



Sycamore Connections

A Maple Knoll Community program

sycamore
SENIOR CENTER

November / December 2015

The mission of the Senior Center Division of Maple Knoll Communities Inc. is to provide a stimulation community experience by creating sustainable, outstanding opportunities for social, intellectual and volunteer experiences, while providing care and support to those we serve throughout the Greater Cincinnati area.

Serving these Hamilton County Residents meals on wheels and transportation services.

- Amberley Village,
- Arlington Heights, Blue Ash
- Brentwood, Camp Dennison,
- Columbia Township (45213)
- Deer Park, Dillonvale
- Evendale, Forest Park
- Glendale, Golf Manor
- Green Hills, Indian Hill
- Kennedy Heights, Kenwood
- Lincoln Heights (45215),
- Lockland (45215) Loveland,
- Madeira, Montgomery,
- Mt. Healthy New Burlington,
- Northbrook, Northgate,
- Pleasant Run, Reading,
- Rossmoyne, Sharonville
- Silverton, Springdale,
- Springfield Township
- Sycamore Township,
- Symmes Township,
- Woodlawn, Wyoming

- Maple Knoll Village
- The Knolls of Oxford
- The Meadows
- Corby Trace
- Mt View Terrace
- Sycamore Senior Center
- Maple Knoll Senior Services
- Maple Knoll Home Health Services
- WMKV 89.3 FM Radio Station
- Maple Knoll Montessori Child Center
- Hemsworth Wellness Center
- The Manor House Restaurant

An
Invitation

Thanksgiving Dinner <i>page 4</i>	Holiday Dinner <i>page 4</i>	All Day Christmas Party <i>page 11</i>
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HOLIDAY CLOSINGS Sycamore Senior Center will close on the following dates.

Thursday, Nov. 26th Friday, Nov. 27th in observation of Thanksgiving Holiday	Thursday, Dec. 24th Friday, Dec. 25th in observation of Christmas Holiday	Thursday, Dec. 31st Friday, Jan. 1st in observation of New Year Holiday
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WHAT'S FOR LUNCH . . .

Our Deli serves lunch Monday through Friday from 11:00 am to 1:30 pm. Enjoy a hot entrée daily plus a variety of soups, salads, and sandwiches available through **Sycamore Café**. A suggested donation of **\$3.00** for the main entrée, while prices on sandwiches and salad bar vary. Call the Center's lunch hot line number at 686-1019.



