



# Sycamore Senior Center

a LifeSphere community program newsletter

The Mission of the Senior Center Division of LifeSphere is to assist older adults to live their lives with independence and dignity for as long as possible in their own homes.

**Serving these Hamilton County Residents from the**

**Sycamore Office:**

Arlington Heights, Amberly Village, Blue Ash, Camp Dennison, Columbia Township (45213), Deer Park, Dillonvale, Evendale, Guf Manor, Indian Hill, Kenwood, Kennedy Heights, bveland, 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

LifeSphere

Maple Knoll Village

The Knolls of Oxford

The Meadows

Mount View Terrace

Corbly Trace

Maple Knoll Child Center

Sycamore Senior Center

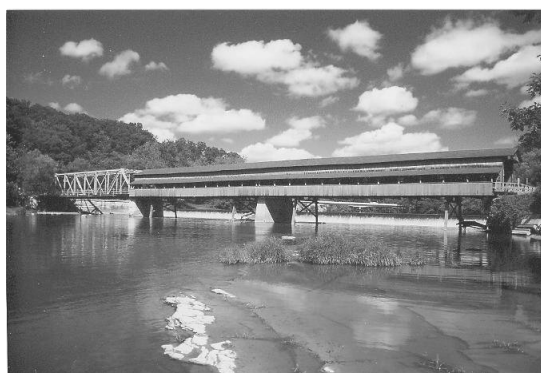
LifeSphere Home Health Services

LifeSphere Management, Inc.

WMKV 89.3 FM

## MARCH/APRIL, 2007

### COVERED BRIDGES —SYMBOL OF SMALL-TOWN AMERICA Wednesday, April 4, 2007 at 10:30 a.m.



*Ashtabula, Ohio Covered Bridge*

Covered bridges are a link to our past. Their charm and historic character have beckoned many tourists. They are historic, picturesque, and a compliment to any landscape! After three years of hard work, well-known photographer, Bill Miller, and two of the foremost authorities on historic bridges have completed their newest project, ***The Covered Bridges of Ohio, Kentucky, and West Virginia***. This publication promises to be the best book ever released on covered bridges with over

250 full-color photos, local history and bridge-building lore. On Wednesday, Mr. Miller returns to the Center to share his photographs and experiences that lead to his newest book. Invite a friend and plan to spend an entertaining morning with Bill Miller and explore many of the 160 still-standing, authentic covered bridges of Ohio, Kentucky and West Virginia.

### **SPRING FORWARD!**

Daylight Savings Time Begins March 11, 2007

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

Check the mailing label on this newsletter! If your membership expired before January, 2006, this will be your ***last*** issue of the Sycamore Newsletter. Call Sandy at 984-1234 to continue your membership.

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Visit our website: [www.lifesphere.org](http://www.lifesphere.org)

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## E-MAIL & ATTACHMENTS

**4 Classes (March 6, 8, 13, 15, 2007)**

Members: \$45      Guests: \$60

The most popular aspect of the Internet. This class covers Internet basics from browsers to searches, e-mail and instant messenger, sending and receiving attachments, as well as bookmarks, internet terminology, home pages and hyperlinks. Register for this class by calling 686-1010.

## DIGITAL CAMERAS MADE EZ

**4-Week Class (April 10, 17, 24 and May 1, 2007)**

**9:30—11:30 a.m.**

Members: \$40      Guests: \$55

Improve your family photo skills and travel memories with Digital Cameras Made EZ! Use your own digital camera or one of our "loaners" in a hands-on class. Computer familiarity preferred. Learn to take treasured photos. Register by calling 686-1010.

## INTRODUCTION TO MICROSOFT WORD

**4-Week Class**

**2:00 p.m.—4:00 p.m.**

The class will cover the basics of creating a document, editing, formatting text and paragraphs, proofing, saving, and printing using the Microsoft Word program. Included will be instruction on the toolbar. Pre-requisite for this class is a basic knowledge of computers and keyboarding. To register, call 686-1010.

## COMPUTER HELP SESSIONS—SPECIAL TOPICS

Stop in the Computer Lab every Monday or Friday at 1:00 p.m. for a one-hour seminar. Stay afterwards for more practice in the **Computer Help Session** (Monday and Friday 2:00 p.m.— 4:00 p.m.)

## USING THE MOUSE

**Monday, March 5 and Friday, March 8**

Workshop covers dragging, hovering, mouse pointers, and right click.

## TOOL BAR

**Monday, March 12 and Friday, March 15 and Monday, April 23**

Workshop covers back, forward, stop, refresh and home.

## MENU BAR

**Monday, March 19 and Friday, April 27**

Workshop covers print preview, text size, favorites, history.

## GREETING CARDS

**Monday, April 2**

Learn to send seasonal greeting cards via the Internet.

## EXCEL—CAR MAINTENANCE PROJECT

**Monday, April 9 and Friday, April 13**

Learn to track your car maintenance on the computer.

## EXCEL—HOUSE INVENTORY PROJECT

**Monday, April 16 and Friday, April 20**

## BUYING ON THE INTERNET

**Monday, April 30**

This workshop covers some basic tips on buying via the Internet. Safety precautions will also be addressed.

## COMPUTER HELP SESSION— OPEN LAB

**Mondays: 2:00 p.m.—4:00 p.m. and**

**Fridays: 2:00 p.m.—4:00 p.m.**

Get one-on-one assistance. No question is too trivial. All levels of computer knowledge are welcome. There is **no cost** to members.

