

Senior Notes

January 2021



A bimonthly publication for members of the **Yellow Springs Senior Center**.
The volunteer services and financial contributions by members are vital to the operation of the Senior Center.



227 Xenia Avenue
Yellow Springs OH 45387
937-767-5751
web site: ysseniors.org

The Senior Center will be closed **Friday, January 1, 2021.**



The Senior Center will be **closed on Monday, January 18, 2021** in honor and memory of **Martin Luther King, Jr.**

Martin Luther King, Jr. Day is a time to remember the injustices that Dr. King fought. A time to remember his fight for the freedom, equality, and dignity of all races and peoples through nonviolence.

It is the only national holiday designated as a national day of service to encourage all Americans to volunteer to improve their communities, according to the corporation for National & Community Service.

Director's Corner - Happy Holidays!

2020 did have some challenges. Many would say lots of challenges. As I write this message for the newsletter, the number of COVID cases continues to rise and Greene County is still at a Level 3 Public Health Advisory. My wish is that you remain healthy and safe through the holidays and into the new year.

As you are probably aware, a decision was made in November to remain closed to in-person gatherings until after the first of the year. An evaluation of when we can safely reopen to in-person activities will be made early in the new year. We have installed air purifiers on our heating and air system in the Great Room and stand-alone air purifiers are being used throughout the front of the building. The purifiers were made possible through the Village of Yellow Springs' CARES Act money. We are grateful that the Village made this available. So, when we can have in-person gatherings safely, we will do so.

Have a wonderful 2021. Be safe, stay healthy, and be warm this winter.

- **Karen Wolford, Executive Director, kwolford@ysseniors.org**



Rev. Dr. Wesley Matthews

In spring of 2021 a bronze plaque will be installed on the front of the Senior Center building. The plaque will honor the YS Senior Center founder Rev. Dr. Wesley Matthews. A grant from the Yellow Springs Community Foundation, proceeds from Giving Tuesday, and community donors have made this possible. Please watch for the date and celebration.

Membership Dues Extension

If you paid your membership dues for 2020, your dues automatically renew at no cost to you for 2021. If you are inclined to still pay dues for 2021, we will accept, and thank you!



Welcome
NEW
Members!

Heartfelt thanks for your
generous support through
membership!

Connie Collett

Membership dues per year:
Single: \$20
\$15 for each
additional household member

To read the Senior Notes
online:

1. Go to: ysseniors.org
2. click on 'other'
3. Click on eNewsletter
4. Click on the copy of any
issue you would like to
read.

Great
Novels &
Poetry
Class



Continues every other
Tuesday at 3:30 pm.

Please contact Jo Ann Kiser
by email:

kisjk614@aol.com

Let her know your
interest to join the class and
she can let you know what
books and poets are next.

At the time of the
newsletter production, new
books had not yet been
determined or settled on.

- Jo Ann Kiser, Instructor

Zoom login: [https://
us02web.zoom.us/
j/88594326465](https://us02web.zoom.us/j/88594326465)



ONLINE CLASSES - ALSO PLEASE CHECK THE CALENDAR

Yoga with Reena, Mondays at 1:30: [https://us02web.zoom.us/
j/83695565107](https://us02web.zoom.us/j/83695565107)

French with Lynda, Tuesdays at 2:00: <https://us02web.zoom.us/j/83412339668>

Dancing w/Parkinson's with Jill, Wed. at 2:00: <https://us02web.zoom.us/j/88037524936>

History with Joyce, Wed. at 4:00: <https://us02web.zoom.us/j/87588588110>

Yoga with Reena, Thursdays at 1:30: <https://us02web.zoom.us/j/81511835246>

Strength Training with Andrew, Fridays at 2:45: <https://us02web.zoom.us/j/89130965196>

Lunch & Meet Thursdays at Noon, starting 9/10: <https://us02web.zoom.us/j/83707479576>

Hola Amigos!

Advanced Beginner Spanish Class Online

Judy Skillings teaches on Monday, at 4:00 pm. Lessons are from the book entitled: Easy Spanish Step-By-Step by Barbara Bregstein. **Advanced Beginner will begin Jan. 4.** Zoom login is: [https://us02web.zoom.us/
j/81850484641](https://us02web.zoom.us/j/81850484641), or click on the live link on the website calendar, at class name.



"Virtual Spanish Coffee Hour" - Let's drink coffee in Spanish **starting Wednesday, January 13!** Participants will simply click into Zoom, and be matched with someone for a 15 min. conversation. The chat rooms will close and then everyone will be re-assigned to someone else for another 15 min. Skill levels & partners will be matched. This will use the **same Zoom link** as Spanish class on Monday.

Living Your Legend - "We are the sum of our stories"

In January, Patti Dallas will facilitate a workshop called **Living Your Legend**. She developed this two-part workshop to encourage people to get to know each other in meaningful ways through sharing stories and experiences from their lives. Throughout the group conversation, prompts will be offered.