SYCAMORE SENIOR CENTER Membership Registration Form

New **Renewal**

\$30 Individual/ Year

\$50 Couple/Year

\$1000 Golden Lifetime

Name _____

Address _____

City/State/Zip _____

Birth Date _____

Phone _____

Email Address _____

Emergency Contact _____

Address _____

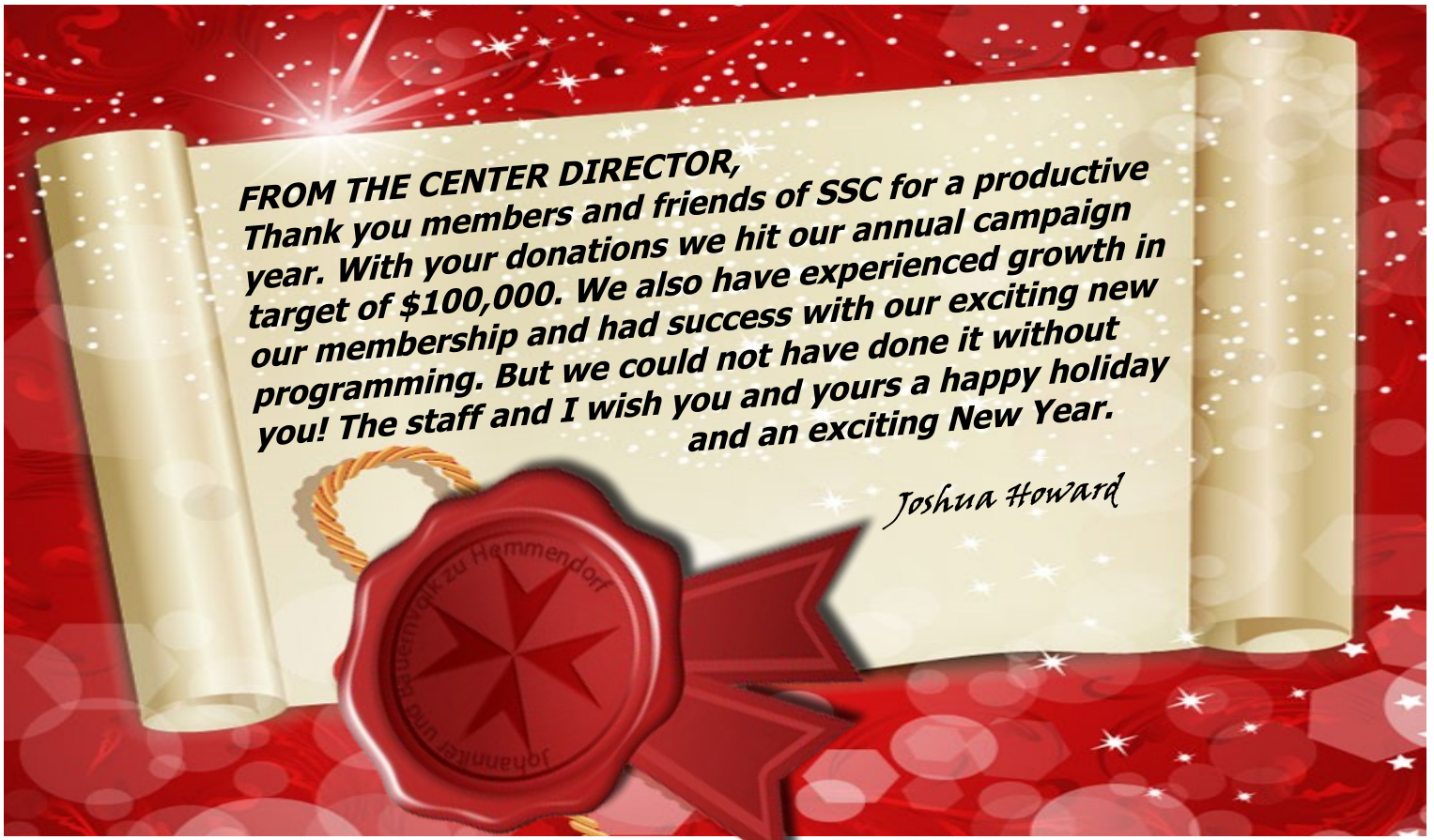
Phone _____

Relationship _____

**Membership key tags can be obtained at the Welcome Center or by sending a self addressed stamped envelope.

**Please send your email
address to Laura at
lbell@mkcommunities.org
for the Center's records.**

LIFELONG LEARNING AND RECREATION



FROM THE CENTER DIRECTOR,
Thank you members and friends of SSC for a productive year. With your donations we hit our annual campaign target of \$100,000. We also have experienced growth in our membership and had success with our exciting new programming. But we could not have done it without you! The staff and I wish you and yours a happy holiday and an exciting New Year.

Joshua Howard

AWARDS AND RECOGNITION

SSC's volunteers have a profound effect on those they serve: their generosity offers a lifeline to the most vulnerable; their commitment brings our community together; and their example is an inspiration for all of us.

SSC presented the President's Volunteer Service Award to thank and honor the following volunteers who, by their demonstrated commitment made a valuable contribution to SSC.

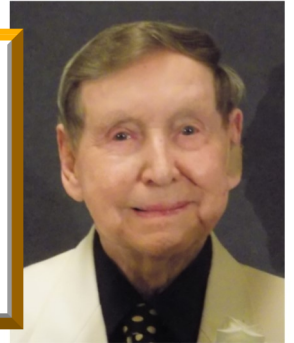
The Lifetime Achievement Presidential Recognition Recipients

Barbara Albers, Posthumous - *Bingo*
Judy Doppes, Posthumous—*Meals on Wheels*
JoAnneElmlingers - *The Striders Walking Club*
Raymond Hills - *The Computer Lab*

Medal Level Presidential Recognition Recipients

Jerry Hopson - *The Reception Center*
Ruth Ann Kinney - *Meals on Wheels*
Angela Kern - *The Reception Center*
Dori Van Luit - *The SSC Choir Director*
Sylvia Mabry - *The Café*
Carrie Poston - *Meals on Wheels*
Hector Rios - *Meals on Wheels
and Spanish Instructor*

In 2015 we were honored to induct **Homer Wilson** into the Senior Citizen Hall of Fame for his outstanding work organizing the monthly Veterans Luncheon at SSC. The ceremony took place in September at the Hyatt Regency in Downtown Cincinnati.



THANK YOU To SSC Members **Connie Reinhardt** and **Tootie Niemann** who helped us to raise over \$100,000 this year during our annual campaign! Letters were sent, phone calls were made, and our members responded generously!

Thanksgiving



Dinner

Wednesday, November 19th

4:00 pm Happy Hour

5:15 pm Dinner is served

6:30 pm CCM "A Celebration of Dance"

Members: \$15 Guests: \$20

Start the holiday season with a delicious, Thanksgiving dinner of oven-roasted turkey with all the traditional trimmings and pumpkin pie for dessert. After dinner enjoy "A Celebration of Dance"; ballet and modern selections from UC's College-Conservatory of Music Dance department. Tickets are not available after Friday, November 13th.

This dinner is sponsored by The Derringer Company.

Holiday Dinner

Wednesday, December 16th

4:00 pm Happy Hour Members: \$19

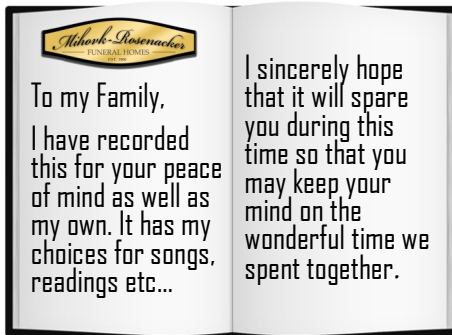
5:15 pm Dinner Served Guests: \$24

6:30 pm Entertainment

The Holiday Dinner begins with a choral concert of holiday favorites during happy hour. We'll serve a crisp Green Salad and Roasted Cornish Hen with Baked Apple & Cranberry Stuffing, Cauliflower Au Gratin, & Dinner Roll we top it off with a New York Turtle Cheesecake for dessert. We conclude our evening with a Cincinnati Opera performance. Tickets must be purchased to reserve your seat. Tickets are on sale now. Tickets will not be sold after Friday, December 11th.

This dinner is sponsored by the Cincinnati Eye Institute





Living a Healthy Life with Chronic Conditions

MARIJUANA 101 Friday, Oct 30th 12:30 pm

Are you curious, or have questions about marijuana re-legalization on the Nov. ballot? The former leader of Ohio NORML, (National Organization for Reform of Marijuana Laws) will present on the proposed law, and the potential benefits and dangers to seniors. A Q&A session will follow. Register 984-1234.