### MARCH CLASSES

Classes Begin the Week of March 5, 2007

Monday	1:00- 2:00 pm	<b>Special Topics</b> (See Side Bar for dates & topics)
Monday	2:00- 4:00 pm	<b>Computer Help Session</b>
Tuesday	9:30-11:30 am	E-Mail & Attachments (March 6, 8, 13, 15)
Thursday	1:30- 3:30 pm	Computer Basics
Friday	1:00- 2:00 pm	<b>Special Topics</b> (See Side Bar for dates & topics)
Friday	2:00- 4:00 pm	<b>Computer Help Session</b>

### APRIL CLASSES

Classes Begin the Week of April 9, 2007

Monday	1:00- 2:00 pm	<b>Special Topics</b> (See Side Bar for dates & topics)
Monday	2:00- 4:00 pm	<b>Computer Help Session</b>
Tuesday	9:30-11:30 am	Digital Cameras (April 10, 17, 24 & May 1)
Thursday	1:30- 3:30 pm	Intermediate
Friday	1:00- 2:00 pm	<b>Special Topics</b> (See Side Bar for dates & topics)
Friday	2:00- 4:00 pm	<b>Computer Help Session</b>

#### **Basic & Intermediate**

Member Cost — \$40  
Non-Member — \$55

#### **E-Mail & Attachments**

Member Cost — \$45  
Non-Member — \$60

## CENTER SERVICES

### MEALS ON WHEELS...

Provides a nutritious meal for home-bound seniors who are unable to prepare a meal themselves. Volunteers deliver this lunch Monday through Friday; and microwavable meals are available for the weekend. If eligible, the price is on a donation basis.

**Call 686-1003 for information.**

### INFORMATION AND REFERRAL...

A Community Outreach Coordinator is on staff to assist with the following services:

- Consultation
- Home Visits
- Crisis Intervention

**For information call 686-1003.**

### NEED A HAND AROUND THE HOUSE?

An energetic Sycamore Senior Center volunteer is very handy to have around! Tom Sherwood has been busy helping several members with various odd jobs around the house. "I moved to Sharonville a few years back and wanted to continue my commitment to helping others. I remembered how satisfying it was to work with Sycamore Senior Center, so I came back and met Joshua." Joshua suggested the idea of Tom becoming a handyman, and the calls started coming in. It's very rewarding. Tom is a realtor with Sibcy Cline, so he is somewhat flexible during the day. If you need help around the house, Tom is your man! Please keep Tom Sherwood in mind. To request Tom, call Joshua Howard at 686-1004.

## TRANSPORTATION

**Sycamore Senior Center** offers transportation services for trips to medical appointments and your local grocery store on Monday, Wednesday and Friday. To find out how to get registered for this service, please call 686-1002.

### To request a ride to a medical appointment or a trip to the grocery store:

- Call 686-1002.
- If prompted to, please leave a voice message including your name, appointment date, time and location. You will receive a return call within two business days (unusual circumstances pending). Appointments can be booked up to three months in advance.

### To request a ride into the senior center:

- Call our receptionist at 984-1234 to request a trip on our shuttle service.

### To return home after your appointment:

When you are ready to be taken home from an appointment, call your driver directly or our receptionist at 984-1234

### Cancellations:

If you must **cancel your appointment**, call Emily as soon as possible. (686-1002)

### For Day of Cancellations:

Please call receptionist at 984-1234.

### For your protection and that of your driver, we must institute the following guidelines:

- The Center's transportation service is "door-to-door." Riders must be able to get from their house to the vehicle.
- Riders must be ready at their scheduled pick-up time.
- Only standard size wheelchairs will be transported.
- Drivers are not permitted to physically transfer a rider into a wheelchair.
- The ability to provide service will be re-evaluated if unsafe conditions arise for the passenger or driver.

It is a pleasure to serve you. We hope you find the service both helpful and enjoyable. Please remember each situation will be assessed on an individual basis. If you have questions regarding these guidelines, please ask your driver.

## **WEDNESDAY WOWS(!)**

### **THE INSTITUTE FOR LIFETIME EDUCATION (ILE)**

The Institute for Learning in Retirement is *now* the **Institute for Lifetime Education**, so the ILR is *now* the **ILE**. Although the name has changed, the commitment to offer a stimulating curriculum, with a wide variety of classes, at convenient locations has not. Sycamore Senior Center will continue to host the Wednesday WOWS(!) each Wednesday from 9:00 a.m. to noon. Center members are invited to attend.

#### **SID KAUFFMAN ON IMMIGRATION LA (WOWS!)**

**Wednesday, March 7, 2007**

**9:00 a.m.**

In recent years, immigration has become a major issue with profound social, political, and economic implications. How real are these issues? Join Sidney Kauffman, lawyer and immigration expert, in discussing the nature of immigration, the problems it has created, and proposed solutions.

#### **WATER: AN UNLIMITED RESOURCE? (WOWS!)**

**Wednesday, April 11, 2007**

**9:00 a.m.**

Water is a critically demanded resource everywhere on the planet. But, is the supply unlimited? Join local professionals and scholars in discussing how the supply and demand for water creates conflicts both in the United States and in international treaty negotiations. Learn how our local community protects and manages its water resources.

#### **EXIT STRATEGIES FOR IRAQ (WOWS!)**

**Wednesday, April 18, 2007 at 9:00 a.m.**

Leaving Iraq and its aftermath are critical issues facing the United States. What can we learn from other, possibly similar situations? Dr. Irvine (Dusty Anderson) will cover the British experience in Iraq from the 1920's to 1932. Dr. Pritta Desai (Northern Kentucky University) will discuss the British experience in India. The American exit from Viet Nam will be discussed by Dr. John McNay (Raymond Walters).

#### **SPECIAL TREAT: A MIDSUMMER NIGHT'S DREAM (WOWS!)**

**Wednesday, April 25, 2007 at 9:00 a.m.**

**(Program held at Raymond Walters College Auditorium)**

Do you want to enhance your classical education and have a great deal of fun in the bargain? Join us for a truly unique WOWS! experience. Players from the Cincinnati Shakespeare Theater will perform **A Midsummer Night's Dream** in costume. Sycamore Senior Center members are welcome. For further parking details, call Mike at 686-1010.

