Cooper,  
 Amy Adams, Jennifer Lawrence

**"SAVING MR. BANKS"**

Friday, May 16<sup>th</sup> at 1:00 p.m.  
 PG-13, Non-Fiction Drama  
 Starring: Tom Hanks,  
 Emma Thompson, Colin Farrell.

**"NEBRASKA"**

Friday, May 23<sup>rd</sup> at 1:00 p.m.  
 R, Drama  
 Starring: Bruce Dern, Bob Odenkirk  
 Stacy Keach

**"THE WOLF OF WALL STREET"**

Friday, June 6<sup>th</sup> at 1:00 p.m.  
 PG-13, Comedy Drama  
 Starring: Leonardo DiCaprio, Jonah Hill

**"12 YEARS A SLAVE"**

Friday, June 13<sup>th</sup> at 1:00 p.m.  
 R, Biography Drama  
 Starring: Chiwetel Ejifor, Lupita Nyong'o, Brad Pitt

**"ANCHORMAN 2: THE LEGEND CONTINUES"**

Friday, June 20<sup>th</sup> at 1:00 p.m.  
 PG-13, Comedy  
 Starring: Will Ferrell, Paul Rudd, Christina Applegate,  
 Steve Carell

Movie & Popcorn - \$1.00 Donation

*Please note, movies are subject to change based on availability. All updates are posted on the bulletin board should we make a change.*

**HOMESTEAD TAX EXEMPTION**

**County Auditor Dusty Rhodes**

**Thursday, May 1<sup>st</sup>**

**12:00 p.m.**

County Auditor Dusty Rhodes reports the state's Homestead Tax Exemption for property owners who are 65 and over or permanently disabled will, from this year forward, be means tested. That means owners new to the program who have annual incomes over \$30,500 will no longer be eligible under new restrictions passed last year by the State Legislature. However, existing recipients of this tax exemption will not be affected nor will those who were over 65 prior to January 1<sup>st</sup>, 2014 *provided* they are already on the program or they register for it before June 2<sup>nd</sup> this year. The Auditor's office is making an extra effort to notify our members about this change. You can reach the Homestead Department at 946-4099 for additional information. Auditor Rhodes will be at the Sycamore Senior Center on Thursday, May 1 to briefly discuss the program. Register at the Reception Center 984-1234.

**MODELERS MONDAY**

**UNDER THE TENT**

**Monday, May 5<sup>th</sup>**

**12:00 P.M. - 1:00 p.m.**

Out under the tent enjoy the craftsmanship of the Sycamore Modeler as they display model size replicas. From air crafts to boat crafts you will not want to miss the artistry. Grab lunch in the Sycamore Café and join us under the tent. Our tent is in the western section of our parking lot. In case of rain, the Sycamore's Modelers will display in the lobby.



**STEP IT UP WITH PATTI**

**Tuesdays 10:00 a.m. – 11:00 a.m.**

**Tuesday, May 6<sup>th</sup>**

Experience the joy of moving to music while improving your fitness and burning calories. Dance routines are fun and easy-to-follow and choreographed to music from your generation. Dance styles include slow and elegant movements to hip shaking fun all designed to improve your movement skills, coordination and endurance. The class is designed for all fitness levels. Register at the Reception Center 984-1234.



**MUSIC TUESDAY  
UNDER THE TENT**

**Tuesday, May 6<sup>th</sup>  
12:00 p.m. - 1:00 p.m.**

Join us under the tent a musical fusion of sound. Do not miss this epic concert. I can not promise, but I've heard staff members may be singing backup or playing percussion instruments along with our featured artist TBA. Grab lunch in the Sycamore Café and join us under the tent. In case of rain, the concert will play in the lobby.



**GRILL OUT WEDNESDAY  
UNDER THE TENT**

**Tuesday, May 6<sup>th</sup>  
Wednesday, May 7<sup>th</sup>  
12:00 p.m. - 1:00 p.m.**

Out under the tent Sycamore gets grilling with the first of the summer cook outs. Hot off the grill, burgers, metts, brats and hotdogs. In case of rain, the grill out menu will be sold through the Sycamore Café.



**TANGO THURSDAY**

**Tango Performance -12:00 p.m.  
Tango Instruction - 12:10 p.m. – 1:00 p.m.  
Thursday, May 8<sup>th</sup>  
12:00 p.m.**

Out under the tent it's a sensual ballroom dance expressing elements of romance in synchronized movements. Join us for a 10 minute performance at 12:00 noon and instruction from 12:10 p.m. to 1:00 p.m. Grab lunch in the Sycamore Café and join us under the tent. In case of rain, we will reschedule.