MY WAY WORKSHOP Friday, Oct. 30th Thursday, Nov. 12th 10:00 am

Over 2 sessions, you will create a record about the things that are most important to you, when you cannot. Center friend, Kurt Rosenacker from Mihovk Rosenacker Funeral Homes will take you through the steps of planning for the most significant expected event of your life. Register 984-1234.

CHRONIC DISEASE SELF MANAGEMENT Mondays, Nov. 2nd, 9th, 16th, 23rd, 30th Dec 7th 1:00 pm - 3:30 pm

Sick and tired of feeling sick and tired? Manage your symptoms, feel better, save money! Are you struggling with diabetes, high blood pressure, heart disease, fibromyalgia, arthritis? The Healthy-U Chronic Disease Self-Management Program is proven to improve quality of life -- and save money by reducing health care expenses. It's free to adults of any age with any on-going health condition and/or their caregivers. At Healthy-U, people just like you meet in small groups to find ways to solve problems. Register 984-1234.

Thank You!

For funding the new screen and emergency light in the Buckeye room.

THE OSHER LIFELONG LEARNING INSTITUTE (OLLI)

Wednesday WOWS!

Lectures: 9:30 am and conclude by 12:00 pm.
Please register to attend 984-1234.

THE WORK OF HAMILTON COUNTY'S PORT AUTHORITY AND LAND BANK Wednesday, Nov. 4th

A Port Authority operates wharves and public transit, right? And Land Bank... does it stockpile properties and sell them for \$1? Find out the true work of these public economic development agencies and the role they play in making our region ready for big projects and transforming urban neighborhoods.



Co-Moderators: Gail Paul is communications director, Melissa Johnson is director of real estate and logistics, and Chris Recht is associate counsel all from the Port of Greater Cincinnati Development Authority.

OUR TRIBUTE TO VETERANS

Wednesday, Nov. 11th

OLLI and the Sycamore Senior Center salute our veterans! Dee Daniels from Honor Flight Tri-State will describe their mission and efforts to honor our senior veterans. We'll also have stories from veterans who took the Flight to Washington DC along with Guardians who accompanied them. We'll then enjoy hearing the music of World War II and other patriotic songs. We hope you'll sing along!



Co-Moderators: John Cozad and Rosemary Deitzer are members of the OLLI WOW Committee.

LIFELONG LEARNING AND RECREATION



DENTAL WELLNESS SCREENING

**Tuesday, Nov. 3rd
1:00 PM - 3:00 PM**

Complete Health Dentistry of Cincinnati, Dr Eric Henize and Team invite you for a complimentary assessment including: an oral cancer screening with Velscope Technology (a \$50 value), an overall view of your oral cavity to assess immediate dental needs (decay, Abscesses, broken teeth or obvious periodontal/gum disease), a blood glucose test, and a blood pressure evaluation. Holly Leonard RDH will administer the screening. Register 984-1234.



MEDICATION MANAGEMENT

**Tuesday, Nov. 3rd
12:00 pm**

UC West Chester Hospital presents Kayla Leidenbor, licensed pharmacist, to talk about the do's and don'ts for handling medications and when to speak with your pharmacist and/or physician about your medications. Learn the difference between generic and non-generic, the importance of keeping track of medication and knowing the signs of side effects. She will also explain how to dispose of any old medications. Register 984-1234.



SLEEP

**Tuesday, Nov. 3rd
2:00 pm**

Do you have sleep apnea? Learn what causes it, how it's diagnosed, and what you can do to help yourself. Amy Hess, Lead polysomnographic technologist at the West Chester Hospital Sleep Center will discuss Obstructed Sleep Apnea, the symptoms, what to do and how to get testing.



ROY ROGERS

**BIRTHDAY
Thursday, Nov. 5th
The Café during lunch**

In honor of Cincinnati native Roy Rogers birthday, our café is offering the "King of The Cowboys" Lunch Special. The Roy Rogers Birthday Combo includes his favorite meal: a hot roast beef sandwich with French fries and a fountain soda for only \$5.00. See you there.



VETERANS DAY LUNCHEON

Friday, Nov. 6th

12:30 p.m.

\$5.00 per person

Sponsored by Kroger

Guest Speaker & Entertainment

Call 984-1234 no later than *one* week before the luncheon to make your reservation. Please note, no Dec. luncheon.



**Wednesday, Nov. 12th
9:00 am – 12:00 pm**

For our members, Costco is here with membership offers from the Gold Star Membership to the Executive Membership, it is a great gift for you and your family.

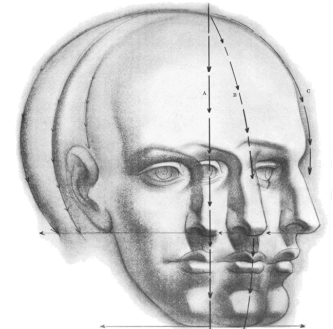


FLOWER WORKSHOP

**Monday, Nov. 9th
9:30 am - 11:30 am
Cost \$45.00**

Learn the basics of floral arranging. You will create a wreath suitable for the Holiday season using silk materials and artificial pine wreath with Kathy Morrissey of Eastgate Flowers and Gifts. The class includes all materials except tools. Please bring a scissors and small wire cutter. Floral shears will be available for your use.

6 Register 984-1234.



HOW TO DRAW THE HUMAN HEAD

**Tuesday, Nov. 10th, 17th,
24th, Dec. 1st, 8th**

Member Cost: \$37.00

Nonmember Cost: \$ 40.00

Join Myrtle for the completion of the sketching series the breakdown of how to sketch a human head. Learn how to construct the skull so that the elements of the head will support the features of the face and will look accurate in half profile and in profile view. A make up class is to be scheduled on a Wed. Register 984-1234.