Session One will cover childhood to early adult years, with questions such as

- What do you know of your family's ancestry?
- What memories can you share of your childhood? What songs do you remember singing? What games did you play?
- How was the world different during those times?
- What people were influential to you?
- How was it for you being a teenager?

Session Two will cover our adult years to the present, with questions like

- When did you leave home and where did you go?
- What was your first job? What are some other jobs that you have had?
- Do you have children/grandchildren? Is there anything you would like to share about your kids and parenting?
- What were your interests and hobbies during this time?
- What life-lessons have you learned along the way?

You may wish to take notes, and write down a summary or outline of your life after each session.

Living Your Legend was held several years ago at the YS Senior Center, and under the sponsorship of the Greene County Council on Aging, at a few senior centers in the area.

The workshop will be held virtually, **via Zoom on Tues, Jan. 22 & 29 at 12:30.** Let the Senior Center know if you need help in setting up Zoom on a computer.

During this time of COVID-19, we can all benefit from connecting with others. Each of us is the sum of a unique collection of experiences. **Living Your Legend** provides a space to share your own experiences and to discover those of other participants - and in the process we will make lasting discoveries that will enrich us all.

Registration is limited. Please register by email to info@ysseniors.org or call 937-767-5751.

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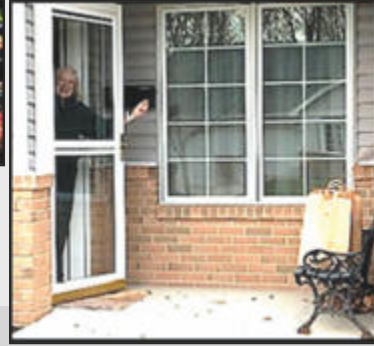
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January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					 New Year's Day	2
3	1:30 – Yoga 4:00 – Adv. Beg. Spanish 4:00 – Line Dance	11:00 – Chair Interval Training 2:00 – French class 3:30 – Great Novels/Poetry class	2:00 – Dancing with Parkinson's 4:00 – History	11:00 – Chair Interval Training Noon - Lunch & Meet 1:30 – Yoga 2:00 – Euchre	2:45 – Strength Training with Andrew	9
10	1:30 – Yoga 4:00 – Adv. Beg. Spanish 4:00 – Line Dance	11:00 – Chair Interval Training 2:00 – French class	11:00 - Spanish Coffee Hour 2:00 – Dancing with Parkinson's 4:00 – History	11:00 – Chair Interval Training Noon - Lunch & Meet 1:30 – Yoga 2:00 – Euchre	2:45 – Strength Training with Andrew	16
12:30 pm Grandmother Council - ZOOM https://us02web.zoom.us/j/81169898058	CLOSED in honor of Martin Luther King, Jr.	11:00 – Chair Interval Training 2:00 – French class 3:30 – Great Novels/Poetry class	11:00 - Spanish Coffee Hour 2:00 – Dancing with Parkinson's 4:00 – History	11:00 – Chair Interval Training Noon - Lunch & Meet 1:30 – Yoga 2:00 – Euchre	12:30 – Workshop: Living your Legend, p. 2 2:45 – Strength Training with Andrew	23
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Grocery Delivery Program - The Senior Center continues to shop for anyone in 45387 zip code and deliver groceries from Tom's Market. Deliveries are made on **Wed., Fri. & Sat.** Orders are due to the Senior Center by **noon** the day before a delivery day. Orders are accepted via email to info@vsseniors.org (preferred) or by calling the Center 937-767-5751, Monday -Thursday 9:30 am - 4 pm, & Friday 9:30 am - 1 pm.

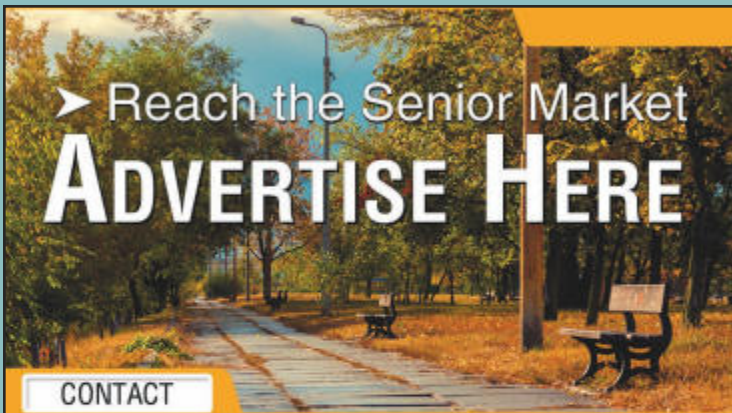
Credit/Debit/EBT cards are accepted, and a representative of the Senior Center will call the day before delivery to gather card information from you. This a **free** service of the Yellow Springs Senior Center. Donations accepted.

Please Note: Winter weather can be tricky. You will be contacted should your order be delayed due to inclement weather.



As the holiday season is upon us, we find ourselves reflecting on the past year and those who have helped to shape the Yellow Springs Senior Center. It's been quite a year for us all! We look forward to seeing you, in-person, at some point in 2021.