**MOTHER'S DAY LUNCHEON**

**Friday, May 9<sup>th</sup>  
11:30 a.m. – 1:00 p.m.  
\$12.00 per person**



Start your Mothers Day celebration early with our special luncheon. Enjoy a freshly prepared Bacon and Cheese Frittata with Honey Buttered Biscuits, a Strawberry & Mandarin Spinach Salad and Cookies and Cream Parfait for dessert. You'll also receive carnations or corsages as a special recognition of this wonderful day. Please call 984-1234 to register by Friday, May 2<sup>nd</sup>.

**Friday Dance Night  
@ Sycamore**

**Featuring  
Nelson Henning**

**6:00 p.m. - 10:00 p. m.**

**Includes  
Soda,  
Beer  
& Snacks**

**May 9<sup>th</sup>**

**\$5.00**

**\$6.00 - At The Door**



**Check Out The Sycamore Café's  
New Fresh Summer Salads**

## LUNCH & LEARN WELLNESS WORKSHOPS HEALTHY LIVING TO 100

Tuesday, May 13<sup>th</sup>  
12:00 p.m. - 1:00 p.m.

Learn how people are living longer and with a better quality of life. Over a **FREE gourmet boxed lunch**, the physicians from Backbone Wellness will introduce the techniques used with athletes to improve their quality of life. Learn how to live without limits. "Live like you mean it". This is the physician's favorite. Register at the Reception Center 984-1234.



## GUIDANCE ATHLETIC SHOES Fleet Feet Sports in Blue Ash Wednesday, May 14<sup>th</sup> 8:00 a.m. - 12:00 p.m.

Finding the best-fitting shoe among the many choices isn't easy. We asked Fleet Feet Sports, to assist our members in knowing what to look for to find running/walking shoes that fit properly. Fleet Feet Sports in Blue Ash will setup a station in the lobby to give one on one advice based on your foot type and shape, and offer potential solutions for your aches and pains. Fleet Feet Sports in Blue Ash is a specialty walk and run store where the team focuses on fitting you for the proper shoes, socks, inserts, and other fitness related products to meet your individual needs. No sign - up necessary.



## FEEL YOUNGER AND HAVE MORE MOBILITY! DR. HAL S. BLATMAN, MD Friday May 16<sup>th</sup> 10:00 a.m. - 11:00 a.m.

Our bodies grow new cartilage every day, all we need to do to restore joints is to grow it faster...and this is possible and in many cases, not that difficult to do. With the use of Platelet Rich Plasma people can regrow injured tendons, ligaments, and joint cartilage Bio-identical hormones can dramatically change how we feel, think, and relate to each other. Changing nutrition can promote healing and greatly reduce pain--what are the important things to avoid as well as what nutrients to increase in food and vitamins; how to regrow collagen under skin to change and improve scars, wrinkles, and stretch marks; how to decrease medication and improve vitality by changing lifestyle. Questions and answer to follow. Register at the Reception Center 984-1234.