HealthyMouth
HealthyBody

MEDIGOLD
Tuesday, Nov. 10th
1:00 pm

Come learn about our Medicare Advantage plan options! MediGold is a Medicare Advantage organization with a Medicare contract. Enrollment in MediGold depends on contract renewal. A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings call 1-800-964-4525 (TTY 711). Register 984-1234.

Tuesday, Nov. 17th
10:00 pm
Free



Life Reimagined? It's a new way to get inspired about your possibilities and think about what's next in your life. Come connect with Life Reimagined Guide member **Joyce Andrews** and people who can support you along the way to gain insight into where you want to go. Discover new methods and practical tools to help you plan your next move. Register 984-1234

A HEALTHY MOUTH
Tuesday, November 17th
1:00 pm

A Healthy Body Starts with a Healthy Mouth. 70% of Americans over 65 have periodontal disease. Like high blood pressure or diabetes the presence of symptoms may tell us we have the disease, but the absence of symptoms does not mean we are free of the disease. Oral bacteria is deadly. People with gum disease are 2 times as likely to die from heart disease and 3 times more likely to die from stroke. If you have diabetes and bleeding gums your risk of premature death is increased by 400-700%. Not only do oral bacteria cause negative effects on the body directly, but indirectly as well. For instance, medications prescribed by your physician can be less effective or not work at all in the presence of certain bacteria. Presented by Complete Health Dentistry of Cincinnati and Holly Leonard, RDH. Register 984-1234.



The "New Hit" Parade
Thursday, Nov. 19th
Thursday, Dec. 17th
9:45 am – 10:30 am
produced and heard on WMKV 89.3 FM. The show features our upcoming Presenters and audience trivia with prizes. Join us the third Thursday of the month at 9:45 am in the lobby for the recording of the show and a free cup of coffee. The program is heard on WMKV 89.3 FM the 4th Thursday of each month at 1:30 pm.



FREE FOOT MASSAGE
Reflexology by the
Blind Hawaiian
Steve Kahu Kishimoto
12:00 pm – 2:00 pm
Monday, Nov. 9th
Monday, Nov. 14th
Your feet are full of Reflexology and Acupressure points. Steve invites you for a 20 minute full foot reflexology massage. It is deeply relaxing and therapeutic. Register 984-1234.

Secret Angels **GIFT EXCHANGE**

Getting Started

1. Come by the reception center to complete your Secret Santa gift tag by **Friday, Dec. 4th**.
2. Stop by the reception center to draw the name of the person for whom you'll buy a gift. Names are drawn **Monday, Dec. 7th through Friday, Dec. 11th**.
3. Buy a gift (remember within the \$10.00 budget).
4. Your Secret Santa is revealed and gifts are exchanged at the All Day Holiday Party **Monday, Dec. 21st 12:00 pm**.



FREE CHAIR MASSAGE

Monday, Nov. 30th
Monday, Dec. 28th
12:00 pm – 4:00 pm
 This may be your last chance! Sign up for a chair massage. The massage therapist will treat members to a 20 minute massage. Register 984-1234.



PROTECT YOURSELF

Register for one or both 984-1234

FINANCIAL SCAMS AGAINST THE ELDERLY

Tuesday, Dec. 1st
12:30 pm
 Criminals and scammers use many techniques to take advantage of their elderly victims. Join FBI agent Owens for tips on how to avoid becoming a victim and how to recognize a scam.

TELEMARKETING FRAUD TARGETING SENIORS

Tuesday, Dec. 1st
1:40 pm
 West Chester Hospital's Public Safety Department presents "telemarketing fraud targeting seniors". Learn tips on protecting yourself from becoming a victim of fraud. Presenter Officer Lee, a certified crime prevention specialist, with 15 years of law enforcement experience including being a SWAT officer with the Butler County Sheriff's department.

BOOM

1/2 HOUR CLASSES

Tuesdays - 11:00 am
Move It/Mind/Muscle

Need Help
 with your **Medicare**
Plan Comparisons
 for **Open Enrollment?**



LAST CHANCE MEDICARE OPEN ENROLLMENT WITH OSHIIP
Thursday, Dec. 3rd
10:00 am – 3:00 pm
By Appointment Only
 Ohio Department of Insurance Ohio Senior Health Insurance Information Program (OSHIIP) Community Liaisons are here to help you with open enrollment. There are a limited number of spaces available. Register 984-1234.

AARP DRIVER SAFETY COURSE
Friday, Dec. 4th
10:00 am – 3:00 pm
AARP Members \$15.00
Non AARP \$20.00
 As drivers, if we don't keep up with changes, we put others and ourselves at risk. AARP has collaborated with the nation's top experts in mobility, aging, technology, vehicle and driver safety to develop a refresher course for seniors. Register 984-1234.



IRVING BERLIN'S WHITE CHRISTMAS ON BROADWAY DAY TRIP
Saturday, December 5th
Cost: \$100.00
Report: 10:45 am
Depart: 11:00 am
Return: 4:00 pm
 The classic holiday movie comes to the stage at last! We begin with a delicious selection of art-inspired lunch fare at **Cincinnati Art Museum's Terrace Café**.
 Then on to the Aronoff for this brand new musical of classic Berlin hits. Join us for this holiday treat. Limited seating, buy now 984-1234.

FIND THE CHRISTMAS PICKLE

The first person to find the Christmas pickle somewhere in the center between **Dec. 1st and 28th** will receive \$10. Every day the pickle is not located, we add \$1.00 to the prize. If you find the pickle, return to Cynthia for the prize. The pickle ornament, also known as Die Weihnachtsgurke is a German tradition.





