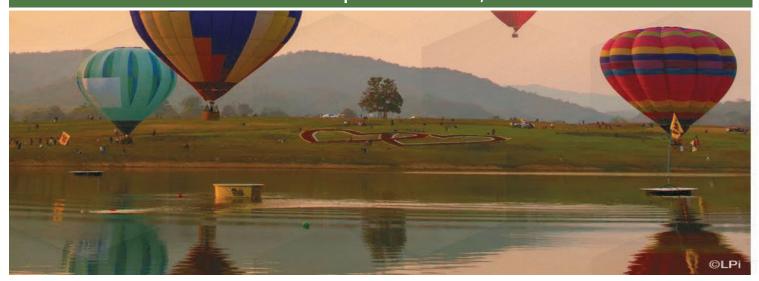


# AUGUST 2025 | VOLUME 53, ISSUE 8



#### **Stepping On Class**

Stepping non A program researched and proven to reduce falls. This workshop meets 2 hours a week for 7 weeks. Workshops are led by health professionals concerned about falls and local quest experts providing information on exercise, vision, safety, and medications. The workshop started July 16 and will continue every Wednesday through August 27 from 1:00p-3:00p. We're happy to announce that this class is

**Neuromovement® Seminar** 

Join practitioner, Becky Frank of Movercoming, LLC on Monday, August 11 at 1:00p to learn about the technique of Neuromovement®. A variation of slow, gentle movements to encourage the brain to see new possibilities, improving the body-mind connection that may improve mobility, memory and overall

wellbeing. Becky will offer a class taught sitting in a chair beginning September on Fridays at 10:00a for \$6/person per class. If you think you might be interested in this class, please come to seminar for more information.

## **Pets and Parasites** On August 18 at 1:00p,

Dr. Capatini, a trusted and knowledgeable veterinarian, will speak on a topic every pet owner should know: Pets and Parasites. With years of experience in animal care, Dr. Capatini will share insight into how parasites affect our furry companions, how to spot early signs, and the best ways to prevent infestations. Whether you have a cat, dog, or something more exotic, this informative session promises to leave attendees feeling more confident in keeping their pets happy, healthy, and pest-free.

#### **OUR MISSION**

full.

To provide an atmosphere for friendships and feeling of connection with others for senior citizens of the community, learning through educational and recreational opportunities, promote wellness and social activities that encourage service to the senior center and entire community.

### Park Events Olivedale Park



Mondays 5:30p

Line Dance Class. All ages (accompanied by an adult) held at Olivedale \$4/class.

#### Alley Park

8/16/2025 8-11a Pancake & Sausage Breakfast in the Fairfield Co. Fairgrounds Dining Hall during the Antique Tractor Show \$5 per plate. Volunteers Needed for this event!!! Contact alleyparkoe@yahoo.com if interested in volunteering.

8/30/2025 7:30p Stargazing at Alley Park Experience the moon and stars up close. Weather permitting.

<u>8/13/2025</u> Wise Walkers Senior Hiking Group 9-11a Cross Mound Park -Stoutsville

#### Friday Night Bandstand 8/8/2025

6p: Benny Hill 7p: Rock This Way

Like us on Facebook: Lancasterparksandrecreationdepartment

To sign into the LPR portal go to: https://lancasteroh.myrec.com

#### **2nd Tuesday Lunch**

Join us on **Tuesday, August 12** for
2nd Tuesday



Lunch and enjoy a deli favorite; grilled Rueben sandwich with pickle on the side, tater tots and dessert that will keep you energized during a long hot summer. (coffee or iced tea included). Open to all Olivedale Senior members. Serving is from 11:30a—12:30p. Cost is \$8. Reservations and payment must be made by Friday, August 8. Come chill out, get out of the summer sun and enjoy a meal with friends.





