



Fairfield-Hamilton-West Chester  
A division of Partners in Prime  
formerly Senior Citizens, Inc.

# Prime Time

June 2010  
Volume 6 Issue 6

## Annual Membership Picnic

**Monday, June 14, 3:00 PM - 8:00 PM; Mulhauser Barn on Beckett Road in West Chester**

The usual delicious meal will be offered. Of course the dance with the **Franz Klaber Band** will be a delight! There will also be a Pie/Cake baking contest with 1st, 2nd, and 3rd place ribbons awarded. The Fairfield and West Chester clubs will be closed on June 14, and the Hamilton club will close at 1:30 PM. *Cost: \$15.00 per ticket, \$20.00 at the door; tickets will be sold at the clubs (maps available at the clubs).*

Chair Volleyball 3 PM - 4 PM

Line Dancing 3 PM - 4 PM

Cards 3 PM - 5 PM

Corn Hole 4 PM - 5 PM

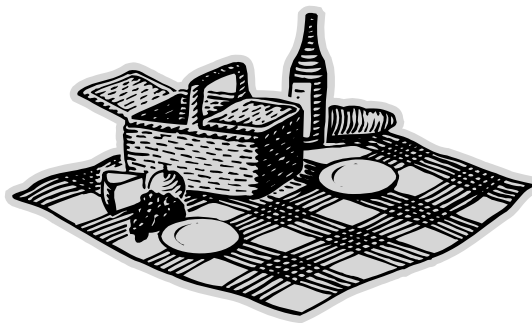
Bingo 4 PM - 5 PM (with prizes!)

Pie/Cake Judging Begins - 4 PM

Pie/Cake Contest Winners Announced - 5 PM

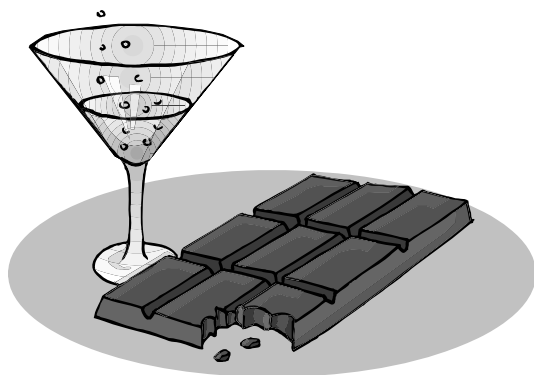
Dinner 5 PM - 6 PM

Dance 6 PM - 8 PM



## Sweet Deal

for  
*Father's Day*



Now through Father's Day, renew your membership or sign up for a membership and receive a free gift of imported chocolates, in a nice gift bag!

This makes the perfect gift for the person who has everything! And if you are on the fence about whether to become a member, now is the time to join and receive a free gift!

Call Karen at 867.1998 to join or purchase a membership for that special someone in your life!

# from the Chief Executive Officer

Hello Partners for June 2010!

Are we already nearing the middle of the “new” year? Where does time fly!

I am pleased to share that we are making progress on our new Fairfield location, and that we have been successful in reaching the first major plateau in fundraising to issue bids on the needed renovations for the West Chester Activity Center.

Focusing on fun, we have our annual membership picnic, the marriage vows renewal ceremony for ANY couple who have been married at least 50 years, and several other special events sprinkled throughout this month...I urge you to take advantage and to join in.

Our early evening classes in Hamilton are drawing larger crowds, and we’ve welcomed the weekly after-golf cookouts for the men’s league of the Hamilton Knights of Columbus. Many of its participants are also golfers in our own Men’s Golf League.

Speaking of golf, we’ve moved our annual Golf Outing Fundraiser Scramble from June to Monday, July 19 and we’re also going to a new location this year...the prestigious Four Bridges Country Club. My thanks to our major sponsors at the time of this writing in mid-May:

**itelligence**, our presenting sponsor; **Barrington and Heritagespring of West Chester**, luncheon sponsor; All Dry; Butler Rural Electric Cooperative; Pepsi Bottling of Hamilton; Miller/Coors; and Schumacher Dugan Construction. It’s the eleventh year for the scramble, and we hope to generate at least \$30,000 in profit to underwrite 2010 programming costs.

An employee told me, “I sure love my new job. I can see that we are doing something

important and helping people.” That made me smile, and feel very proud. Thank you for your support and involvement. It is our pleasure to serve you.

My best,



Comment line  
513.867.1998 ext. 258

Steve Schnabl,



## Need Transitional Care? Heritagespring Is Right Here In West Chester.

Transitional Care is the specialized care it takes—either on a temporary or continuing basis—to maximize your potential or to help you return home following a health event.