UGLY HOLIDAY SWEATER AND OR TIE WEEKS



Stop by the Reception Center wearing your version of an Ugly Holiday sweater and or tie and receive a:

Week of Dec 7th - Chocolate Coin
 Week of Dec 14th - Candy Cane



Monday, Dec. 7th
8:00 am – 12:00 pm
 Make your appointment now for a 3D mammogram. Multiple breast images produce a 3D image allowing the radiologist to see through the tissue one millimeter at a time which shows details inside the breast, finding cancers missed with a conventional 2D mammography. To schedule call (513) 585-8266 Option 1; for financial assistance call (513) 584-7873.



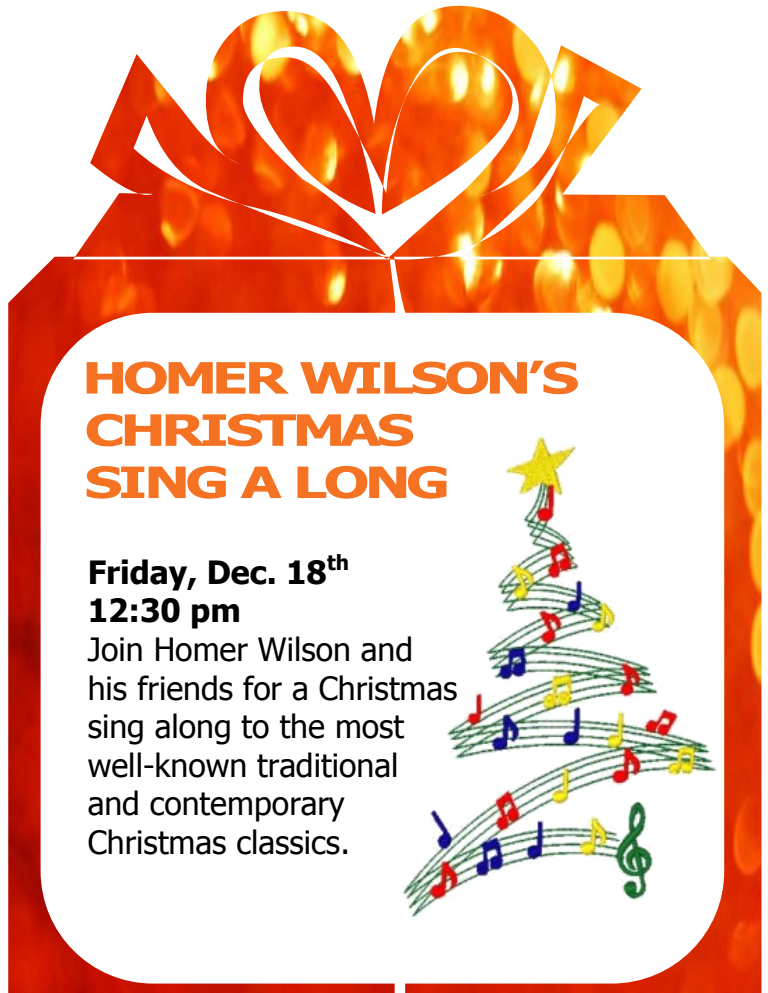
COOKIE DECORATING
Cost: \$7.00
Monday, Dec. 7th
 Join us for the cookie decorating event. The pretty packaging to wrap your sweet treats is included in the cost.

How It Works:
 Each participant chooses their three dozen prebaked cookies. As we share laughs, conversation and a little Holiday cheer you decorate your cookies using a variety of sprinkles and frosting colors. We supply everything. Register 984-1234.




ADOPT A SENIOR DAY
Friday, December 18th
10:00 am - 2:30 pm

The students of Sycamore Jr. High School invite the members of Sycamore Senior Center to their annual Adopt-A-Senior Day program at Sycamore Jr. High School, 5757 Cooper Road in Blue Ash. Adopt-A-Senior Day will begin at 10:00 am with seniors and students sharing stories over breakfast. Following breakfast, visitors are entertained with school tours, card games, crafts and at 12:30 pm, students serve turkey and the trimmings to seniors in the school cafeteria. The gathering ends at 2:30 pm. RSVP 984-1234 before Friday, December 11th.



HOMER WILSON'S CHRISTMAS SING A LONG



Friday, Dec. 18th
12:30 pm
 Join Homer Wilson and his friends for a Christmas sing along to the most well-known traditional and contemporary Christmas classics.

THE ALL DAY CHRISTMAS PARTY

Monday, December 22nd

This is a day of high energy fun with \$10.00 gift card giveaways every half hour. The party starts with breakfast bingo, and continues through lunch with the Café Holiday Lunch Specials. But that's not all, we have our holiday bar with Christmas-themed cocktails, the SSC Choir, the gift exchange, an "Elvis Christmas" musical performance and the Diana Lynn Dancers.

Holiday Breakfast Bingo

Continental Breakfast **8:00 am – 8:45 am**

Bingo starts **8:45 am**

Nothing's better than a rousing morning game of bingo with a free continental breakfast topped with numerous jackpots and extras. Come out and play Holiday bingo!!!

Santa & Angel Gift Exchange **12:00 pm**

Santa's coming to hand out gifts for the Secret Angel Gift Exchange. Stop by the reception center to sign up by Friday, December 4th.

The Christmas Carol Concert **12:30 pm**

Our Sycamore choir offers a classic holiday choral concert.

The Diana Lynn Dancers **1:30 pm**

Diana Lynn Dancer's present "Broadway for Christmas." This show features colorful costumes, favorite Christmas Dance Classics.

An Elvis Christmas **2:35 pm**

Have yourself a "Blue Christmas" Elvis style with the Elvis Experience Christmas show.