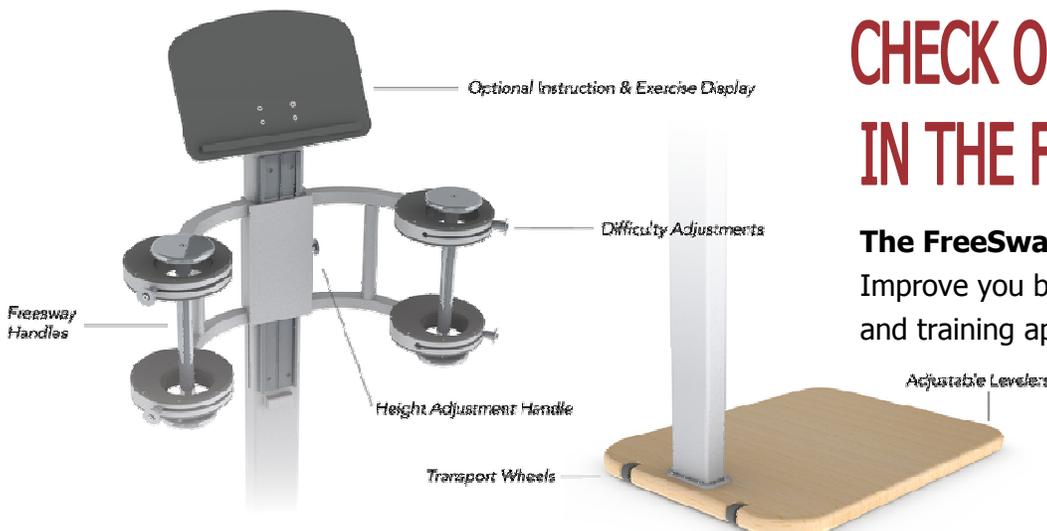


## FARMERS MARKET

## CHECK OUT WHAT'S NEW IN THE FITNESS CENTER!

### The FreeSway Balance Trainer

Improve you balance using the rehabilitation and training apparatus designed to allow the user to safely perform a Wide variety of balance exercises.



# LIFELONG LEARNING AND RECREATION

## FREE CHAIR MASSAGE

**Backbone Wellness**

**Thursday, May 29<sup>th</sup>**

**10:00 a.m. – 2:00 p.m.**

Are you feeling Stressed? Sign up for a 10 minute chair massage. Licensed Massage Therapists will treat and educate members while providing a relaxing massage. While massage is well accepted as a therapy for relieving muscle tension and pain, it also triggers biochemical sensors that can send inflammation reducing signals to muscle cells. Treat yourself, sign up today. Register at the Reception Center 984-1234.



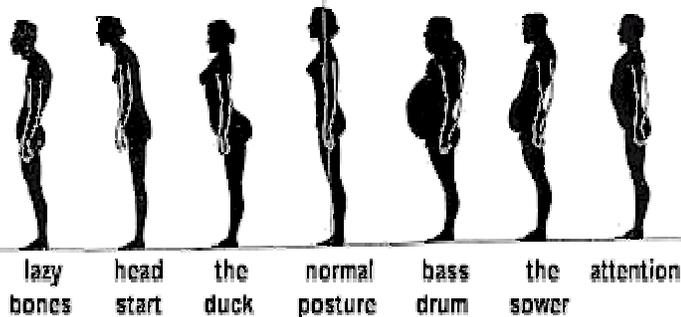
## COMPUTERIZED, DIGITAL POSTURE ANALYSIS

**Backbone Wellness**

**Wednesday, June 4<sup>th</sup>**

**9:00 a.m. – 2:00 p.m.**

Posture is the window to your spine and let's you know the effects of gravity upon the spine without taking X-rays. By studying the effects of gravity on posture, we can find several indicators that may be influencing a person's overall health. These screenings are fun, informative and quick. Fast and fun, the analyzes are scheduled in 10 minute blocks. Register at the Reception Center 984-1234.



## Friday Dance Night @ Sycamore

Includes Soda, Beer & Snacks



Featuring **\$5.00**

Nelson Henning

**6:00 p.m. - 10:00 p.m.**

**June 13<sup>th</sup>**

**\$6.00 - At The Door**

## MONEY MATTERS

**10:30 a.m. - 12:00 p.m.**

Money Matters is a series of financial seminars offered to members of Sycamore Senior Center. Sponsored by Mowry, Marty and Bain, Inc. class participants will be given regular updates on market activity, economic indicators and may from time to time be presented with examples or ideas about financial solutions. *Light refreshments are provided.* Please call the center at 984-1234 to sign up.



**May 22<sup>th</sup>**

**Banking Industry Update & Debt Restructuring,**  
Presented by  
Mollie Miller, 5/3 Bank

**June 26<sup>th</sup>**

**Maximizing the Tax Benefits of your Charitable Giving Goals**  
Presented by  
Michael Bain & Kurt Marty

## MONTHLY VETERANS LUNCHEON

**12:30 p.m.**

**\$5.00 per person**



May 30<sup>th</sup>

**Spencer Sharp**

International Awarding  
Winning Violinist



June 27<sup>th</sup>

**Elizabeth McDougal**

Provider Relations at  
Crossroads Hospice

Our community Veterans, their widows and families continue to come together for fun, fellowship, food, and sharing. Each month features a guest speaker and entertainment as well as a great lunch served at your table. To make sure that the mess staff has enough chow on hand for all the troops, please call Sgt. Homer Wilson at 745-0617 or Sam Kocherov at 686-1015 no later than **one week** before the luncheon to make your reservation. **Patriotic Note:** Flag Day, June 14<sup>th</sup> honors the United States flag and commemorates the flag's adoption. On the same day, the United States Army celebrates its birthday.

