

Stay Connected! *News and Updates*

Do you want to learn what Facebook is, how to post messages



and photos to Facebook, and how to "like" Central Connections on

Facebook? Our intern, Ashley Burggraf, a senior at Miami University who is volunteering at Central Connections this semester, can show you the ins and outs of Facebook. Register at the Welcome Center for a Facebook lesson during the lunch hour on Mondays and Wednesdays.

Please place **only newspapers to be recycled** in the red dumpster at the back of the parking lot.

We continue to **collect empty pill bottles** to recycle and give to Matthew 25 Ministries. Since January, we have collected 2 large trash bags of pill bottles. Place empty pill bottles in the green can in the coat room. Thank you.

Central Connections **café hours Monday through Friday** are: 9:30–10:30 AM for breakfast items; 11:30 AM to 1:00 PM for lunch; and 1:00–2:30 PM for cold items. Breakfast items for sale include cereal and milk, fruit, yogurt, scones, and sausage biscuit with cheese.

A membership that **has lapsed** should be renewed so that a member may take advantage of the many programs offered at Central Connections. **Members with lapsed memberships are not entitled to participate in programs without paying the program fee.** Members can renew memberships at our Welcome Center or call 513.423.1734.

Also, **nonmembers/guests may participate up to 3 times in a program by paying the program fee at the time of each participation.** After the third participation, the guest must either enroll or renew as a member or cease participation in the program. We want to be fair to all members who have paid for a membership. Thank you.

Please remember to **scan your membership card or sign in manually when partaking in any and every program or activity at Central Connections.** Our funding from the Council on Aging is tied directly to the number of people we report who have signed in for our programs. When a member does not sign in or scan his/her membership card, our report to Council on Aging is affected, and we receive fewer dollars in funding for our operations. Thank you for your cooperation.

Come to 6th Annual Wellness Fair on Fri., April 28, from 9:00 AM–2:00 PM.

Representatives from health care agencies, assisted living centers, and vendors specializing in senior interests will be on site with resources for living well and healthy. *See insert for more info. All regularly scheduled events and programs at Central Connections will be canceled on Fri., April 28. Lunch will be served from 11:30 AM–1:00 PM.*



Entertainment

Wed., April 12, noon
Golden Notes choral group

Thurs., April 13, 7:00 PM
(dinner served at 4:30 PM)
Jump 'n' Jive Big Band, swing music
See insert for dance details

Wed., April 19, noon
Roy Orbison & John Denver Tribute

We need your **help to promote passage of the senior citizens levy renewal**, Issue 1, on the May 2 ballot in Middletown. To help:



✓ **Place a yard sign** on your lawn if your street is well traveled. We will have a limited number of yard signs.

✓ **Hand out VOTE YES ON ISSUE 1 flyers** on Election Day at polls. We will schedule volunteers for 2- or 3-hour shifts.

✓ **Drive friends, neighbors, and family members to the polls**, if you are able to drive. If you would like transportation to the polls, call Transportation Services to schedule a trip, 513.422.6233.

Thank you for supporting Issue 1!

Central Connections' **990 for 2015** is available for review at our Welcome Center. Previous 990s can be viewed at www.guidestar.org. Guidestar is a source for info on nonprofit organizations.



the connection

newsletter of CENTRAL CONNECTIONS for **APRIL 2017**

3907 Central Ave, Middletown, OH 45044 / 513.423.1734 / centralconnections.org

Vote YES on Issue 1 on May 2 to RENEW Senior Citizens Levy

The Committee to Renew the Senior Citizens Levy is placing a tax levy renewal on the May 2, 2017, ballot in the City of Middletown. The purpose of the tax levy renewal is to support Central Connections, a 501(c)3 organization and United Way Agency Partner, and the services it provides for older adults in the Middletown community. **The tax levy renewal does not add any new taxes.**

Passage of the tax levy renewal ensures that Central Connections continues operations and provides vital services to older adults, including:

- Home delivered meals
- Transportation services
- Congregate meals (nutritious meals in a communal setting)
- Independent living assistance
- Whole-Person Wellness programming

As supporters of the Committee to Renew the Senior Citizens Levy, Central Connections asks members to join in supporting the levy renewal effort in these vital ways:

- **Vote YES to RENEW the Senior Citizens Levy on May 2, 2017**, in the City of Middletown election. There will be NO NEW TAXES. Passage of the tax levy renewal will allow Central Connections to continue operations.