#### **Elevator Fail-safe System**

Most elevators are equipped with fail-safe systems designed to bring the car to the ground floor in the event of a stoppage or power loss. Our elevator uses gravity to safely return the cab to the bottom floor, where passengers can easily exit and emergency personnel can access the car. If the elevator stops during office hours, please press the alarm button and staff will quickly respond and re-set. If after hours, exit the cab and find an instructor to re-set. If someone is trapped or experiencing an emergency in the elevator and calls 911, it's important to wait near the elevator for first responders even if you've safely exited. Sticking around ensures responders don't waste critical time thinking someone is still inside.

#### **ABOUT US**

Olivedale Senior Center is a part of Lancaster Parks & Recreation

Steve Gayfield, *Superintendent of Parks* Carla Young, *Park Supervisor* 

The elected Board of Directors represent the members of Olivedale. They welcome questions and comments from all members. Please feel free to approach any of the listed Directors to express your concerns or write them down and leave them at the office. If you are not sure how to get in touch with a board member, please ask the front desk.

#### **BOARD OF DIRECTORS**

Meets every 3rd Wednesday at 11:00am. Meetings are open to all members.

Jim Brownfield, President
Nancy Blair, Vice President
Kelly Prinz, Secretary
Karen Sanner, Treasurer
John Lunn, Legal Advisor
Larry Wentz, Past President

Anne Anderson
Carl Drury
Sonja Hoffmann
Bob Kalish
William Reed
Bret Rice



#### **BELL CHOIR**

Bell Choir practice will resume in the fall. If interested in joining Bell Choir, please contact Joyce Snyder at 740-653-4464.



#### **BIBLE STUDY**

Join the Bible Study group on **Wednesdays** at **9:45a.** New members welcome for fellowship.



#### THE "BOOKIES"

Bookies would love to welcome you to join us as we meet on **Tuesday, August 19** at 1:00p for 'Ordinary Grace' by William

Kent Kreuger. This stand-alone novel concerns 13 year old PK (pastor's kid) Frank Drum, living in 1961 Minnesota with his family, as they come to terms with secrets, lies, betrayal, and death one terrible summer of loss. Forty years later, Frank relives that time he discovered grace; the grace of God which allows humans to endure darkness and come into the dawn. This is a book club book, so get your copy at the Fairfield Library Information Desk. What to know more about Bookies? Call Barb Ramsey at 740-653-3897. See you 8/19!



#### COFFEE CLUB

Join us at **9:00a** on **Friday, August 1** to discuss the economy and other investment

topics. Contact Luann Snyder at 740-653-2308 for questions.



#### **COIN CLUB**

The Coin Club meets the **1st Tuesday** of each month at **3:00p**.

Members meet to discuss coin

grading, coin values and to buy, sell and trade collectable coins. We are looking for a new group leader for the Coin Club. If you are interested please call the office at 740-687-6655.



# MILITARY VETERANS OF

Our meetings will be on August 4<sup>th</sup> and 18<sup>th</sup> at 1300 hours.

\*\*\*\* August dates in military history: 8/4/1790 Coast Guard was established; 8/5/1943 WASP's established; 8/7/1782 the Purple Heart was created; 8/7/1964 Vietnam War began; 8/14/1945 Victory in Japan Day; August 1990 began troop buildup of Desert Shield. All military veterans who are members of Olivedale Senior Center are welcome to attend our meetings. For information, call Bill Reed at 740-624-3604. You can leave a voice message or send a text. Check us out at militaryveteransofolivedale.com.



# RAMBLING DESIGNERS GARDEN CLUB

The Rambling Designers Garden Club will meet at

Olivedale on **Tuesday, August 5** at **1:00p** to discuss the remaining plans for 2025 and to chat about the 2026 calendar. Call Mike at 740-438-0603 if you have any questions about our group.

#### THE SOMETIMERS

Please note change of date and time. The Sometimers are off to Lithopolis for a tour of the Historical Wagnalls Memorial Library and Gardens. We will meet on **Tuesday**, **August 26**, at **9:45a** in the lower parking lot at Olivedale to car pool. Following the tour, lunch will be at a restaurant in the area. Reservation must be placed by August 21 to Bobbie Wentz.