## DIZZINESS & BALANCE SCREENINGS

**Oxford Physical Therapy Centers**

**Monday June 16<sup>th</sup>**

**9:00 a.m. – 2:00 p.m.**

As we age, dizziness, vertigo and imbalance often cause problems for many individuals. The disorientation caused by dizziness or even imbalance without dizziness can be very limiting and unsafe. If left untreated, even basic tasks like bathing, grooming, keeping up with house work or going for a walk put a person at risk for falls. Often with these issues, the misconception is that dizziness, vertigo and imbalance are normal symptoms of aging we, "just have to live with". That is not the case & the GREAT news is that a specialized type of physical therapy, covered by Medicare, can help! Kelly Burch, PT is a physical therapist with Oxford Physical Therapy Centers in Blue Ash. She has 10 years of experience in treating patients with balance issues, dizziness and vertigo. Kelly will provide free individual private screenings to assess these issues with anyone in the community who suffers with these imitations. Register at the Reception Center 984-1234.

## Did You Know You Can Rent Space At Sycamore Senior Center For Your Next Special Event?



Please call Joshua Howard at 686-1004 for more information.

## STRIDERS

Lace up and join the Striders 9:00 a.m. Tuesday Mornings at the Center. The group has a brief meeting and heads out to the designated area to walk.



Close the day with lunch at a local restaurant. Participants walk at their own pace.

May 6 <sup>th</sup>	Pine Hill Park	Huston Inn
May 13 <sup>th</sup>	Cottel Park	Olive Garden
May 20 <sup>th</sup>	Glenwood Gardens	Gabby's
May 27 <sup>th</sup>	Sharon Woods	Blue Goose
June 3 <sup>rd</sup>	Blue Ash Park Pfeiffer Road	Bob Evans
June 10 <sup>th</sup>	Pioneer Park	Outback
June 17 <sup>th</sup>	Weller Park	Panera
June 24 <sup>th</sup>	Winton Woods	Golden Corral

## Provident Travel

### GOLF LEAGUES

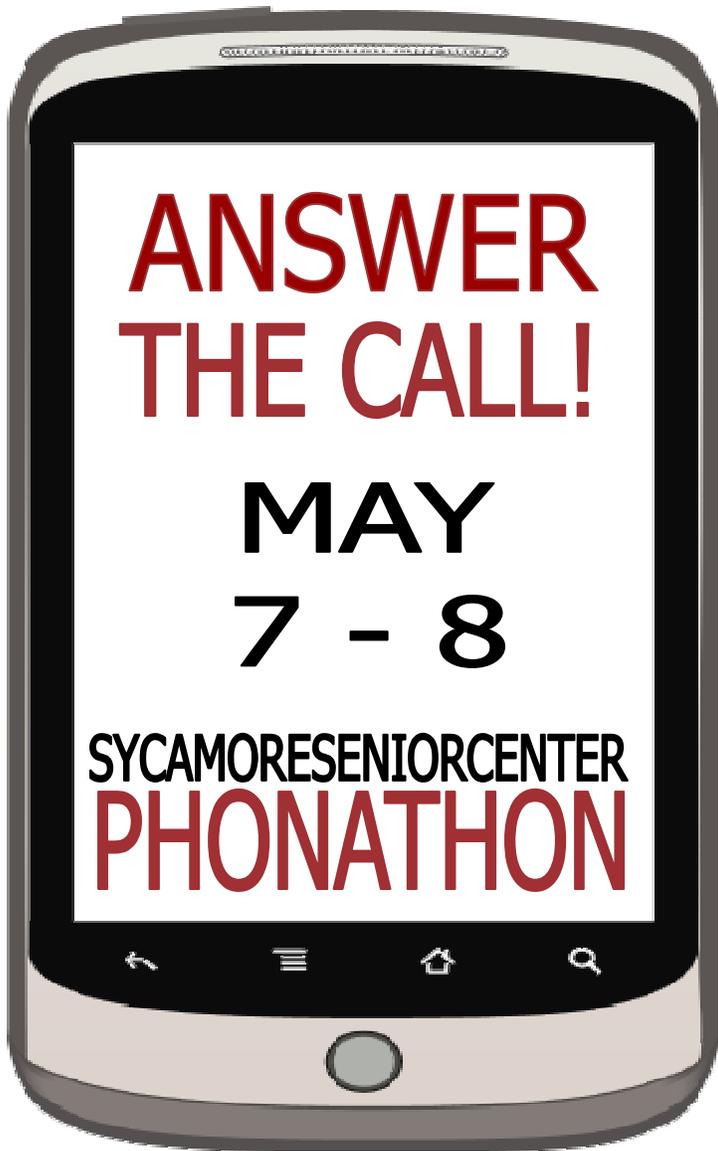
**Monday Seniors Golf League** - Sharon Woods Golf Course. New golfers or those looking for additional tee time. Tim McLane at 769-0729 or Joe Korner at 518-1328.