Register 984-1234



FOREIGN LANGUAGE FESTIVAL FILM



IN A BETTER WORLD

Monday, Dec. 29th

1:00 pm

R, Thriller/Drama Subtitles

Danish - A doctor who travels frequently between his home in Denmark and a refugee camp in Africa. His domestic life is complicated when he and his wife, experience marital strife and his son, is a victim of school bullying. When a new boy, whose mother recently died, moves to town and befriends him, it provides solace for both father and son. After a reckless act, however, changes things. *Academy Award and Golden Globe Winner*

MAO'S LAST DANCER

Tuesday, Dec. 30th

1:00 pm

PG, Drama/Romance

Australian - A delegation from Madame Mao's Beijing Dance Academy selects 11 year-old peasant villager to study ballet in far-off Beijing, where he trains for seven grueling years to become one of China's greatest dancers. His efforts win him the opportunity to dance in America, opening his eyes to a new love and the possibility of a dramatic defection from China. Based on Li Cunxin's autobiography.

FOOTNOTE

Wednesday, Dec. 31st

1:00 pm

PG, Drama/Comedy Subtitles

Hebrew - A Talmud scholar has worked in obscurity at Jerusalem's Hebrew University. In contrast, his son, also an academic, has published many books and received numerous accolades. He looks down on his son's achievements and pursuit of fame, and so the pair have a rocky relationship. Their rivalry comes to a head when he receives word that, at long last, he is the recipient of the prestigious Israeli Prize. *Foreign Language Film Academy Award Nominee*

Happy Noon Year
Wednesday, Dec. 30th
12:00 pm

It is time to toast to new beginnings and usher in the New Year with hopes of continued or increased prosperity, friendships, laughter, joy, and good health. Join the staff of Sycamore at 12:00 pm for a Noon Year Toast of champagne or sparkling cider. Register 984-1234.



STRIDERS WALKING CLUB

Tuesday 9:00 am - 1:00 pm

Walks at your own pace followed by lunch. Car pooling is available. Joanne Elmlinger 563-6756.

Nov. 3 rd	Glenwood Gardens Alt: Tri County Mall	Century Inn
Nov. 10 th	Swaim Park Alt: Kenwood Mall	Slatts
Nov. 17 th	Oak Hills Cemetery Alt: Tri County Mall	O'Charley's
Nov. 24 th	Pioneer Park Alt: Kenwood Mall	Bob Evans Pfeiffer
Dec. 1 st	Tri County Mall	BJ's
Dec. 8 th	Christmas Party	Red Lobster
Dec. 15 th	Tri County Mall	Cracker Barrel
Dec. 22 nd	Kenwood Mall	Red Robin
Dec. 29 th	Happy New Year	

End of the Year Charitable Contribution

Make a charitable contribution at the end of the year to Sycamore Senior Center. It is a great investment—not just for yourself, but for all of us.

If you have any questions, please call us at 782-8629.

FICTION

(1st) Thursday 1:30 pm

Nov. 5th

"Orange Is the New Black: My Year in a Women's Prison"
by Piper Kerman

Dec. 3rd

"I Love You More"
by Jennifer Murphy

NON-FICTION

(2nd) Monday 1:00 pm

Nov. 9th

TBA

LIFELONG LEARNING AND RECREATION

MOVIES ON THE BIG SCREEN

The Last Rescue

Friday, Nov. 6th

NR, Action, War & Western

Starring: Brett Cullen, Cody Kasch, Ryan Merriman

I'll See You In My Dreams

Friday, Nov. 13th

PG-13, Drama

Starring: Blythe Danner, Rhea Perlman

Little Boy

Friday, Nov. 20th

PG-13, Drama

Starring: Jakob Salvati, Emily Watson

Max

Friday, Dec. 4th

PG, Action/Adventure

Starring: Thomas Haden Church, Josh Wiggins

Ricki And The Flash

Friday, Dec. 11th

PG-13, Drama

Starring: Meryl Streep, Kevin Kline

Hot Pursuit

Friday, Dec. 18th

PG-13, Action, Comedy

Starring: Reese Witherspoon, Sofia Vergara

All movies start at 1:00 pm

\$1.00 Donation - Movie & Popcorn

Please note, movies are subject to change based on availability. All updates are posted on the bulletin board should we need to make a change.



\$1.00 off Admission

The Holiday Show at
Krohn Conservatory

Pick up your coupons at
the reception Center.

WELCOME NEW & RETURNING MEMBERS

(July & JAugust 2015)

Eugene E Abbott
Margy Bachmann
Michael Beale
Paulina Blanco
Helen Bohler
Mary Bullock
Chester Cummins
Fred T Deiters
Vincent C Foken
Julia Fritz
Donald R Gautier
Pamela M Gautier
Sherry Goldfon
Robert L Gray
James Guthrie
Kenneth Hintze
Pat Hintze
Beverly Hobbs
Everett Jones Jr.
Darnel Jones
John Kahn

Mary Kearns
Mary Kiko
Lawrence J Kraus, Jr.
Ruth S Kulmacz
Diana McCarty
Glenn Michaelson
Sharon Michaelson
Dale E Miller
Rita E Miller
Judy Norvine
Elizabeth Pack
Joyce M Pons
Margaret-Mary Ryan
Eilzabeth Tonne
Attilio Tore
Adam Tsao
Grace Tsao
Robert R Wagner
Marjorie Walker
Mark H Williams
Lawrence & Judith Yanca



Simple Savers
included in all plan options!