**Rehabilitation** – Physical, occupational, and speech therapy provided by fully licensed therapy professionals.

**Respite Care** – Short term or temporary care in a secure environment.

**Alzheimer’s Care** – Nursing care from professionals who specialize in Alzheimer’s treatment.

**Nursing Care** – Individually prepared programs of treatment and care.

**Integrative Medicine** – Holistic treatment for the mind and body.

**Hospice Care** – Comfort and support in the final phase of a terminal illness.



To learn more call Heritagespring at 759-5777.  
[www.carespring.com](http://www.carespring.com)

# about Partners in Prime

**Partners in Prime**, formerly Senior Citizens Inc., is dedicated to enhancing the lives of people 55 and better to reach their personal best – their prime. The non-profit agency is a 501 (c)(3) organization in the State of Ohio, and is partially funded by the Council on Aging of Southwest Ohio, Butler County United Way and donations from individuals in the community. For over 55 years, **Partners in Prime** has been southern Butler County's community organization dedicated entirely to individuals over 55, providing information, advocacy and supportive services that enhance the quality of life for older adults in the community.

At Hamilton, Fairfield and West Chester **prime clubs**, members have access to services and programs focused on wellness and strengthening physical, social, educational, emotional and recreational wellbeing. The **clubs** provide members with a healthy connection to others, a vital link to the community and reduces the barriers that can occur as a result of isolation.

Support services including meals on wheels, in-home assistance and transportation are also provided by **Partners in Prime**. These services assist individuals in remaining independent in their own homes where many choose to stay, as long as is practical.

**prime club memberships** are available for people 55 and better. Membership costs \$30 per person or \$55 per couple per year.

**volunteers in prime (VIP)**—Each month, over 200 individuals provide their time, talent and treasury to **Partners in Prime**.

**prime travel** offers day trips and week-long adventures for small groups. Trips are offered for singles and couples.

**dining**—Delicious hot lunch is served daily at both **prime clubs**. Suggested donation is \$3.00 for people 60 and over and \$4.50 for people under 60. Reservations are required at the Fairfield & West Chester clubs. Breakfast & Lunch are available at Hamilton from 8:30 am—12:30 pm, Monday through Friday.

**ILA/Companion Services** assist clients with everyday household tasks and personal care tasks.

**information and referral**

**867.1998 ext. 244**

**Monday-Friday, 8 AM - 4 PM**

**meals on wheels** offers *more than a meal* educating our clients about proper nutrition, delivering balanced meals and providing a daily check in to ensure a good quality of life at home.

**transportation**, formerly ARK, is available to take adults age 60 and over for doctor appointments, pharmacies, the post office, etc. Suggested donation is \$5.00 per trip; to schedule call 867.9195.

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to better use.**



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Fort Hamilton Hospital

HealthAlliance<sup>®</sup>

[www.FortHamiltonHospital.com](http://www.FortHamiltonHospital.com)

# organizational news

## Our Sincerest Sympathy to the families of...

Gloria Barrington  
Mary Beimford  
Robert Kornau

## Memorials

The Whiting Family Trust  
in memory of Deloris Buxton

Harold Ervin  
in memory of Doris Ervin

Rene Ray  
in memory of Everett Ray

**Advisory Committee Meeting**  
**Wednesday, June 9 - 12:45 PM**  
**prime club Hamilton**

**Attention All Members!**  
**Membership Forum**  
**Wednesday, June 16 - 12:45 PM**  
**prime club Hamilton**



- Independent Living
- Assisted Living
- Respite Care
- Skilled Nursing
- Restorative Nursing
- Memory Impairment Unit
- Sub-Acute Rehabilitation

**(513) 424-5321**

[www.gardenmanorretirement.com/](http://www.gardenmanorretirement.com/)

## Scan those prime club cards!

Did you know that you could help **Partners in Prime** receive crucial funding for your activities? Scanning your **prime club** card for your activities allows us to collect important numbers, which we report to our funders monthly and annually. By refining our collection processes in this manner, we can provide statistics for grants and show the funders where their dollars work. We really appreciate your cooperation and we cannot continue to offer the variety of programs that we have today without you!

## Mark your calendar for Friday, August 20th!

Otterbein Retirement Living Community, located at 585 N. State Route 741 in Lebanon, will host a fundraiser dance for Partners in Prime. More information coming soon.

## Congratulations.....



to the Partners in Prime  
2010 King and Queen!  
Shelby Skidmore and Helen  
Ledford were crowned at the  
annual Senior Prom on April  
24.