**Wednesday League** - Reeve Golf Course (Lunken Airport). New golfers welcome. Art Thomas 791-8207 or Steve Thomas at 203-1091.

**Thursday League Men's Golf** - Eagles Nest Golf Course. New golfers welcome. Giles Ramler 984-6939.

**Ladies Casual Golf League** - GE Employees Golf Course on State Route 747. Betsy Schenck at 891-1946.





Phone-a-thon is a major part of the Annual Fund Campaign at Sycamore Senior Center. On May 7<sup>th</sup> and 8<sup>th</sup>, Sycamore volunteers will make thousands of phone calls to members to confirm your contact information, and to ask for your support for the Sycamore Senior Center Annual Fund. You should have already received an Annual Fund request by mail. Phone-a-thon volunteers provide the follow up. Their mission is to increase Annual Giving participation among our members. When you receive your call, the volunteer will first make sure that your mailing address (including e-mail) is correct. Next, volunteers will give you an opportunity to support the center with your donation. Whether you are able to give \$10 or \$10,000, your gift will make a difference. Please note, you can make a pledge and give donations on a monthly basis in smaller amounts to fit your budget. Please Give, remember you are the key element to keeping Sycamore's door open.

***Thank you to our recent Donors  
( January & February 2014)***

- Anonymous*
- Juanita Bertaux*
- Werner Coppel*
- Joshua Howard*
- Emily A. Kapp*
- Bernard G. Koenig*
- Fran Libecap*
- RetireMed/ MB Solutions*
- Penny A. Rolfsen*
- Juanita Stimac*
- Kathleen Timm*
- Dorothy Vice*
- St. Vincent Ferrer Church*

***Memorials and Honorariums***

***In Honor of***

- Juanita Bertaux 90<sup>th</sup> Birthday***  
*Bernice Pollack*
- Juanita Bertaux 90<sup>th</sup> Birthday***  
*Friend's of Juanita Bertaux*

**UNDER THE TENT  
AT SYCAMORE**

**12:00 p.m. - 1:00 p.m.**

Join us for a fun four days of fun under the tent. May 5<sup>th</sup> through the 8<sup>th</sup>. our tent will rise in the western section of our parking lot.

- May 5<sup>th</sup> Modelers Monday**
- May 6<sup>th</sup> Music Tuesday**
- May 7<sup>th</sup> Grill out Wednesdays**
- May 8<sup>th</sup> Tango Thursday**

***Remembering Sycamore in Your Will***

Won't you remember Sycamore Senior Center in your will through a charitable bequest? Your generosity to the Center will continue to assist older adults to live their lives with independence and dignity for as long as possible in their own homes. A bequest will help provide much-needed services such as transportation to doctor's appointments, therapy visits and Home Delivered Meals.

Please ask your attorney to include such words as, "*I give, devise and bequeath to Sycamore Senior Center, \$ (sum of money) or % (percentage of my estate), or (a named property), or all the rest, residue and remainder of my estate, whether real or personal.*"

If you have any questions regarding making your will or about the services provided by the Center, please call 782-8629.

***Memorial Walkway***

You can honor family members, loved ones and supporters of the Center by having a brick engraved for our Memorial Walkway at the entrance of the Senior Center. There are many bricks engraved to date with plenty of available space for you to remember or honor a family member or friend. Your gift is tax deductible and helps to maintain our beautiful building. If you would like to order a brick, forms are available at the Welcome Center.