*Looking for care for your loved one?*

### **Bodmann Pavilion**

on the campus of Maple Knoll Village

Long Term Care

Rehabilitation Services

Dementia Care

*Bodmann Pavilion is a proud member of CARF-CCAC.*

Bodmann Pavilion accepts admissions 24 hours a day, 7 days a week.

For more information on Bodmann Pavilion services,

please contact the Bodmann Pavilion Admissions Coordinator at 513.782.2657

or check our website at [www.LifeSphere.org](http://www.LifeSphere.org)

## LIFELONG LEARNING & RECREATION

### LOW VISION SUPPORT GROUP

**3<sup>RD</sup> Monday of each month at 11:15 a.m.**

The Low Vision Support Group meets on the 3<sup>rd</sup> Monday of each month. Meetings are facilitated by the Cincinnati Association for the Blind and Visually Impaired. All are welcome.

### CREATIVE WRITING GROUP

**2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the Month  
at 1:30 p.m.**

Are you planning to write your memoirs? Or would you like to meet with other creative writers? The Creative Writing Group is for you! Join the group and share your ideas on writing – whether it be your memoirs, poetry or short stories.

**ASK A NURSE: THE NURSE IS IN**  
**Sponsored By LifeSphere Home Health**  
**Wednesdays, 10:00 a.m. – 11:00 a.m.**

What is my blood pressure?

I have questions about allergies?

Why am I taking a certain medicine?

My mother keeps falling at home. Why is this happening?

Home care questions.

Cold and flu information.

Why can't I sleep?

What are advance directives?

I'm going to have surgery, what can I expect?

**ASK A NURSE is a provided to the community  
by LifeSphere Home Health Services.**

### BEGINNING DRAWING

**Fridays — 9:30 a.m.**

This is an introductory class using pencil or graphite stick for the very beginner. Work initially with still life arrangements. Learn the basics—even if you can't draw a straight line! This class is for you.

### BOOK TALK

**Thursday, March 1, 2007 at 1:30 p.m. and  
Thursday, April 5, 2007 at 1:30 p.m.**

Mr. Joel Corneli of the Sycamore Library facilitates our book club the first Thursday of each month. Call 984-1234 to find out the book title for the month. Meet others with a passion for reading. Plan on joining the group for a stimulating discussion each month.

### CHAIR VOLLEYBALL

**Thursdays at 9:00 a.m.**

If you are interested in a fun activity that also has great health benefits, stop by the Buckeye Room on Thursday mornings at 9:00 a.m. and try a game of Chair Volleyball. Don't miss out on this exciting and fun physical fitness opportunity! Call Mike at 686-1010 for more information.

### MAPLE KNOLL BIG BAND DANCE

**The 2<sup>nd</sup>, 4<sup>th</sup>, & 5<sup>th</sup> Sunday of the Month**

**Sunday, March 11, 2007**

**Sunday, March 25, 2007**

**Sunday, April 22, 2007**

**Sunday, April 29, 2007**

Ticket Price: \$10.00

The Maple Knoll Big Band Dance is held at Maple Knoll Village Auditorium located at 11100 Springfield Pike. There will be a dance lesson from 1:00 — 2:00 p.m. The dance follows from 2:00-5:00 p.m. Please note: The Big Band Dance will **NOT** be held on Easter Sunday, April 8. On Sunday, April 29, the featured band will be the Blue Chip City Big Band.

### TAX RETURN ASSISTANCE

**(By Appointment ONLY!)**

**March, 2007**

Once again, Sycamore Senior Center will have volunteers on hand during the month of March to assist with your tax return preparation. Call 984-1234 for your appointment.

### REMEMBER THE DAYS OF "LIVE" RADIO— YOU'RE INVITED TO A "LIVE" BROADCAST!

**Friday, March 2, 2007 at 3:00 p.m.**

**Maple Knoll Village  
Auditorium**

Ronnie Kole, accomplished New Orleans' jazz pianist, will be performing live in the Maple Knoll Village Auditorium during a live broadcast of WMKV Radio. Ronnie plays a wide range of music from jazz to classical. He has played all over the country, appeared on network television, and played for several presidents and one pope. Save the date and be part of "live" radio on Friday, March 2 at 3:00 p.m. when Ronnie is interviewed and performs on WMKV Radio.



## HUMANA HEALTH PLAN

**Tuesday, March 13, 2007 at 10:30 a.m.**

If you are in the market for a new Medicare health plan, a representative from Humana will be at the Center to answer your questions. Stop in and learn about Humana's 2007 Medicare Advantage health plan.

## IRISH COFFEE, SUNDAES & MUSIC

**Friday, March 16, 2007**

**Sundaes & Coffee between 12:30-1:30 p.m.**

**Entertainment at 1:30 p.m.**

On Friday, March 16, stop by the Center for a cup of Irish coffee or a Crème de Mint Sundae (moderately priced) and celebrate St. Patrick's day. Entertainment will be provided by guitarist, Pete Papania, at 1:30 p.m. Pete plays popular songs from the 1920's thru the 1960's from songwriters like George Gershwin, Cole Porter, and Harold Arlen in the styles of Frank Sinatra, Nat King Cole, and Andy Williams. Everyone is invited. This concert is being brought to you at no charge. Bring a friend. Come early, enjoy a delicious lunch in the Sycamore Café, treat yourself to an Irish Coffee or Sundae, and be entertained by Pete Papania!



## BLANKET DAY

**Tuesday, March 20, 2007**

**9:00 a.m.—3:00 p.m.**

The Sycamore Stitchers meet each Tuesday morning at 10:00 a.m. This spring the class will review quilting techniques for many of its new members. On Tuesday, March 20, the class will spend the entire day working on blankets and quilts that will be donated to various local organizations including *Project Linus*, *Hospice of Cincinnati*, and *Children's Hospital*. To date the Sycamore Stitchers have donated over 1,000 quilts to Project Linus. The group welcomes new members. If you cannot attend **Blanket Day** on March 20, but would like to donate materials, please contact Marilyn Fox at 733-5270 for more information.