Welcome, New Members!

As of **March 1, 2017**

Carolyn Carter, Mary Clifton, Sharon Cole, Truman Cole, Patricia Conrad, Mary Gregory, Doris Hopkins, Lowell Hopkins, Deanna Isom, Kathy Kautz, Jeanne Manderlert, Dennis Miller, Emma (Jean) Tuttle, Joanne Whitaker, Edna Woolridge

What Members Say about Us!

"Central Connections is my home away from home. I come here every day to eat, to exercise, to volunteer. I don't know what I would do without the senior center."

"I meet my friends and eat every day at Central Connections. Transportation picks me up and takes me to my medical appointments and to shop and to the senior center."

"Central Connections allows me to stay in my home. Without the center's home delivered meals and transportation services, I do not know what I would do. It's nice to be independent."

- **Encourage friends and neighbors to vote YES to RENEW the Senior Citizens Levy.** Tell them why Central Connections is important to the well-being of older adults and why you are a member.
- **Support the campaign to RENEW the Senior Citizens Levy by donating**, in any amount, to: Committee to Renew the Senior Citizens Levy, c/o John Lyons, Treasurer, 1512 Longford Court, Middletown, OH 45042. Donations allow the Committee to promote passage of the tax levy renewal. Make checks payable to: Committee to Renew the Senior Citizens Levy.

On behalf of the Committee to Renew the Senior Citizens Levy, Central Connections thanks members and friends for their support and generosity.

If you would like transportation to and from the polls on Election Day, Tues., May 2, call Transportation Services, 513.422.6233, to schedule a trip.



HOURS OF OPERATION: Monday, Tuesday 9:00AM–4:30PM Wednesday 9:00AM–7:00PM Thursday 9:00AM–5:00PM Friday 9:00AM–3:30PM Saturday closed Sunday closed

Central Connections

3907 Central Ave
Middletown, OH 45044
513.423.1734
www.centralconnections.org
info@centralconnections.org

2016–2017 BOARD OF TRUSTEES

Reva Owens, *President*
Dr. Rick Hasemeier, *Vice President*
Deborah Preston, *Treasurer*
Elaine Garver, *Secretary*
Ginger Bruggeman
Marc Hagen
Richard Isroff
Lisa Jester
John Lyons
Anita Scott Jones
J.C. Shew
Bill Triick
Melissa Worbis

LEADERSHIP TEAM

Monica Smith, *Executive Director*
513.217.4912
Lisa Biedenbach, *Director of Operations* / 513.217.4915
Josh Blackmore, *Executive Chef*
Jan Freeze, *Accounting Coordinator*
Tina Pryor, *Human Resources & Public Relations Manager*
Beth Steward, *Wellness Manager*
Kathryn Wood, *Director of Development*

The Connection is the official newsletter of Central Connections. Please direct comments and suggestions to Lisa Biedenbach, Director of Operations, 513.217.4915 or lbiedenbach@centralconnections.org

Central Connections, a 501c3 nonprofit senior center in Middletown, Ohio, and a United Way Agency Partner, promotes whole-person wellness and serves the needs of adults over age 50 with nutritious meals, movement classes, transportation services, health screenings, recreation, volunteer opportunities, and social and educational events and programs.

8 Billiards Results / March

March 2: Scottish Double 9-Ball

1st: Dick Ledford, Les Helsley
2nd: Terry Highley, Dave DePew

March 9: Blind Draw

1st: Steve Hughes, Tom Helsinger
2nd: Dave DePew, Dick Johnson

March 16: 9-Ball "A"

1st: Steve Hughes
2nd: Terry Highley

March 16: 9-Ball "B"

1st: Tom Helsinger
2nd: Dave DePew

March 23: Scottish Double

1st: Terry Highley, Tom Helsinger
2nd: Steve Hughes, Dick Ratliff

Movement Opportunities *see insert for programs calendar*

Angela Knott, owner of Broadway Bound Dance Co. in Middletown, returns to teach **Artist-ry in Motion Dance Class on Mondays and Thursdays from 10:30–11:30 AM.**

This class includes beginner instruction for Jazz and Tap, all geared to novices and tailored for older adults. Each class will include 30 minutes of each dance style. There is no cost to members for this class; nonmembers may participate for \$3 per class. No special clothing or equipment is needed. Wear comfortable clothing so you can move easily; tennis shoes are fine.