**For more information, call  
Joshua Howard at 686-1004.**

**Welcome New & Returning Members**

January & February 2014

- |                    |                    |
|--------------------|--------------------|
| Howard Bell        | Alice Hughes       |
| Suzanne S. Brenner | Mary Frances Huhn  |
| Carol Buckley      | Shirley Lucas      |
| Lynn C. Byington   | Sylvia Mabry       |
| Naomi J. Collins   | James Mason        |
| Duane Correll      | Margaret Mason     |
| John A. Cosco      | Ruth McLaws        |
| John Crable        | Barbara A. Noll    |
| Laura Crable       | Paulette Radke     |
| Todd S. Deutsch    | Nancy C. Ready     |
| Jan Dyehouse       | Fred Riesenberg    |
| John J. Fierro     | Mary Ann Schellhas |
| Pam Forman         | Wanda Smith        |
| Kay Fritsch        | Kathy Timm         |
| Marjorie M. Ghrist | Gigi Titsch        |
| Andrea Heape       | Judith B. Tucker   |

**The Perfect Holiday Adventure**



**\$5.00**  
**6 for \$25.00**



**Thursday, July 4<sup>th</sup>**  
**Win a Gift Basket,**  
An overnight stay at the  
**Wingate by Wyndham**  
Across from Blue Ash Summit  
Park for a birds eye view of  
**Red White & Blue Ash**

**Friday, July 5<sup>th</sup>**  
**The Captain's Lunch**  
**Riverboat Cruise**  
**on B & B Riverboat**  
**2 Cincinnati Reds Tickets**  
In the Champions Club  
Climate Controlled/Food

**Saturday, July 6<sup>th</sup>**  
**Lunch Parker's**  
**Blue Ash Tavern**

Winner drawn June 27<sup>th</sup> 12:30 p.m.



**Thursday, May 1<sup>st</sup>**  
**12:00 p.m.**  
**See Page 8 for more info.**

## MONDAY

8:00 am -8:45 am	Silver Sneakers	\$0.00
9:00 am - 10:00 am	Exercise Class	\$3.50
9:00 am – 12:00 pm	Open Bridge	\$1.00
10:00 am - 12:00 pm	Drawing Only	\$5.00
9:30 am - 11:30 am	Mah-Jongg	\$1.00
10:00 am – 12:00 pm	Wii Play (Bowling)	\$1.00
10:00 am – 11:00 am	Line Dancing	\$2.00
11:30 am – 1:00 pm	New Members Luncheon (3 <sup>rd</sup> )	FREE
11:30 am – 1:00 pm	Low Vision Support Group (3 <sup>rd</sup> )	\$1.00
12:30 pm – 4:00 pm	Pinochle	\$1.00
12:30 pm – 4:00 pm	Ponytail Canasta (2 <sup>nd</sup> , 4 <sup>th</sup> )	\$1.00
1:00 pm – 3:00 pm	Non-Fiction Book Group (2 <sup>nd</sup> )	\$1.00
1:00 pm – 3:00 pm	Computer Help Sessions	\$1.00
1:00 pm - 3:30 pm	Friendship Circle (3 <sup>rd</sup> )	\$1.00
1:00 pm - 4:00 pm	Table Tennis (1 <sup>st</sup> , 2 <sup>nd</sup> , 4 <sup>th</sup> )	\$1.00
1:30 pm – 2:30 pm	Tai Chi/ Qigong	\$6.00
5:00 pm - 8:30 pm	Friendship Circle (1 <sup>st</sup> )	\$1.00

## TUESDAY

9:00 am - 9:30 am	Striders	\$1.00
9:00 am – 10:00 am	Yoga	\$7.00
9:00 am – 4:00 pm	Wood Carvers	\$1.00
9:00 am – 4:00 pm	Poker	\$1.00
10:00 am - 11:00 am	Dance Exercise	\$3.50
10:00 am - 12:00 pm	Sycamore Stitchers	\$1.00
10:00 am – 11:30 am	Active Minds	Free
12:00 pm - 3:30 pm	Mah-Jongg	\$1.00
12:30 am – 4:00 pm	500 Cards	\$1.00
1:00 pm - 3:00 pm	Genealogy Seekers (3 <sup>rd</sup> )	\$1.00
1:30 pm - 4:00 pm	Table Tennis	\$1.00
1:30 pm - 2:30 pm	Creative Writers Wksp. (1 <sup>st</sup> , 3 <sup>rd</sup> )	\$1.00