## ITALIAN BASICS

**Wednesdays beginning March 21, 2007**

**1:00 p.m.**

Members: \$60 (10-week class)

Guests: \$75 (10-week class)

Learn to communicate in this beautiful language. This class will address the basics of pronunciation, vocabulary, and sentence structure as you begin to develop conversational skills. Emphasis of the class will be on speaking and pronunciation, plus special expressions for travelers. Call 984-1234 to register.

## THE AMERICAN ASSOCIATION OF INDIVIDUAL INVESTORS (AAII)— SELECTING THE BEST STOCKS & FUNDS ON PROJECTED ANNUAL RETURNS & QUALITY

**Wednesday, March 21, 2007 at 6:30 p.m.**

This AAII group provides education and discussion about investing, primarily in stocks. The focus is on using the computer to select and manage stock portfolios. Up-to-date information is accessed from the Internet via WIFI and displayed via computer projector. This month's topic, "*How to Select the BEST Stocks and Funds Based on Projected Annual Returns and Quality — NOT the Rear View Mirror!*" Our presenter, Mark Robertson, an ex-senior editor of **Better Investing** magazine, provides resources for investment research and portfolio management through his business, Manifest investing, LLC. All are welcome.

## 55 ALIVE — DEFENSIVE DRIVING CLASS

**Thursday, March 22 and March 29, 2007**

**10:30 a.m.—3:00 p.m.**

Class Fee: \$10 (Made payable to AARP at class)

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older. It has helped millions of drivers remain safe on today's roads. This class is designed to help the student tune up driving skills and update knowledge of the "rules of the road." Learn about normal age-related physical changes and how to adjust your driving to allow for these changes. Reduce traffic violations, accidents, and chances for injuries. Many auto insurance companies in most states provide a multi-year discount to AARP 55 Alive class graduates. Be safe on the road and get an insurance discount! Register today by calling 984-1234. You must attend both classes to earn a certificate.



## TRAVELING WITH MEDICAL ISSUES (What, When and Where?)

**Thursday, March 22, 2007 at 10:30 a.m.**

When traveling, do you wonder what medical information to carry with you, when you should seek medical care, and what options are available to you if a medical problem should arise? Mr. Steve Lohre of *Med+Urgent Care* will answer your travel-related medical questions when he visits the Center on Thursday, March 22. Be prepared for an informative presentation, and be sure to bring all of your questions!

## **STRESS MANAGEMENT THROUGH MASSAGE, TAI CHI AND AQUATIC EXERCISE**

***Tuesday, April 17, 2007 at 10:30 a.m.***

Stress is the "wear and tear" our bodies experience as we adjust to a constantly changing environment. Stress affects us both physically and emotionally and can have either a positive or negative effect. This presentation will include lecture and hands on experience to help you understand how to relieve stress in our environment. Through the use of Tai Chi, proper breathing, gentle kneading massage and percussion, you will learn how to relax the body. Exercises to increase muscle strength and improve cardiovascular fitness and improve the body's ability to fight stress will also be demonstrated.

## **AMERICAN ASSOCIATION OF INDIVIDUAL INVESTORS (AAII) — SCOTTRADE**

***Wednesday, April 18, 2007 at 6:30 p.m.***

This AAI group provides education and discussion about investing, primarily in stocks. The focus is on using the computer to select and manage stock portfolios. Up-to-date information is accessed from the Internet via WIFI and displayed via computer projector. This month's topic will be **Scottrade**. A representative of this popular discount brokerage will be here to show us how to gather useful information from the Internet for stock investing and to tell us about some of the services which his firm provides. We can also expect to get a market outlook. All are welcome.

## **HEALTHY HANDS**

***Thursday, April 24, 2007 at 10:30 a.m.***

Greg Irwin, founder of Hand Health Unlimited, will be our special guest on Thursday, April 24. Mr. Irwin believes that the key to reducing injury, stress and fatigue of the hands is to improve their strength, flexibility and mobility. When he visits the Center on April 24, he will demonstrate exercises that are designed to help you do just that! Be sure to save the date and invite a friend for this informative program. Learn techniques to improve your hand dexterity and keep them healthy!



*Irwin demonstrates his exercises on the Tonight Show*

## **GOLDEN AGE OF RADIO**

***Thursday, April 19, 2007 at 10:30 a.m.***

Relive some great radio memories as Mike Martini and George Zahn of 89.3FM, WMKV discuss the *Golden Age of Radio*. Mike Martini is the host of WMKV's *Theatre of the Mind*, weekdays at 11:00 a.m. and co-host of *The Big Broadcast*, Saturdays 7:00-11:00 p.m. Mike and George will talk about the music and nostalgia programming on WMKV; and Mike will talk about Cincinnati's rich radio history as a major program producer for the nation in addition to opening the floor to discuss some of your favorite radio memories or to answer your questions.

## **CAREERS AFTER RETIREMENT—CAREER FAIR**

***Tuesday, April 24, 2007***

***2:00 -4:00 p.m.***

Would you like to continue an active, contributing life after retirement? Do you need to earn extra income? Stop by the Career Fair for Retirees on Tuesday and discover the opportunities that await you.

## **GOLF LEAGUES AT SYCAMORE CENTER**

### ***MONDAY LEAGUE***

The Monday golf league plays at Sharon Woods. The league is accepting applications from golfers age 50 and over. The Monday league is in need of subs and regular players. For more information, contact Earl Ward at 791-6136.

### ***TUESDAY/THURSDAY LEAGUE***

Sycamore's Tuesday/Thursday men's golf league begins play May 1 and May 3 at Western Row Golf Course. The contemplated move to Kingswood has been cancelled since that course will close. Older and high handicap golfers will have the option of playing from the forward tees in both leagues. Call Mike Albl at 891-5545 to sign up or get more information.

