

Stay Connected! *News and Updates*

Central Connections announces the **café is now open from 9:00 AM to 2:30 PM Monday through Friday**. With the extended hours of operation, the café offers for purchase and carry-out: breakfast items; cold sandwiches; candy, snacks, chips; desserts; soft drinks and coffee. All snacks, candy, chips, and beverage cups will be sold only in the café during café hours of operation. All beverage cups are \$1 and are to be used on the day of purchase only. Water from a dispenser will be available at no cost in the dining room.

We appreciate generous hearts and are **grateful for donations** of:

- books with copyright after 2010 for our library;
- unbroken eyeglasses to be donated to Lions Club;
- clean, empty pill bottles to recycle (place them in the green recycle can in our coat room) to be donated to Matthew 25 Ministries;
- general-interest magazines published within the last 3 months for our reading racks.
- cash donations.

We ask that you do not bring in clothing, shoes, newspapers, older magazines, household items, and furniture. We do not have storage or display space for these items. Please donate such items to your favorite thrift store or recycling center. *Thank you.*

Members, please **review your member file at the Welcome Center** to ensure that your contact info (address, phone, email, emergency info, etc.) is current. Our Welcome Center volunteers will help you with any questions. *Thank you for your cooperation.*

The **Ohio Department of Aging and the Golden Buckeye Card Program offices have relocated** to 246 N. High St., 1st floor, Columbus, OH 43215-2406. Please update the contact info you have for the Department and Golden Buckeye Card program. All phone numbers, fax numbers, and e-mail addresses will remain unchanged. For questions or concerns, please call 614.728.0253 or 1-800.422.1976 (toll free). Our Welcome Center has forms for applying for and replacing a Golden Buckeye Card.

Our Social Services Department continues to take **applications for water discounts from the City of Middletown**. To receive a discount, you must be age 65 or older or identified as disabled through Social Security with a gross household income below \$25,000.

Also, **applications for the Home Energy Assistance Program (HEAP)** for the 2016-2017 winter heating season can still be completed and submitted.

Call Elaine McNabb, our Social Services Coordinator, for details on both programs, 217.2481.

Music at Noon

Wed., March 8, at noon
Golden Notes

Fri., March 17, at noon
Celtic Harpist

Celebrate **St. Patrick's Day** with Dr. Diane Schneider, a harp vibration therapist who will play Celtic music.



A Kentucky native, she trained at the University of Cincinnati College-Conservatory of Music. Her

CDs will be available for purchase.

✓ **Membership Committee Representatives only will meet on Mon., March 13, 10:00 AM.** Prior to the meeting, any member may submit comments and questions to the Committee—Audrey Schroff, Jerry Addison, Betty Carter, Kay Fraley, Judy Hamilton, and Ada Lewis—for consideration for discussion. Leave messages at the Welcome Center.

✓ **Executive Director Update on Wed., March 29, 12:30 PM.** All members are welcome to attend the meeting in the banquet center.

Come to Health Fair

All are invited to our free 6th Annual Health 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.

For more info, contact Wellness Manager Beth Steward, 217.2495.

All regularly scheduled events and programs at Central Connections will be canceled on Fri., April 28. Lunch will be served at the normal time, 11:30 AM–1:00 PM.



the connection

newsletter of CENTRAL CONNECTIONS for **MARCH 2017**
3907 Central Ave, Middletown, OH 45044 / 513.423.1734 / centralconnections.org

Dance Season 2017 Kicks Off with Swing Night on Thurs., April 13

The "Jump 'n' Jive Big Band" will kick off Central Connections' 2017 Thursday night dance season on Thurs., April 13, in the banquet center. Dances will take place on the second Thursday of the month from April through October 2017 and feature a variety of bands and DJs playing a mix of music genres—from Latin, beach, rock, and soul to classic country and jazz.



"Jump 'n' Jive Big Band" performs updated arrangements of music of the 40s and 50s as well as contemporary music. The swing band features more than a dozen professional musicians—trumpets, trombones, saxophones, drums, bass, guitar, piano—as well as a conductor and singers.