\$0 family doctor visits **\$0** annual eye and hearing exam **\$0** annual physical

See what else you can get for **\$0!**
1-800-964-4525 (TTY 711)
8 a.m. – 8 p.m., 7 days a week

MediGold
Medicare made easy™

MediGold is a Medicare Advantage organization with a Medicare contract. Enrollment in MediGold depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits and copayments may change on January 1 of each year. H1846 H3668_033spon_16 Accepted



Sycamore Senior Center closings or delays are posted to the radio station 700 WLW, the television stations WKRC Channel 12 and WCPO Channel 9 . Closures and delays are usually reported only after school closings are listed. For accurate and timely information, call the center's main number 513 984-1234 for a recorded report of the Senior Center's closings/ delays. Typically, if the Sycamore School District is closed, the Senior Center will also close and Home Delivered Meals will not be delivered. However, there are times when Meals on Wheels are delivered even when the center is closed. Please check by calling the center. In addition, Transportation Services are not available when the Senior Center closes for weather emergencies. We suggest transportation clients have a backup transportation plan for appointments that cannot be cancelled. You can have email alerts automatically sent to your smart phone when the center is closed. To receive a SMS alert via text message, sign up through your local television station. There is no cost for this service from the station, but some carriers do charge a small fee to send or receive a text message. Read more at your local TV stations' web site.



***Thank you to our recent Donors
(July & August 2015)***

- Laurel Archonsky
- Carmel Health Plan, Inc.
- Pauline Cornett
- Ms. Jean Davison
- Hartzell United Methodist Church
- Mr. and Mrs. Harvey Hjelm
- Beverly Huntling
- Emily A. Kapp
- Judy Lococo
- Timothy McGowan
- Omayya Nashiff
- Virginia Negangard
- Virginia Owens
- George & Pat Quigley
- Ruth Patrick
- Penny A. Rolfsen
- St. Vincent Ferrer Church
- Y.G. Tsuei
- Rita Yoas

**FREE COFFEE
REFILLS**

**WHEN YOU BUY A SYCAMORE SENIOR CENTER
ECOFRIENDLY REUSABLE COFFEE TUMBLER**

Buy the Sycamore Ecofriendly Reusable coffee tumbler during November and December 2015 and get a free tumbler refill of coffee from our Café during lunch through the end of this year. This is a great way to support your senior Center.

The Tumbler (only \$10) Holds 16-oz and is dishwasher safe. Made from durable, BPA free plastic with a textured, non-slip grip sleeve. The double wall insulation keeps drinks hot or cold. Matching screw-on lid with drink-through opening provides you with extra reassurance that your drink won't make much mess if accidentally toppled. The widened top half holds a whole lot of liquid while the tapered bottom fits in vehicle cup holder.



Available at the Reception Center

OUTREACH SERVICES

HOME DELIVERED MEALS

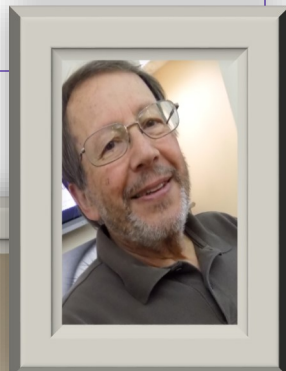
**Contact : Outreach Coordinator
(513) 686-1003**

Volunteers deliver these meals Monday through Friday and microwavable meals are included for the weekend. Our program is designed to fit the lifestyle and taste of our clients by providing a choice in the meals they receive and days they receive them. Meals provide one-third of the government's daily-recommended dietary allowance. Volunteers check on the welfare of our clients; they offer friendship. If you are interested, or know someone who may benefit from these services, contact us to discuss your options. If eligible, the price is on a donation basis. Private Pay is available at a cost of \$5 for each meal.

TRANSPORTATION

**Contact: James Funk -Transportation Coordinator
(513) 686-1002 jfunk@mkcommunities.org**

Whether it's a trip to a local senior center for an activity, meal and companionship, or a check-up at the doctor's office, SSC works to ensure that seniors who need help with transportation can get it. We offer door-to-door Van Transportation to medical appointments for those who live in our service area. Those over 60 qualify for Title III discount for medical services. . We ask for, at least, a week's notice for all appointments. The Sycamore Shuttle service runs Monday through Friday to and from the Senior Center between 9:00 am and 4:00 pm. \$5.00 round trip is the suggested donation for the shuttle. SSC is a Council on Aging Provider.



Farewell 2015

DAILY

Open Computer Lab	\$1.00
Fitness Center	\$1.00
Pool Tables	\$1.00

MONDAY

9:00 am - 9:50 am	Stretch Flex Aerobics	\$3.50
9:00 am - 12:00 pm	Open Bridge	\$1.00
9:30 am - 11:30 am	Mah-Jong	\$1.00
9:30 am - 10:30 am	Conversational French	Free
10:00 am - 12:00 pm	Sketching	\$6.00
10:00 am - 10:45 am	Silver Sneakers Classic [®]	\$4.00
10:00 am - 11:00 am	Line Dance	\$2.00
11:30 am - 1:00 pm	New Members Luncheon (3 rd)	FREE
12:00 pm - 4:00 pm	OH Hell Card Game	\$1.00
12:30 pm - 1:30 pm	Chair Yoga	\$5.00
12:30 pm - 4:00 pm	Pinochle	\$1.00
12:30 pm - 4:00 pm	Ponytail Canasta	\$1.00
1:00 pm - 3:00 pm	Non-Fiction Book Group (2 nd)	\$1.00
1:00 pm - 3:00 pm	Computer Help Sessions	\$1.00
1:00 pm - 3:30 pm	Friendship Circle (3 rd)	\$1.00
1:00 pm - 4:00 pm	Table Tennis (1 st , 2 nd , 4 th)	\$1.00
2:00 pm - 3:00 pm	Tai Chi/ Qigong	\$6.00
5:00 pm - 8:30 pm	Friendship Circle (1 st)	\$1.00