### ***WEDNESDAY LEAGUE***

The Wednesday morning golf league plays at Western Row Golf Course. There is an 8:00 a.m. shotgun start. All golfers begin play at the same time, on assigned tees. If you are interested in joining this league or would like more information, contact Earl Bene at 984-1644. (Leave a message if Earl cannot be reached!)

## **LADIES' GOLF LEAGUE**

***Meeting Date: Thursday, April 12, 2007***

***10:30 a.m.***

The Ladies' Golf League plays at GE Golf Course on Thursday mornings. The group is looking for new members. Plan to attend an organizational meeting on Thursday, April 12 at 10:30 a.m. If you have any questions, call 686-1010.

## DAY TRIPS

### ARGOSY CASINO

**Wednesday, March 14, 2007 and  
Wednesday, May 22, 2007 (Please note date  
Correction!)**

DEPART: 10:30 a.m.

RETURN: 4:45 p.m.

Members: \$20      Guests: \$28

The casino trips include an Argosy buffet lunch, round trip motor-coach transportation and bus driver's gratuity. Call 686-1010 for reservation.

### A WELL-TUNED MACHINE — TOYOTA PLANT TOUR

**Friday, April 20, 2007**

DEPART: 11:00 a.m.

RETURN: 5:30 p.m.

Members: \$44      Guests: 59

Travel to Georgetown, Kentucky and tour the state-of-the-art Toyota plant, birthplace of the Avalon, Camry, and Solara. You won't want to miss this exciting tour, watching how cars are made from start to finish! The plant produces about 2,000 cars every day. Visitors travel through the plant via tram, so there is very little walking involved. Afterwards, a lunch stop at the Cracker Barrel Restaurant in Georgetown is included. The price of this trip includes round-trip motor-coach transportation, lunch and all gratuities. This trip fills quickly. Call 686-1010 for a reservation.



**PLEASE NOTE:** All visitors must bring a picture ID. No purses, bags, or fanny packs are allowed on the manufacturing floor. (Wallets are permitted).

### TRILLIUMS BY THE ACRE

**Wednesday, May 2, 2007**

DEPART: 9:00 a.m.

RETURN: 5:00 p.m.

Members: \$40

Guests: \$55

Sycamore Center is teaming with the Institute for Lifetime Education and traveling to a beautiful wilderness sanctuary. Delight your senses with the smells and sights of some of Ohio's most breathtaking spring wildflowers. This tour includes motor-coach transportation, a box lunch, entrance into Highland with guides and bus driver's gratuity. Spaces are limited. Call 686-1010 today.



### THE GLITZ AND MORE!

**May, 2007**

**Exact Date & Price TBA**

Travel to Nonesuch, Kentucky for a memorable day of browsing, dining, and simply enjoying the countryside. Irish Acres Gallery of Antiques has something for everyone—from the serious collector to the curious browser! After wandering through the displays of gifts and accessories, experience an elegant lunch at the Glitz Restaurant. After lunch, we will tour some of the neighboring landmarks. Call 686-1010 for the exact date, price, and reservation.

### TAKE ME OUT TO THE BALL GAME

**Thursday, June 14, 2007**

DEPART: 10:30 a.m.

RETURN: 4:30 p.m.

Members: \$29      Guests: \$44

Spend a fun-filled afternoon at the **Great American Ball Park** and cheer on our Cincinnati Reds! Lunch will be on your own—hot dogs, of course! The price of this trip includes transportation and the bus driver's gratuity. Tickets are limited. Call 686-1010 today!

### THE MORMON TABERNACLE CHOIR & THE CINCINNATI POPS at RIVERBEND

**Friday, June 29, 2007**

Supper at Center: 4:45 p.m.

Depart: 6:30 p.m.

Return: 11:30 p.m.

Members: \$109      Guests: \$124

**(Discounted price if paid by April 15, 2007:  
Members: \$104 Guests: \$119)**

The Mormon Tabernacle Choir performs with the Cincinnati Pops Orchestra, led by conductor Erich Kunzel on Friday, June 29, at Riverbend Music Center. This once-in-a-lifetime event features one of the oldest, largest and most beloved choirs in the world. Cincinnati Pops Conductor Erich Kunzel and Mormon Tabernacle Choir director Craig Jessop will jointly plan the program for this special concert event. Selections will be drawn from the over 1,000 pieces of music in the Choir's repertoire which range from Bach to Broadway. The price of this trip includes dinner, VIP seating at Riverbend, and round-trip motor coach transportation including bus driver's gratuity. Tickets are limited for this sold-out event. Please call 686-1010 for reservations. **PLEASE NOTE:** Since ticket availability is limited, payment is due within one week of registration.

## MONTHLY TRAVEL MEETING

Monthly travel meetings will be held at the Center on the second Tuesday of each month at 1:00 p.m. in addition to the following scheduled presentations:

### PRESENTATION DATES—

- ◆ **Monday, March 12 at 1:00 p.m.**  
Colorado
- ◆ **Tuesday, March 13 at 1:00 p.m.**  
Chicago and Summer in Michigan & Wisconsin, New England and Nova Scotia
- ◆ **Tuesday, April 10 at 1:00 p.m.**

## **BRANSON—SPRINGTIME IN THE OZARK MOUNTAINS**

April 9-12, 2007

Visit the beautiful Ozark Mountains this spring as Branson celebrates the area's biggest event—the 15<sup>th</sup> annual **Branson Fest 2007!** Here is your chance to attend this very special festival where you can meet Branson entertainers one-on-one, sample Branson's best food and see what's new for 2007! This trip includes four of Branson's best shows and a dinner cruise on the *Showboat Branson Belle*, one of the grandest showboats afloat! Visit the St. Louis Gateway Arch and learn about our American Pioneer history. This getaway has it all—spring scenery, exciting shows, delicious meals and interesting sightseeing. Don't miss it.