The swing band will perform from 7:00–9:00 PM on April 13. Doors will open that night at 4:30 PM for food, festivities, and prizes. The menu for opening night of the dance season will offer 2 selections: chili or a fish fry with hush puppies and fries.

Snacks and nonalcoholic beverages will be available for \$1 for purchase at all dances. Meals will be available only on April 13 and July 13.

For each dance, admission at the door will be \$5 per person. Doors will open at 5:30 PM.

A split-the-pot raffle and drawing for door prizes will be held during intermission of each dance.

The 2017 dance season schedule includes:

Swing Night on Thurs., April 13 / 7:00–9:00 PM—*"Jump 'n' Jive Big Band." Swing music*

Latin Night on Thurs., May 11 / 6:00–9:00 PM—*"DJ Luis." Salsa, marenga, R & B, and pop music*

Beach Party on Thurs., June 8 / 6:00–9:00 PM—*"DJ Brian Hellmann." Beach Boys, Jimmy Buffet, more!*

Rock the Block on Thurs., July 13 / 6:00–9:00 PM—*"Blair Carman & The Belleview Boys." 50s and 60s rock and rock-a-billy*

Soul Revue on Thurs., Aug. 10 / 6:00–9:00 PM—*"Soul Express." 60s and 70s soul*

Fall Classic on Thurs., Sept. 14 / 6:00–9:00 PM—*"Finton & Collins." Classic country and rock, jazz*

HalloweenFest on Thurs., Oct. 12 / 6:00–9:00 PM—*"B-Caged." 50s and 60s rock and country. Dance in costume, win prizes for best costumes!*

For more information, contact Wellness Manager Beth Steward at bsteward@centralconnections.org or 217.2495.

Welcome, New Members!

As of **February 27, 2017**

Carol Bishop, Steve Burrell, Jennifer Carter, Gloria Clay, Robert Coning, Ruth Cruse, James Disher, Gladys Enright, Melody Evans, Elmer Gayhart, Emma Hamilton, Robert Hamilton, Clarence Heard, Frances Heard, Barbara Hensley-Hounshell, Louise Jett, Daisy Kennedy, Ronald Lankfer, Mary Mowery, Brenda Otte, Bernice Powell, Barbara Rogers, Gail Sorrell, Barbara Williams



Set your clocks forward one hour on Sun., March 12



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 / February

Feb 2: Scottish Double 9-Ball

1st: Dick Ledford, Ken Ledford
2nd: Marc Lintner, Terry Oliver

Feb 9: Blind Draw

1st: Les Helsley, Dave DePew
2nd: Marc Lintner, Dick Johnson

Feb 16: 9-Ball

1st: Ben Frye
2nd: Dave DePew

Feb 16: 9-Ball

A: 1st: Jerry Addison
2nd: Dick Johnson

Feb 21: Scottish Double

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



Movement Opportunities *see insert for programs calendar*

The 38th season of the Central Connections **Ladies 9-Hole Golf League will begin in May.** Ladies play on Friday mornings for 19 weeks at Warren County Armco Park. The first tee-time is 9:00 AM (8:30 when weather gets warmer). Foursomes are created by blind draw of those present that morning. *Players of any level are welcome to join.* League dues are \$10 for the season, and weekly course fees are \$10 (cart fee \$7). League members do not need to be Central Connections members. If interested, contact League President Rita Connell, 422.7043. Organizational meeting info will be in the April newsletter.

SilverSneakers and Resisting Muscle Loss classes are canceled on Fri., March 10, due to a private event in our banquet center.

Creative Movements continues on Tuesdays, March 7–28 at 10:00 AM in the Buckeye Room. Donna Morrison, member-volunteer, will lead this fun class 4 more weeks. This movement class involves choreographed dance themes that will be broken down first then danced to high-energy music, such as “New York, New York,” Boogie Swing, jazz, clogging, and more. A posture and balance segment will be included in each class.