TUESDAY

9:00 am - 9:30 am	Striders Check In	\$1.00
9:00 am - 10:00 am	Yoga	\$7.00
9:00 am - 1:00 pm	Wood Carvers	\$1.00
9:00 am - 4:00 pm	Poker	\$1.00
10:00 am - 10:45 am	Silver Sneakers Classic [®]	\$3.50
10:00 am - 11:30 am	Active Minds	Free
10:00 am - 12:00 pm	Sycamore Stitchers	\$1.00
11:00 am - 11:30 pm	Silver Sneakers BOOM Move It [®]	\$3.00
11:35 am - 12:05 pm	Silver Sneakers BOOM Mind [®]	
12:10 pm - 12:40 pm	Silver Sneakers BOOM Muscle [®]	
12:00 pm - 3:30 pm	Mah-Jong	\$1.00
12:30 am - 4:00 pm	500 Cards	\$1.00
1:00 pm - 3:00 pm	Mexican Train Dominoes	\$1.00
1:00 pm - 3:00 pm	Genealogy Seekers (3 rd)	\$1.00
1:30 pm - 4:00 pm	Table Tennis	\$1.00
1:15 pm - 2:30 pm	Creative Writers Wksp. (1 st , 3 rd)	\$1.00

Subscribe

Sign up to receive a once a week
"What's Happening at Sycamore"
by emailing Laura your email address.
lbell@mkcommunities.org



WEDNESDAY

9:00 am - 9:50 am	Stretch Flex Aerobics	\$3.50
9:00 am - 12:00 pm	Sycamore Modelers	\$1.00
10:00 am - 10:45 am	Silver Sneakers Classic [®]	\$4.00
10:00 am - 2:00 pm	Ceramics	\$1.00
10:00 am - 11:00 pm	Blood Pressure Clinic	Free
10:00 am - 12:00 pm	Sycamore Knitters	\$10.00
10:00 am - 12:00 pm	Intro. to Contract Bridge	\$1.00
12:00 pm - 1:00 pm	Chair Yoga	\$5.00
12:00 pm - 2:00 pm	Open Studio Sketching or Painting	\$5.00
12:30 pm - 2:50 pm	Mountain Dulcimer Workshop	Free
12:30 pm - 3:00 pm	Bridge	\$1.00
1:00 pm - 4:00 pm	Canasta	\$1.00
3:00 pm - 4:00 pm	Gentle Yoga	\$5.00

THURSDAY

8:30 am - 10:30 am	Chair Volleyball	\$1.00
10:00 am - 10:45 am	Silver Sneakers Classic [®]	\$4.00
9:00 am - 11:00 pm	Technology Help Desk	\$1.00
10:00 am - 2:00 pm	Water Color Class	\$1.00
10:30 am - 12:00 pm	Money Matters (4 th)	\$1.00
11:00 am - 12:00 pm	Introduction To Line Dance	\$1.00
11:30 am - 12:30 pm	German Lunch Table	\$1.00
12:00 pm - 12:50 pm	Walk Fit Exercise Class	\$4.00
1:10 pm - 2:30 pm	Cornhole	\$1.00
12:30 pm - 3:30 pm	Bingo	\$1.00
1:30 pm - 2:30 pm	Book Talk (1 st)	\$1.00
2:45 pm - 4:00 pm	Karaoke Fun	Free

FRIDAY

9:00 am - 9:50 am	Stretch Flex Aerobics	\$3.50
9:00 am - 11:30 am	Bridge	\$1.00
9:30 am - 12:00 pm	Stock Wizards (2 nd)	\$1.00
10:00 am - 10:45 am	Silver Sneakers Classic [®]	\$4.00
10:00 am - 11:30 pm	Dominoes	\$1.00
10:30 am - 12:00 pm	Line Dance	\$2.00
12:30 pm - 4:00 pm	Duplicate Bridge	\$2.00
12:30 pm - 2:00 pm	Veterans Luncheon (Last Friday)	\$5.00
12:30 pm - 4:00 pm	Ponytail Canasta	\$1.00
1:00 pm - 4:00 pm	Movie	\$1.00

SUNDAY

2:00 pm - 5:00 pm	Maple Knoll Big Band Dance (Meets at Maple Knoll Village 2 nd , 4 th)	\$10.00
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sycamore
SENIOR CENTER

ADDRESS SERVICE REQUESTED

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

November / December 2015



ARE YOUR MEMBERSHIP DUES CURRENT?

Please check for your membership expiration date.
Please call Laura at 984-1234 to
continue your membership.

Center Hours:
Monday — Friday
8:00 am– 4:00 pm

AT YOUR SERVICE

Center Director	Joshua Howard - 686-1004
Programming/Travel	Cynthia Holloway - 686-1013
Home Delivered Meals/Community Outreach	- 686-1003
Home Delivered Meals Assistant	James Shockley - 984-1234
Transportation	James Funk - 686-1002
Transportation Drivers	John Binnion, Deke Durden & Joe Smith
Food Service/Deli Lunch	Helen Dodd & Diana Yuellig - 686-1014
Meal Driver(s)	- 686-1010
Maple Knoll Home Health Services	Liz Lilley, RN - 782-8282
Maple Knoll Home Health Services Main Office	- 782-2546
Director of Corporate and Referral Development	Julie Budden - 782-2428
Receptionists at Welcome Center/Membership	Laura Bell - 984-1234
Facility Cleanliness/Maintenance	Martin Barney - 984-1234
Billing/Accounts Receivable	Sandy Wells - 686-1005
Travel Hotline	- 686-1018
Lunch Hotline	- 686-1019
Activity Hotline	- 686-1017