## **CHICAGO**—June 5-7, 2007

Visit the most exciting city in the mid-west—Chicago! Take a unique Chicago River cruise, tour Shedd Aquarium, and visit the observation deck at the top of Sears Tower. A dinner cruise on Lake Michigan, complete with fire works, will highlight this excursion.



## **SUMMER IN MICHIGAN AND WISCONSIN**

July 10-14, 2006

This great summertime adventure features the picturesque eastern shore of Lake Michigan and the popular Wisconsin Dells. See the Michigan's unique



sand dunes on an exciting dune ride where lighthouses dot the coast. Visit a working dairy farm and enjoy a "down home" luncheon. Board the SS Badger for a wonderful

cruise across Lake Michigan to Wisconsin. Experience the best of the Dells—The Tommy Bartlett Water Show, Upper Dells Boat Cruise and House on the Rock.

## **PACIFIC NORTHWEST CRUISE**—

November 2-12, 2007

This unforgettable cruise takes you from Vancouver to San Diego. Tour Vancouver with its cobblestone streets, enjoy a stop in Victoria complete with a walk through the world-famous Butchart Gardens, and explore the exciting "city by the bay." San Francisco has long inspired songs and legends; it's the gateway to wine country. Space on this cruise is limited. Make your reservation now and don't miss out on this trip.

## **COLORADO ROCKIES**—August 13-20, 2007

Travel to the magnificent Rocky Mountains in colorful Colorado. Explore Rocky Mountain National Park where you will see alpine glaciers, big-horned sheep, elk and black bears. This trip includes a visit to the Continental Divide, Vail, Durango and Silverton Gauge Railroad, Mesa Verde National Park, Garden of the Gods, Pike's Peak and the U. S. Air Force Academy to name a few!

## **NEW ENGLAND & NOVA SCOTIA FALL CRUISE**

September 21-30, 2007

Set sail from Baltimore on a nine-night cruise to view the rugged New England and Nova Scotia coastline and sweeping vistas filled with the golds and reds of New England's magnificent fall foliage. Visit Bar Harbor, tour the coast of Halifax and experience the natural wonder of St. John.

**Sycamore Friendship Circle**

A program to further group activities for single seniors. Join us for fun & fellowship.

**All meetings held at Sycamore Senior Center.**

- Monday, March 5, 2007 at 6:00 p.m.
- Monday, March 19, 2007 at 1:30 p.m.
- Monday, April 2, 2007 at 6:00 p.m.
- Monday, April 16, 2007 at 1:30 p.m.

Pick up the current activity list in the office corridor, opposite the Conference Room.  
For additional information, call 677-5028.

**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. A suggested donation of \$2.50 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**

- \_\_\_ \$20 Individual/ Year
- \_\_\_ \$35 Couple/Year
- \_\_\_ \$1000 Golden Lifetime
- \_\_\_ New \_\_\_ Renewal

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

Phone \_\_\_\_\_

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

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

# Welcome New Members

**NOVEMBER**

**DECEMBER**

- Joyce Alpiner
- Daniel and Jane Compton
- Richard and Carol Daum
- Claudette Easley
- Cy and Juliana Fey
- JoAnne Fritz
- Stan and Rhona Joseph
- Linda Kauffung
- Carol L. Meeker
- Kate Mountjoy
- Thomas G. Thomas
- Elizabeth Torello
- Richard and Beverly Walthou
- George Weidner

- Jim and Loretta Baskerville
- Corinne Belford
- Samuel L. Campbell
- Gary and Coleen Davis
- Jay Dewitt
- Bill Gaines
- Jane Graver
- Ann Marie Grever
- Ray Hardke
- Jim and Joyce Hausserman
- Carol Heideman
- Tillie Justin
- Margaret A. Kinsey

- Jim and Judy Koopman
- Marla Kurlansky
- Ellen Lehr
- David Leugers
- Myra Resnick
- Phyllis M. Schaefer
- Michael Schmerier
- Elaine Schneider
- Grace Shvegza
- Margaret C. Sirois
- Marg Stephens
- Bruce W. Stowe
- Howard Theetge
- Mary A. White
- Kathy Wyrick

**Please contact the Welcome Center at 984-1234 if your name does not appear on the New Member list.**

**MOVIES ON THE BIG SCREEN**

**"The Devil Wears Prada"**

Wednesday, March 21 at 6:30 p.m.

Comedy/Drama

Starring: Meryl Streep & Anne Hathaway

**"Hoosiers"**

Friday, March 30 at 1:00 p.m.

Drama

Starring: Gene Hackman, Barbara Hershey,  
And Dennis Hopper

**"An Inconvenient Truth"**

Friday, April 13 at 1:00 p.m.

Documentary

Starring: Al Gore

**"A Good Year"**

Wednesday, April 18 at 6:30 p.m.

Drama

Starring: Russell Crowe and Albert Finney

\$1.00

Movie & Popcorn

**STRIDERS . . .**

Join the Striders every Tuesday Morning at 9:00 a.m. at the Center and head to a designated area to walk followed by lunch at a restaurant.

**Striders' Walking Schedule . . .**

March 6	Glendale Streets	O'Charley's (Route 747)
March 13	Winton Woods	Golden Corral
March 20	Swaim Park	Montgomery Inn
March 27	Cottel Park	Claddaugh Irish Pub
April 3	Glenwood Gardens	Century Inn
April 10	Maple Knoll Village	Manor House
April 17	Weller Park	Willie's Sports Bar
April 24	Little Miami Trail	The Works



# Maple Knoll Village & The Knolls of Oxford

*Communities That Care*

**Maple Knoll Village**

- Independent Living Apartments, 1 and 2 Bedrooms
- Independent Cottages, 1 and 2 Bedrooms
- Assisted Living Apartments, 1 and 2 Bedrooms
- Wellness Center with indoor heated pool
- Skilled Nursing Care
- Rehabilitation Services

**(513) 782-2717**



**The Knolls of Oxford**

- Independent Cottages, 2 and 3 Bedrooms
- Assisted Living Apartments, 1 and 2 Bedrooms
- Memory Support Residences
- Skilled Nursing Care
- Rehabilitation Services
- Wellness & Fitness Programs

**(513) 524-7990**

*LifeSphere is a non-profit corporation serving older adults since 1848.*

communities that care

[www.lifesphere.org](http://www.lifesphere.org)

## HOME CARE SERVICES...

Whether you are coming home from the hospital or nursing home, or if you need extra assistance after an illness or a little help in your home, LifeSphere Medicare Certified Home Health Services can help. Our registered nurses, home health aides, homemakers, physical, occupational, and speech therapists are committed to providing excellence in home health care delivery. Please call LifeSphere Home Health Services at 782-2546 with questions.