Partners in Prime does not endorse the products or services represented within this newsletter. The information is presented only as a service and to help educate senior adults on relevant and pertinent resources and issues. We encourage you to seek professional advice as you see fit before making a decision regarding your future participation in the products or services discussed in this publication or presented by club vendors.

<b>Monday</b>	<b>Tuesday</b>	<b>Thursday</b>	<b>Friday</b>
10:00 - 3:00 Open Computer Lab	10:00 - 3:00 Open Computer Lab	10:00 - 3:00 Open Computer Lab	10:00 - 3:00 Open Computer Lab
10:00 - 3:00 Various Cards	10:00 - 3:00 Various Cards	10:00 - 3:00 Various Cards	10:00 - 3:00 Various Cards
10:00 - 3:00 Puzzles	10:00 - 3:00 Wii Games	10:00 - 3:00 Puzzles	10:00 - 3:00 Puzzles
10:00 - 3:00 Wii Games	10:00 - 3:00 Bridge	10:00 - 3:00 Wii Games	10:00 - 3:00 Wii Games
10:00 - 10:30 Weight Resistance	10:00 - 11:00 BG (2nd & 4th)	10:00 - 3:00 Bridge	10:00 Bunko and Pizza
<b>\$</b>	10:00 - 10:30 Exercise	10:00 - 10:30 Balance Exercise (last)	
10:30 - 11:45 Chair V- Ball	10:30 - 11:45 Chair V-Ball	<b>\$</b>	10:30 - 11:45 Chair V-
11:45 - 12:30 Lunch	11:45 - 12:30 Lunch	10:30 - 11:45 Chair V-Ball	Ball
12:00 - 2:00 Corn Hole	12:00 - 2:00 Corn Hole	11:00 - 12:00 BP	11:45 - 12:30 Lunch
2:15 - 3:00 Ping Pong	12:30 - 3:00 Poker	(1st, 3rd	12:00 - 2:00 Corn Hole
3:00 Bible Study (3rd)	12:45 Young at Heart Cho- ral	& 4th)	12:30 - 1:30 Line Danc- ing
	Group	11:45 - 12:30 Lunch	2:15 - 3:00 Ping Pong
		12:00 - 2:00 Corn Hole	
		12:30 - 3:00 Poker	

**Wednesday**

Special planned activities

**prime club Hamilton Daily Activities (open 9:00 AM - 5:00**

**Please call 867.1998 for more infor-**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
9:00 - 5:00 Wii Games - Gathering Room 9:00 - 5:00 Fitness Equipment Room 9:00 - 5:00 Billiards Lower Level	8:00 - 12:30 Vision Clinic (1st & 3rd) - Health Education Room	9:00 - 5:00 Wii Games - Gathering Room 9:00 - 5:00 Fitness Equipment Room 9:00 - 5:00 Billiards Lower Level
9:00 - 5:00 Puzzles - Gathering Room 9:00 - 5:00 Ping Pong - Lower Level Lounge 9:00 - 5:00 Checkers - Gathering Room	9:00 - 5:00 Wii Games - Gathering Room 9:00 - 5:00 Fitness Equipment Room 9:00 - 5:00 Billiards Lower Level	9:00 - 5:00 Puzzles - Gathering Room 9:00 - 5:00 Ping Pong - Lower Level Lounge
9:00 - 12:00 Corn Hole - Wellness Room 9:00 - 12:00 Open Computer Lab - Classroom	9:00 - 5:00 Puzzles - Gathering Room 9:00 - 5:00 Ping Pong - Lower Level Lounge	9:00 - 5:00 Checkers - Gathering Room 9:00 - 12:00 Corn Hole - Wellness Room 10:00 - 3:00 Quilting - Art Studio
9:15 - 11:00 Drawing (1st) - Art Studio 9:15 - 11:00 Water Color Class (2nd, 3rd & 4th) - Art Studio	9:00 - 5:00 Checkers - Gathering Room 9:00 - 11:15 Corn Hole - Wellness Room 9:30 - 10:30 BP (1st) - Health Education	10:00 - 10:45 Keep on Movin' Exercise Grand
10:00 - 12:00 Aphasia Group - Health Education	Room 10:00 - 2:00 Ortho-Bionomy (2nd & 4th) - Health Education	Ballroom A 10:00 - 1:00 Massage (2nd) - \$ Health Edu-
Room 10:00 - 10:45 Keep on Movin' Exercise - Ball-	Room 10:00 - 2:00 Pitch - Gathering Room	cation Room 10:00 - 11:30 BG (2nd) - Health Educa-
Grand room A 11:45 - 12:30 Lunch - Dining Room	10:00 - 3:00 Quilting - Art Studio 10:00 - 11:15 Walk & Exercise - Grand	room B 10:00 - 3:00 Train Room Open 10:15 - 11:30 Goldenaires - Grand Ball-
12:00 - 1:00 TRIAD (4th) - Classroom 12:30 - 2:30 Bingo - Dining Room 1:00 - 2:00 Carole's Stretching & Toning Class - \$ Well-	room A 11:15 - 12:15 Jazzercise - \$ Grand BR A & B	10:30 - 11:30 Russian - Classroom 10:45 - 11:30 Bingo - Dining Room 11:00 - 12:00 Beginning Hula - Grand BR
ness Room 1:00 - 4:00 Bridge - Dining Room 1:00 - 4:00 Scrabble - Gathering Room 1:00 - 4:00 Mah Jongg - Dining Room 1:30 - 3:00 Golden Tappers - \$ Fitton Cen-	11:45 - 12:30 Lunch - Dining Room 12:30 - 4:00 Bid Euchre - Gathering Room 12:30 - 2:00 Murstein Line Dancers - \$ Grand Ballroom A	A 11:00 - 1:00 Manicures \$ (4th) - Health Education Room
ter 5:30 - 6:30 Hula for Fitness - \$ Grand Ballroom A 5:45 - 6:45 Fitness Class - \$ Wellness Room	1:00 - 2:00 Veteran's Group (1st & 3rd) Health Education Room 1:00 - 4:00 Duplicate Bridge - Dining Room 1:00 - 2:30 Dancing Belles - \$ Grand BR B	11:30 - 4:00 Pitch - Gathering Room 11:45 - 12:30 Lunch - Dining Room 1:00 - 3:00 Drawing Class (1st) - Studio 1:00 - 3:00 Watercolor Class (2nd, 3rd, 4th) - Studio