#### **ARTIST HOUR**

Join us **Mondays** at **1:00p** to create and discuss art. Benefit from our members sharing demonstrations of techniques,

use of materials and tools of art. All levels and any medium welcome.



#### CHAIR DANCING CLASS

Embrace the rhythm and flow of dance without the need to stand. This chair dancing class is tailored for

those who have mobility, hip and knee issues or find it a challenge to stand for long periods while dancing. This class promises a fun, energetic start to your **Friday mornings** at **9:00a.** Class is free!



#### **CLOGGING CLASS**

Clogging Class is every

Monday at 10:00a. Cost is

\$2.00 per class. Beginners can receive extra help one hour

before class at **9:00a.** Clogging is uniquely American incorporating Step, Jig and Rhythms made with the toe or heel. It's great exercise.



#### **COUPLES DANCE CLASS**

Class is **Fridays** at **12:30p**. All skill levels welcome. This class will prepare you for social dancing at Olivedale. Fee is **\$5.00/**person per class collected by the instructors

Dave and Diana. <u>Attn: Gentlemen!</u> We currently have a few ladies looking for a dance partner to attend class. It's time to unleash your inner "Fred Astaire"! No pre-registration needed.



#### **HOOKS & NEEDLES**

As a service project for 2025 we are making hats and scarves for the homeless. We will be making them

throughout the year and donating them

next fall. As always, if you want to learn how to knit or crochet, if you need help with a pattern or if you just want to knit and crochet with friends come join us. We have experienced knitters and crocheters to help at any stage of your journey. We meet **Mondays** at **10:00a**.



#### LINE DANCE

Classes for Olivedale members, all experience levels. Fee is \$3/person or \$5/couple. Join us Tuesday,

**Wednesday** and **Friday** at **10:00a** for beginners, or **11:00a** for more advanced dancers.



#### **QUILT CHARMS**

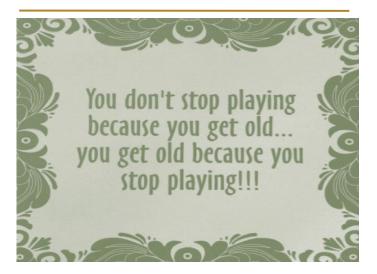
As usual, the ladies of "Quilt Charms" are staying very busy. Stop in anytime to see what we do. We have had several new members arriving in the

past few weeks, but there's always room for more. We meet every **Thursday** at **9:00a.** 



**TATTING** 

Tatting meets every **Monday** at **10:00a.** Try this delicate needlework art form. Lessons provided for beginners.



#### 3rd Quarter Session. "All Inclusive" Pass and Registration required for pool classes.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00a	Open Pool	Open Pool	Open Pool	Open Pool	Open Pool	Closed
8:00a	Silver Splash	Silver Splash	Silver Splash	Silver Splash	Silver Splash	Open Pool
9:00a	Aqua Challenge	Aqua Core	Aqua Challenge	Aqua Core	Aqua Challenge	Open Pool
10:00a	Light Aerobics	Arthritis	Light Aerobics	Arthritis	Light Aerobics	Open Pool
11:00a	Joints in Motion	Arthritis	Joints in Motion	Arthritis	Joints in Motion	Open Pool
12:00p	Open Pool	Open Pool	Open Pool	Open Pool	Open Pool	Close at 2:00p
1:00p	Water Workout	Aqua Aerobics	Water Workout	Aqua Aerobics	Water Workout	Closed
2:00p	Open Pool	Open Pool	Open Pool	Open Pool	Open Pool	Closed
3:00p	Open Pool	Open Pool	Open Pool	Open Pool	Open Pool	Closed
4:00p	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Closed	Closed
5:00p	Open Pool	Aqua Blast	Open Pool	Aqua Blast	Closed	Closed
6:00p	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Closed	Closed





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# HEALTH & FITNESS CENTER HOURS:

Monday-Thursday 7:00am - 7:00pm

Friday 7:00am - 4:30pm

#### **Saturday Summer Hours**

8:00am - 12:00pm (excluding holiday weekends)



Lancaster Parks & Recreation Health & Fitness Center

Go to https://lancasteroh.myrec.com, log into your account to purchase a Health & Fitness membership pass on-line.