### ***LifeSphere Home Health Services***

#### ***ASK A NURSE***

LifeSphere Home Health Services is proud to be working with the Sycamore Senior Center staff in serving Sycamore Senior Center members and the community at large.

**Every Wednesday, a nurse from LifeSphere Home Health Services will be at Sycamore Senior Center from 10:00 a.m. to 11:00 a.m. to provide FREE blood pressure checks to anyone interested.**

LifeSphere Home Health Services and the Sycamore Senior Center Meals-on-Wheels and medical transportation, are LifeSphere Community Programs that provide care and services to older adults so that they can reside independently and safely in their own homes as long as possible.

*For more information on services such as personal care, homemaking, physical, occupational, speech therapy, or nursing, please contact LifeSphere Home Health Services at 782-2546*

## **SYCAMORE SENIOR CENTER CELEBRATES VOLUNTEERS!**

### **National Volunteer Week, April 15-21**

National Volunteer Week is about thanking one of America's most valuable assets – our volunteers – and calling your attention to all that volunteers do to improve our communities.

This year the President's Council on Service and Civic Participation is asking you to join in thanking the millions of deserving volunteers during National Volunteer Week and throughout the year. The 2007 theme is "*Inspire By Example*" because it truly reflects the power volunteers have to inspire the people they help, as well as, to inspire others to serve!

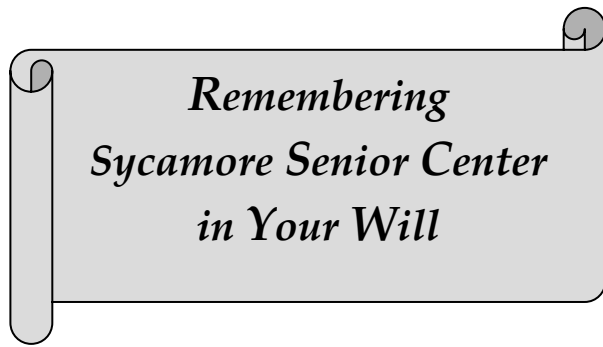
A recent survey conducted by the Gallup Organization for Independent Sector found 44% of Americans volunteer with a formal organization. That translates into an estimated 83.9 million people volunteering an equivalent of 9 million full-time employees at a value of \$239 million. Volunteering is a gift to our whole community; a gift that benefits both the recipient and the giver. Sycamore's volunteers say they volunteer because "They find it is personally rewarding and satisfying," "They get a lot back for what they give," and "They experience a variety of personal benefits and satisfactions".

In recognition of Sycamore Senior Center's Volunteers and their ongoing efforts and commitment to the community,

#### ***Well Done!***

National Volunteer Week began in 1974 when President Richard Nixon signed an executive order establishing the week as an annual celebration of volunteering. Since then, every U.S. President has signed a proclamation promoting National Volunteer Week. Additionally, governors, mayors and other elected officials make public statements and sign proclamations in support of National Volunteer Week.

***If you would like to volunteer to deliver Meals on Wheels, please call 984-1234 or email Cynthia at [cholloway@lifesphere.org](mailto:cholloway@lifesphere.org).***



*Remembering  
Sycamore Senior Center  
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 Meals-On-Wheels.

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 686-1010.**

## *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 457 bricks engraved to date with plenty of available space for you to remember or honor a family member or friend. Bricks cost \$100 each and include 3 lines of text, 14 characters per line. 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 686-1010. New additions to the Memorial Walkway include:

## *Memorials & Honorariums*

***In Honor of***  
Mr. & Mrs. Charles Meyers  
By  
Jessie A. Ballbach

***In Memory Of***  
William Runyan  
By  
Wednesday Bridge

***In Memory of***  
Fay Stratameyer  
By  
Wednesday Bridge

## *End of the Year Giving*

Thank you to the following donors who have given to the Annual Fund Campaign to the Sycamore Senior Center through December 31, 2006. Your generosity is appreciated. Your gift continues the services for older adults to live with independence and dignity for as long as possible in their own homes.

Richard Busald

Lorraine Hunt

Harvey Mason

James Dunlap

Lois M. Keefe

Sycamore Duplicate Bridge

## MONDAY

Exercise Class	8:00 a.m. - 8:45 a.m.	\$3.50
Exercise Class	9:00 a.m. - 9:45 a.m.	\$3.50
Open Bridge	9:00 a.m. - 12:00 p.m.	\$1.00
Sketching for Fun	9:30 a.m. - 1:30 p.m.	\$1.00
Line Dancing	10:00 a.m. - 11:00 a.m.	\$1.00
Low Vision Support Group (3 <sup>rd</sup> Monday)	11:15 a.m. - 12:30 p.m.	
Pinochle	1:00 p.m. - 4:00 p.m.	\$1.00
Tai Chi/Qigong	2:00 p.m. - 3:00 p.m.	\$6.00
Sycamore Friendship Circle (1 <sup>st</sup> Monday And 3 <sup>rd</sup> Wednesday)	6:00 p.m. - 9:00 p.m.	\$1.00
	1:30 p.m. - 3:30 p.m.	\$1.00