## WEDNESDAY

8:00 am -8:45 am	Silver Sneakers	\$0.00
9:00 am -10:00 am	Exercise Class	\$3.50
9:00 am - 12:00 pm	Sycamore Modelers	\$1.00
10:00 am – 2:00 pm	Ceramics	\$1.00
10:00 am - 11:00 pm	Blood Pressure Clinic	Free
10:15 am - 11:45 am	Ball Room Dance	\$2.00
10:00 am - 12:00 pm	Sycamore Knitters	\$10.00
10:00 am - 12:00 pm	Intro. to Contract Bridge	\$1.00
11:45 am - 12:45 pm	Chair Yoga	\$5.00
12:00 pm – 2:00 pm	Draw or Paint	\$5.00
12:30 pm – 3:00 pm	Bridge	\$1.00
1:00 pm – 4:00 pm	Canasta	\$1.00
1:00 pm – 2:00 pm	Darts	\$1.00
3:00 pm - 4:00 pm	Gentle Yoga	\$5.00

## THURSDAY

9:00 am - 10:30 am	Chair Volleyball	\$1.00
10:00 am – 2:00 pm	Water Color Class	\$1.00
10:30 am - 12:00 pm	Money Matters (4 <sup>th</sup> )	\$1.00
11:00 am - 12:00 pm	Introduction To Line Dance	\$1.00
12:30 pm - 1:30 pm	Corn hole	\$1.00
12:30 pm - 3:30 pm	Bingo	\$1.00
1:30 pm - 2:30 pm	Book Talk (1 <sup>st</sup> )	\$1.00

## FRIDAY

8:00 am -8:45 am	Silver Sneakers	\$0.00
9:00 am -10:00 am	Exercise Class	\$3.50
9:30 am – 11:30 am	Learning Bridge	\$1.00
9:30 am - 12:00 pm	Stock Wizards (2 <sup>nd</sup> )	\$1.00
10:00 am - 11:30 pm	Dominoes	\$1.00
10:30 am – 12:00 pm	Line Dance	\$2.00
12:30 pm – 4:00 pm	Duplicate Bridge	\$2.00
12:30 pm – 4:00 pm	Ponytail Canasta (2 <sup>nd</sup> , 4 <sup>th</sup> )	\$1.00

## SATURDAY

9:30 a.m. - 11:30 a.m.	Widow/Widowers Support Group	1 <sup>st</sup> , 3 <sup>rd</sup>
	(Meets at Bonnie Lynn Bakery - A la carte)	

## SUNDAY

2:00 pm - 5:00 pm	Maple Knoll Big Band Dance	\$10.00
	(Meets at Maple Knoll Village 2 <sup>nd</sup> , 4 <sup>th</sup> )	

## DAILY

Fitness Center	\$1.00
Pool Tables	\$1.00



**sycamore**  
SENIOR CENTER

## ADDRESS SERVICE REQUESTED

4455 Carver Woods Drive  
Cincinnati, OH 45242  
(513) 984-1234

***May / June, 2014***



### **ARE YOUR MEMBERSHIP DUES CURRENT?**

Please check for your membership expiration date.  
Please call Laura at 984-1234 to  
continue your membership.

**Center Hours:**  
Monday — Friday  
8:00 a.m.– 4:00 p.m.

### **AT YOUR SERVICE**

Center Director .....	Joshua Howard - 686-1004
Activities/Travel .....	Cynthia Holloway - 686-1013
Home Delivered Meals/Community Outreach .....	Jake Jacobs - 686-1003
Home Delivered Meals Asst .....	James Shockley - 984-1234
Transportation.....	James Funk - 686-1002
Transportation Drivers.....	Deke Durden, Joe Smith, & John Binnion
Food Service/Deli Lunch .....	Helen Dodd & Diana Yuellig - 686-1014
Volunteer Opportunities/Meal Driver(s) .....	- 984-1234
Maple Knoll Home Health Services .....	Liz Lilley, RN - 782-8282
Maple Knoll Home Health Services Main Office .....	- 782-2546
Director of Corporate and Referral Development.....	Megan Gresham - 782-2462
Receptionists at Welcome Center/Membership .....	Laura Bell - 984-1234
Facility Cleanliness/Maintenance.....	Martin Barney & Rod Torbert - 686-1016
Billing/Accounts Receivable .....	Sandy Wells - 686-1005
Publicity Volunteer .....	Sam Kocherov - 686-1015
Activity Hotline.....	- 686-1017
Travel Hotline.....	- 686-1018
Lunch Hotline .....	- 686-1019