3rd Quarter 2025 Pool Registration
Registration for Pool Classes (Jul, Aug, Sep) started Monday, 6/23/2025. First day of the quarter was June 30. To register, log into the LPR portal, stop by the office or call (740-687-6655) speak to an employee. Do Not leave a message. Registration with "All Inclusive" membership or Medicare Insurance reimbursement enrollment is required for all pool classes.

#### FITNESS ROOM EXERCISE

Current 45-55 minute classes Available—No Registration Necessary

Current 45- 55 minute classes Available—No Registration Necessary							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7:30a		Spin w/Amy		Spin w/Amy			
8:00a	Morning Spin	8:15a Suspended Strength	Morning Spin	8:15a Suspended Strength			
8:30a					Buti Yoga		
9:00a	Chair Yoga Strength & Flexibility	Strength & Flexibility	Chair Yoga Strength & Flexibility	Strength & Flexibility	Yoga Stretch		
10:00a	Rock Steady Boxing	Zumba Gold	Rock Steady Boxing	Zumba Gold			
10:15a	Silver Sneakers		Silver Sneakers		Silver Sneakers		
11:00a	Cardio Drumming		11:05a Beginning Mat Yoga		Close at 4:30p	Close at 12:00p	
5:00p	Barre Fit Pound	Spin Muscle Madness	Pilates	Buti Yoga			
6:00p	Yoga Spin & Sculpt	Yoga Stretch		Yoga	M	1	

# LPR Health & Fitness Center

Monthly Membership Pass Options (\*Member must have current Olivedale Senior Membership)

Membership Pass	Pass Details	30	60	90
Metribership Pass	Pass Details	days	days	days
*Olivedale Senior <b>Basic</b> (code required)	Gym only	\$10	\$20	\$30
*Olivedale Senior <b>Basic Plus</b> (code required)	Gym, Exercise & Open Pool	\$20	\$40	\$60
*Olivedale Senior <b>All Inclusive</b> (code required)  (NOT FOR SilverSneakers/Renew Active/Silver&Fit members.)	Gym, Exercise, Open Pool & Pool Classes. See Pass Changes in Yellow			\$72
Basic	Gym only	\$12	\$24	\$36
Basic Plus	Gym, Exercise & Open Pool	\$22	\$44	\$66
All Inclusive (NOT FOR SilverSneakers/Renew Active/Silver&Fit members.)	Gym, Exercise, Open Pool & Pool Classes. See Pass Changes in Yellow			\$78

LPR Health & Fitness Center: Saturday Summer Hours 8am-12pm

Reminder: If you are taking a pool class you <u>MUST</u> be registered for classes. No exceptions.

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	9:00a Ping Pong	9:45a Bible Study	9:00a Quilt Charms	9:00a Woodcarvers	
			9:00a Ping Pong	9:00a Chair Dancing	
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10:00a Clogging	11:00a Adv. Line Dance	11:00a Adv. Line Dance	1:00p Mahjong	10:00a Beg. Line Dance	
10:00a Hooks &	1:00p Rambling Designer	_	1:00p Bingo	11:00a Adv. Line Dance	
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1:00p Veterans	3:00p Coin Club				
5:30p Line Dance	A * * A				
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# **September** Newsletter Reminder

Deadline Friday, August 1, 2025 Newsletter folding Monday, August 25, 2025.