## TUESDAY

Resisting Muscle Loss	8:00 a.m. - 9:00 a.m.	\$1.00
Striders	9:00 a.m. - 9:30 a.m.	\$1.00
Yoga	9:00 a.m. - 10:00 a.m.	\$6.00
Wood Carvers (Plus Cost of Kit)	9:00 a.m. - 4:00 p.m.	\$1.00
Poker	9:00 a.m. - 4:00 p.m.	\$1.00
Sycamore Stitchers	10:00 a.m. - 12:00 p.m.	\$1.00
500 Cards	12:30 p.m. - 4:00 p.m.	\$1.00
Table Tennis	1:30 p.m. - 4:00 p.m.	\$1.00
Creative Writers (2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday)	1:30 p.m. - 2:30 p.m.	\$1.00

## WEDNESDAY

Exercise Class	8:00 a.m. - 8:45 a.m.	\$3.50
Exercise Class	9:00 a.m. - 9:45 a.m.	\$3.50
Sycamore Modelers	9:00 a.m. - 12:00 p.m.	\$1.00
Ceramics (Plus Materials)	10:00 a.m. - 2:00 p.m.	\$1.00
Blood Pressure Clinic	10:00 a.m. - 11:00 a.m.	
Ball Room Dance	10:30 a.m. - 12:00 p.m.	\$2.00
Art in "Color"	12:00 p.m. - 3:00 p.m.	\$2.00
Bridge	12:30 p.m. - 3:00 p.m.	\$1.00
Mah-jongg	12:30 p.m. - 4:00 p.m.	\$1.00
Canasta	1:00 p.m. - 4:00 p.m.	\$1.00
Darts	1:00 p.m. - 2:00 p.m.	\$1.00
Chair Exercise for Parkinson's	4:45 p.m. - 6:00 p.m.	\$1.00
AAII Computer Club (3 <sup>rd</sup> Wednesday)	6:30 p.m. - 8:30 p.m.	\$1.00

## THURSDAY

Resisting Muscle Loss	8:00 a.m. - 8:45 a.m.	\$1.00
Chair Volleyball	9:00 a.m. - 10:00 a.m.	\$1.00
Stock Market	9:30 a.m. - 11:30 a.m.	\$1.00
Discussion Group (1 <sup>st</sup> & 3 <sup>rd</sup> Thursday)		
Genealogy Club (2 <sup>nd</sup> Thursday)	10:00 a.m. - 11:30 a.m.	\$1.00
Water Color Class	10:00 a.m. - 2:00 p.m.	\$1.00
Bingo	1:00 p.m. - 3:30 p.m.	\$1.00
Book Talk (1 <sup>st</sup> Thursday)	1:30 p.m. - 2:30 p.m.	\$1.00
Bible Study	2:30 p.m. - 3:30 p.m.	\$1.00

## FRIDAY

Exercise Class	8:00 a.m. - 8:45 a.m.	\$3.50
Exercise Class	9:00 a.m. - 9:45 a.m.	\$3.50
Yoga	9:00 a.m. - 10:00 a.m.	\$6.00
Beginning Bridge	9:30 a.m. - 11:30 a.m.	\$1.00
Beginning Drawing	9:30 a.m. - 11:30 p.m.	\$2.00
Dominoes	10:00 a.m. - 11:30 a.m.	\$1.00
Line Dance	10:30 a.m. - 12:00 p.m.	\$2.00
Artist In Residence	12:30 p.m. - 2:30 p.m.	\$1.00
Duplicate Bridge	12:30 p.m. - 4:00 p.m.	\$1.00
500 Cards	12:30 p.m. - 4:00 p.m.	\$1.00
Mah-jongg	12:30 p.m. - 4:00 p.m.	\$1.00

## SATURDAY

Widow/Widowers Support Group (Meet at Bonnie Lynn Bakery, the 1 <sup>st</sup> & 3 <sup>rd</sup> Saturday)	9:30 a.m.	
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## SUNDAY

Maple Knoll Big Band Dance (2 <sup>nd</sup> , 4 <sup>th</sup> & 5 <sup>th</sup> Sunday)	1:00 p.m. - 5:00 p.m.	\$10.00
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## DAILY

Billiards	\$1.00
Fitness Center	\$1.00



# Sycamore Senior Center

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

## CENTER HOURS:

M-T-W-TH-F 8:00 a.m.- 4:00 p.m.  
1<sup>ST</sup> Monday 8:00 a.m.-9:00 p.m.  
3<sup>rd</sup> Wednesday 8:00 a.m.- 9:00 p.m.

### AT YOUR SERVICE

Center Director .....	Joshua Howard	- 686-1004
Activities/Travel/Computers .....	Mike Stibich	- 686-1010
Meals-on-Wheels/Community Outreach.....	Rob Babak	- 686-1003
Transportation .....	Emily Kapp	- 686-1002
Transportation Drivers.....	Vince Johnson, Reggie Thomas, Ed Hennel & Decator Durden	
Food Service/Deli Lunch .....	Helen Hill & Diana Yuellig	- 686-1014
Volunteer Opportunities/Meal Driver(s).....	Cynthia Holloway	- 686-1013
LifeSphere Homemaking/Personal Care .....	Liz Lilley, RN	- 686-1007
Charitable Giving/Memorials/Publicity.....	Mike Stibich	- 686-1010
Receptionists at Welcome Center/Membership.....	Bobbi Klosowski	- 984-1234
Facility Cleanliness/Maintenance .....	Paul Birdsall & Max Greissingner	686-1016
LifeSphere/Home Health Services/Referrals .....		- 782-2546
Billing/Accounts Receivable .....	Sandy Wells	- 686-1005
Activity Hotline .....		- 686-1017
Travel Hotline.....		- 686-1018
Lunch Hotline .....		- 686-1019

a *LifeSphere* community program newsletter

Sycamore Senior Center  
4455 Carver Woods Drive  
Cincinnati, Ohio 45242  
(513) 984-1234

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**MARCH/APRIL, 2007**



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