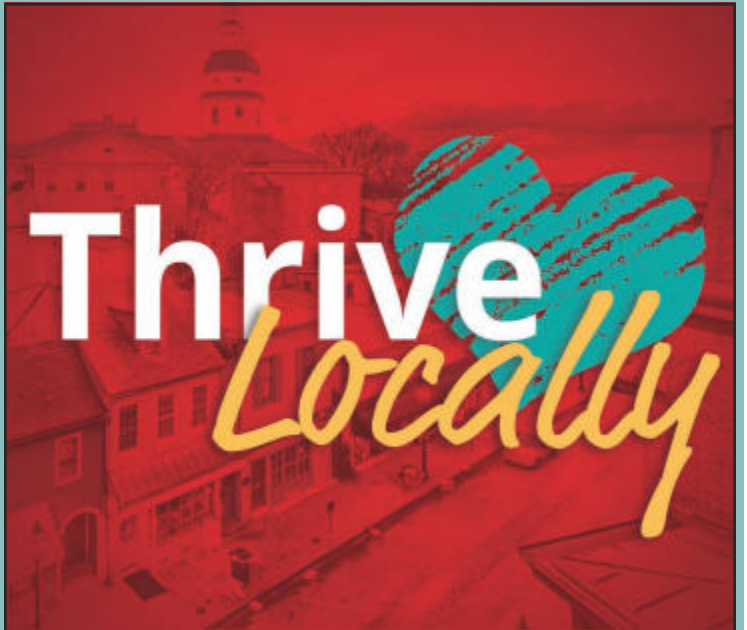


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cnicholls@lpseniors.com or
(800) 950-9952 x5841

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Thrive
Locally

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January Birthdays

- 01/01*
- 01/02*
- 01/03
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- 01/30*
- 01/30

Note: the Senior Center does NOT sell or share your personal information, nor do we keep credit card information or numbers on file.

Computer Lending

We received a grant a few months ago and purchased some computer tablets and headphones to lend out. The tablets are Chromebooks.

We want to get these in the hands of people who do not have something with which they can participate in our activities and/or need something to connect with family and friends. You will need internet access, but there are several places around the Village that have free Wi-Fi.

If you are interested in borrowing a computer, please call **Karen at 937-767-5751**. You must be a member of the Yellow Springs Senior Center, reside in Yellow Springs or Miami Township, and be age 65 or better to be eligible for a Chromebook. If you do not meet those requirements, still check with Karen on this program.

We provide basic instruction in the use of the Chromebook, if needed. The loan is for one year and may be renewed.

*** Indicates those known to be 80 or over.**



We apologize to anyone who may have been left off the Birthday List by mistake.

We only include current members who have shared their birth date.

The **YSSC Euchre Group** is meeting and playing on-line regularly.

If there are others who wish to join in, they should contact me for details and for an invite to our user group on **Facebook: "YSSC Euchre."**

Brad Terry, Coordinator,
707-321-2341 (voice or text)

bradxt78@gmail.com

Inclement Weather Policy

The Executive Director will determine when to close the Senior Center due to inclement weather.

The Transportation Manager and Executive Director will make the decision on whether Transportation Program rides are cancelled.

A recorded message will be on the **937-767-5751** voicemail system of the Senior Center; an announcement will be on the website: ysseniors.org; folks will receive a One Call phone message; and WYSO radio will announce the closure.

In-person classes will not happen and participants will be notified of the cancellation.



Movement classes offered by **Lynn Hardman** are conveniently available from your computer or TV, days and times listed below.

They will be broadcast live on YouTube.com, Community Access Yellow Springs channel & Spectrum TV channel 5.

Please note there are 19+ weeks of prior classes on the YouTube channel for you to choose from.

Here's a link if needed:

<https://www.youtube.com/c/CommunityAccessYellowSprings/featured>

Line Dancing,
Mon. 4 - 5 pm



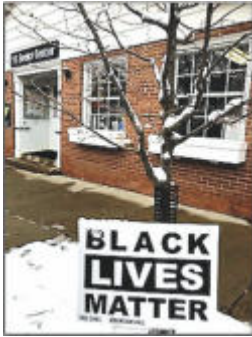
Chair Interval Training,
T/Th, 11 - 12 pm



227 Xenia Avenue
 Yellow Springs OH 45387
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CURRENT RESIDENT, OR:

Senior Notes January 2021

At time of publication, all classes & events are via **Zoom** or other online resource, unless otherwise noted.
 This issue of Senior Notes is a little earlier than normal. You will receive another newsletter in mid to late January. Senior Notes is being redesigned. The ads are going to go away. It will still provide information, birthdays, a calendar, and will continue to be bimonthly...it will just look different.
 Look for it in your mailbox in January.



VOLUNTEERS ARE PRICELESS!!

Your generous contribution of time and energy to the Senior Center is wonderful
Your spirit is inspiring
Your enthusiasm is very much appreciated.
Thank you!

The YS Senior Center staff