#### **LUNCH BUNCH**

Aug 6 Wed. - 11:15a Max & Erma's
Aug 13 Wed. - 11:15a Goodwins - Circleville
Aug 20 - 11:15a JB's Downtown Grill
Aug 27 - 11:15a M&M Family Diner - Logan
Please call Kathy at 440-655-9416 to
be added to the reservation list. For out of
town lunches, call to carpool and meet in the

Olivedale lower parking lot by 10:30a.

#### **OLIVEDALE WOODCARVERS**

The Woodcarvers meet every Monday & Friday at **9:00a.** On the first Monday of every month they will offer a free beginners carving class. If you have questions, please contact Steve at 740-331-3100, Jacque at 740-687-4729 or Ray at 740-438-9624. For the month of August only, Terry will be demonstrating woodcarving with a Dremel.

#### WELCOME NEW MEMBERS

Sharen Bridges
Richard & Catherine Dardis
Shirley Dreibelbis
Peggy Ford
Christina Hart
Patricia Hoch
Gary Finney
Brenda Ryan
Gloria Ryder
Glen & Julia Spicer

Carolyn Thompson Faye Wallace Sharon Williams Robin Yost





Klaas Bruinsma Sally Campbell Harold Siler

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#### **BILLIARDS CLUB**

The billiard tables are available to all Olivedale Senior members during Olivedale hours.

#### **BINGO - THURSDAY 1:00P - \$1.50**

Enjoy a variety of styles of bingo.

#### **BRIDGE - TUESDAY**

If you would like to join us at the bridge table on Tuesdays or if you need a refresher contact Marty at 740-777-7080 for details.

#### CARDS/GAMES - TUESDAY & THURSDAY 1:00P WEDNESDAY AT 1:00P - \$1.50

Card tables will be available for any game of choice.

#### **DOMINOS - TUESDAY 1:00P**

# AMERICAN & CHINESE MAHJONGG THURSDAY 1:00P (ALL SKILL LEVELS WELCOME)

Come play Mah Jongg! Join our group for this challenging, sometimes frustrating, but always fun game. All skill levels are welcome. We

gather Thursday afternoons at 1:00 . For more information, contact Cathy at 740-652-0206

#### PINOCHLE - TUESDAY & THURSDAY 1:00P

We are looking for players to join our Pinochle card group. If interested, please call the office at 740-687-6655.

PING PONG - TUESDAY & THURSDAY 9:00A All experience levels welcome.

# PROGRESSIVE EUCHRE - TUESDAY & WEDNESDAY AT 1:00P - \$1.50

No partner needed.

#### **RUMMIKUB - MONDAY 1:00P**

A tile-based game for 2 - 4 players, combining elements of the card game rummy and mahjong.

Games are free to all members unless noted.





We need your input! We're interested in learning what types of destinations appeal to you most! Please fill out the following survey and return to the office in person, by mail (253) Boving Rd. Lancaster, OH) or email to staff@olivedale.com.

What types of destinations interest you the most? [] Museums/Art Galleries

☐ Historical Sites/Tours ☐ Shopping Excursions ☐ Live Performances (Theater, Music)

☐ Local Fairs/Festivals ☐ Restaurants/Culinary Experiences ☐ Other\_

What is the amount you'd be willing to pay for a day trip per person?

□ Under \$80 🛘 \$80 - \$90 🛕 \$90 - \$100 🛕 \$100 - \$120

I Do you prefer a low-cost trip with basic amenities or a higher-cost trip with enhanced **| comfort and features?** □ low-cost □ higher-cost

Which of the following is most important when choosing a trip?

☐ Restroom availability on the bus ☐ Amount of Walking Required ☐ Travel Distance

In the last year, how many day trips did you skip due to:

☐ Price ☐ Comfort Concerns ☐ Inaccessible or undesirable venues ☐ Other\_\_

|Thank you for your valuable input!

# \*Dav Trips\*

# Sign Up Today! Olivedale Day Trips are Non-Refundable.



LaComedia ~ Springboro, OH Tickets still

available! Travel to LaComedia on Friday. August 22nd. Departing at 8:15a and returning at approx. **5:30p**. **\$86.00** includes travel, dinner and

show (not gratuity).