Hospice Care of Middletown is sponsoring a **free, 6-week Healing a Heart grief support group** that will meet on Monday nights, beginning March 20, and on Thursday afternoons, beginning March 23. All groups will meet at Hospice, 3909 Central Ave., with a focus on peer support, grief education, and developing coping skills. Call 424.2273 to register and for more info.

Caregivers are invited to a free **Caregiver Wellness Workshop on Fri., April 7,** from 8:30 AM to 1:00 PM, in our banquet center. Cosponsored by Catholic Charities of Southwestern Ohio, Central Connections, Hospice Care of Middletown, Haven Behavioral Hospital of Dayton, and Hospice Care of Middletown, the workshop is open to caregivers and professionals and includes lunch, 3 CEUs, and door prizes. RSVP by March 24 to Judy Vincent, 424.2273.

Whole-Person Wellness Opportunities

“Painting with Purpose” classes continue on Wednesdays in March, from 10:15 AM–12:15 PM, in the card room. Register for painting classes at our Welcome Center or call 423.1734.



Sarah Hellmann, director of Art for All People, will lead 2 painting classes in the craft room that focus on the arts’ healing and energizing aspects:

• **Thurs., March 9, at 6:00 PM,** for anyone experiencing **anxiety and/or depression.** Sarah will lead the class in painting and will recommend meditations to help alleviate suffering.

• **Fri., March 10, at 10:30 AM, for caregivers.** This class will offer support and an opportunity to relax and feel the energizing benefits of the creative arts. Sarah will lead the class in a featured painting along with messages of hope.

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



Central Connections will host an **art show in May** to showcase members’ artistic talents. Members may display up to three pieces of art—a piece already created, a piece created just for the show, or a painting from a “Painting with Purpose” class. More information with registration details will be available in the April newsletter.

Celebrate members’ February birthdays and anniversaries on Tues., March 28, in the dining room at lunchtime! Join us for dessert cake sponsored by Ohio Living—Mount Pleasant. Thank you, Ohio Living—Mount Pleasant!

Middletown’s **Neighborhood Watch** program, now operated by Middletown Division of Police, will hold its quarterly meetings in 2017 at Central Connections.

At the first meeting of 2017, on **Thurs., March 16, at 7:00 PM,** the new Neighborhood Watch facilitator, Identification Detective Vince Lovejoy, will introduce himself and review information about safety and crime in Middletown neighborhoods. A police officer for 32 years, Detective



Lovejoy started his career at Lemon Township Police Department before coming to the Middletown Division of Police in October 1994. He has served as a patrolman, Field Training Officer, K9 Officer, and Lead Evidence Technician. As ID Detective, he works cases and processes major crime scenes.

All are welcome to attend and bring concerns. Dates of the 2017 meetings, all held on Thursdays at 7:00 PM, are: **June 15, Sept. 21, and Nov. 16.**

A **nondenominational prayer meeting,** led by Charlie Wagoner of Germantown Baptist Chapel, will be held on **Fridays, March 10 and 24, at 10:00 AM,** in the Cohen Conference Room. Pray openly or quietly and read Scriptures. Everyone is welcome to attend.

A physical therapist from Premier Nursing will provide one-on-one **balance assessments and safety education** to members on **Tues., March 21, from 9:30–11:30 AM,** in the craft room. Following the balance assessment, the physical therapist will review a person’s specific fall risk factors and provide education and handouts for specific needs.

Celebrate **Cincinnati Reds’ Opening Day** against the San Francisco Giants, on **Mon., April 3, from noon to 2:00 PM,** and watch the Findlay Market Opening Day

Parade. Join in baseball and Reds’ trivia games, with prizes awarded to winners. Eat lunch in the atrium. Popcorn, Cracker Jacks, and hot dogs will be provided. Wear your Reds’ apparel. Play ball!

April is volunteer recognition month, and Central Connections will **salute our volunteers at a**



breakfast on Wed., April 5, at 8:30 AM, in our banquet center. Invitations with details will be mailed to qualifying volunteers.