The next **7-week session of Cardio Splash will occur on Mondays, April 17–June 3, from 10:15–11:00 AM.** Cardio Splash, an aquatic movement opportunity offered through the Middletown YMCA, provides low-impact shallow- and deep-water exercises and the same benefits as traditional exercising. This exercise is gentle on joints and allows exercise through a full range of motion. All fitness levels are invited to attend Cardio Splash held at the Middletown

YMCA. A minimum of 10 participants is required. Cost is \$30 per person. Register and pay at our Welcome Center by **Thurs., April 13.**

Class cancellations:

- **Silver Sneakers and Resisting Muscle Loss on Fri., April 7,** due to a Caregiver Wellness Workshop.
- **Tai Chi on Tues., April 25.**

An **organizational meeting for lady golfers will be held on Fri.,**



April 21, at 1:00 PM, in the Cohen Conference Room. The golf league begins on Friday morning, May 5, at Warren County Armco Park. Players of any level are welcome to join. League dues are \$10 for the season, and weekly course fees are \$10 (cart fee \$7). If interested, attend the meeting or contact League President Rita Connell 513.422.7043.

Whole-Person Wellness Opportunities

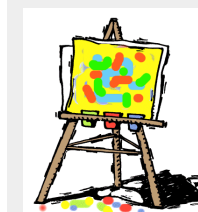
For any programs or classes, members and guests must register in person at the Welcome Center or call 513.423.1734.

Celebrate a rite of spring and watch on TV the **Cincinnati Reds' Opening Day Parade on Mon., April 3, from noon to 2:00 PM,** in the atrium. During the parade, play baseball and Reds' trivia games, with prizes awarded to winners. Eat lunch in the atrium. Popcorn, Cracker Jacks, and hot dogs will be provided. Everyone is encouraged to wear Reds' apparel. Go, Reds!



Join us for food and fun at the **Bunco Tournament on Tues., April 11, at 1:30 PM** in the Oak Room. Cost is \$10 per person and includes food and prizes. Register by Fri., April 7.

Mark your calendars for the Central Connections **art show opening ceremony on Wed., May 17, at 1:00 PM,** to showcase members' artistic talents.



Members may display in the show up to 3 pieces of art—a piece already created, a piece created just for the show, or a painting from a "Painting with Purpose" class. Artists can drop off their pieces from May 1–10 at the Welcome Center. All artists must complete an information sheet about each piece entered in the show (name of artist, title of art piece, and the art medium). Artists may sell their artwork displayed during the show. Optional information would include a short biography of the artist and a photo. For info, call Beth, 513.217.2495

Sarah Hellmann, director of Art for All People, will continue to lead art-making sessions called **"Painting with Purpose" on Wednesdays in April, from 10:15 AM–12:15 PM** in the card room.

Painting classes centered around themes close to our hearts continue: a painting class for **Addiction** (personal or affected by) will be held on **Wed., April 12, at 6:00 PM.** The arts can play a major role in healing, and anyone struggling with addiction or who has been affected by someone with addiction is invited to attend.

These programs are funded by a grant from the Ohio Arts Council.



Do you feel a call to travel, to explore new destinations and meet new people with similar interests? If yes, then come to a **travel information presentation by Joy Tour & Travel on Thurs., April 13, at 10 AM,** in our Cohen Conference Room. Joy Tour & Travel representatives will share info about and photos of day trips and tours they offer, and you will find out the amount of walking involved with each tour and the cost. Door prizes will be awarded.



Beginning in April, LifeSpan will host a **4-part financial series,** with each presentation starting at **10:30 AM** in the Cohen Conference Room. A minimum of 15 participants is required to hold each session. Session dates are:

- April 18:** "Scams Against the Elderly: What Constitutes a Scam?" Why are older adults targeted? How can older adults protect themselves?
- April 25:** "Scams Against the Elderly: The Latest Scams!" Available resources when a person is targeted or scammed.
- May 9:** "Credit in Retirement." The rules change in retirement.
- May 16:** "Saving in Retirement." How to save when you don't have a dime.

Our annual volunteer recognition event has been postponed. Invitations will be sent soon with the new date.

Celebrate members' April birthdays and anniversaries on Tues., April 25,



in the dining room at lunchtime! Join us for dessert sponsored by Haven Behavioral Health of Dayton. Thank you, Haven Behavioral Health of Dayton!