Valley Gem Sternwheeler ~ Marietta, OH

Travel with us to Marietta, on Wednesday, September 10 for a cruise down the Ohio & Muskingum Rivers. We will enjoy a Narrated Sightseeing Lunch Tour

aboard The Valley Gem. A sack lunch will include your choice of sub sandwich, salad, chips, cookie and beverage. **\$58.00** includes travel. cruise and sack lunch. Departing at 9:00a and returning approx. at **3:00p**.

# **\*Vacation Trips\***



See the Olivedale office for vacation brochures. For reservations or questions please contact Sally Sutter at 740-407-2157 or mermaidtravel@gmail.com

CAPE COD & MARTHA'S VINEYARD—Departure meeting 8/27/2025 2p This trip is full. Waiting list only

9/7/25-9/13/25 \$1009/person

CLASSIC GREECE—Departure meeting 10/22/2025 2p......11/9/25—11/19/25

\$3899/person

BILTMORE ESTATE & ASHEVILLE, NC—.....11/17/25—11/20/25 View the Blue Ridge Mountains, Grand Victorian architecture, The Blue Ridge

Parkway Visitor and One of the Biltmore's many gardens.

\$717/person

ALPINE SWISS VILLAGES & RAILS-.....6/8/2026-6/16/2026

\$6099/person

Explore Wengen, Zurich, Lucerne City, Aare River & Rosenlaui Glacier Gorge. Experience the Swiss Rail Excursions & Transportation on trains, cogs, cable cars & boats

#### **COMING SOON!**

# **Come Dance with Us!**

(Unless Otherwise Noted) OPEN TO THE PUBLIC (MUST BE 18 OR OLDER). ADMISSION \$5. NO Carry-In Refreshments - Dinner Menu, Refreshments and Drinks Available for Purchase. Doors Open 6:00p ~ Dance 7:00p— 10:00p. Change is limited. Please pay with smaller currency. NO RESERVED TABLES. Tables are first come first serve.





#### **HELP WANTED**

Olivedale searching for PT Cook. Responsibilities include food prep, planning, kitchen upkeep, inventory, and shopping. Candidate must be a good cook, able to plan meals for large groups, organize and direct work of volunteer help, cook for weekend dances. Contact office for more qualifications.

#### JUNE QUICKCROSS ANSWERS:

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CONTACT US
Olivedale Senior Citizens of
Fairfield County

253 Boving Road Lancaster, OH 43130-4240 740-687-6655

email: staff@olivedale.com

www.olivedale.com

Olivedale Senior Citizens of FC

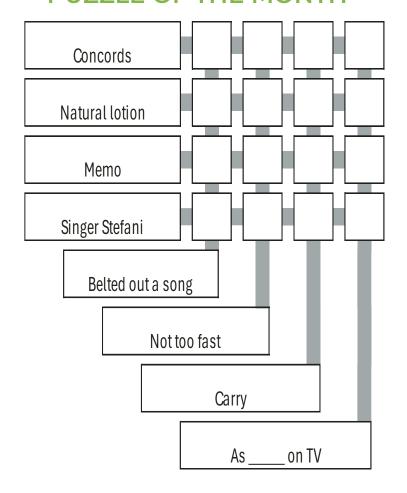
Business Office Hrs: 8:00a-5:00p M-TH

8:00a-4:30p F

Non-Profit Organization U.S. Postage Paid Permit 57 Lancaster, OH 43130

#### **EXPIRATION REMINDER**

# **PUZZLE OF THE MONTH**



### LOOKING AHEAD



The Annual 80+ Birthday Celebration is scheduled for Friday, September 26. Get ready to take a trip back in time to 1945. This event is sponsored by Fairfield Federal Savings and Loan. RSVP is required. Invitations will be mailed early September. Open to all members 80 years or older.