**prime club Hamilton Daily Activities (open 9:00 AM - 5:00**

**Please call 867.1998 for more infor-**

**Thursday**

9:00 - 5:00 Wii Games - Gathering Room  
 9:00 - 5:00 Fitness Equipment Room  
 9:00 - 5:00 Billiards Lower level  
 9:00 - 5:00 Puzzles - Gathering Room  
 9:00 - 5:00 Ping Pong - Lower Level Lounge  
 9:00 - 5:00 Checkers - Gathering Room  
 9:00 - 11:15 Corn Hole - Wellness Room  
 9:30 - 10:30 BP (2nd) - Health Education  
 10:00 - 2:00 Reflexology \$ (2nd) -  
 Health Education Room  
 10:00 - 11:15 Walk & Exercise - Grand BR A  
 10:30 - 3:00 Crafters - Art Studio  
 10:30 - 11:15 Bingo - Dining Room  
 11:00 - 11:45 Current Events (1st) - Gathering  
 Rm  
 11:00 - 12:00 Grief Support (4th) - Health Ed  
 Rm  
 11:15 - 12:15 Jazzercise - \$ Grand BR A & B  
 11:45 - 12:30 Lunch - Dining Room  
 12:30 - 2:00 Murstein Line Dancers - \$ Grand  
 BR A  
 12:30 - 4:00 Pinochle - Dining Room  
 12:30 - 5:00 Card Game 500 - Dining Room  
 1:00 - 2:30 Dancing Belles - \$ Grand BR B  
 1:00 - 2:30 Alzheimer's Support - (2nd) -  
 Health  
 tion Room  
 3:00 - 4:30 (2nd) Philatelic Society - Gathering  
 Rm  
 5:00 - 6:00 Line Dancing - \$ Wellness Room  
 5:00 - 6:00 Zumba \$ Grand Ballroom A & B  
 6:00 - 9:00 Beginning Ballroom - \$ Grand BR A  
 & B

**Friday**

9:00 - 5:00 Wii Games - Gathering Room  
 9:00 - 5:00 Fitness Equipment Room  
 9:00 - 5:00 Billiards Lower Level  
 9:00 - 5:00 Puzzles - Gathering Room  
 9:00 - 5:00 Ping Pong - Lower Level Lounge  
 9:00 - 5:00 Open Computer Lab - Classroom  
 9:00 - 5:00 Checkers - Gathering Room  
 9:00 - 12:00 Corn Hole - Wellness Room  
 9:30 - 11:00 Golden Tappers - \$ Grand Ballroom  
 A  
 10:00 - 1:00 Hand & Foot - Dining Room  
 10:00 - 11:45 Wood Carving - Art Studio  
 11:00 - 12:00 Hula - Grand Ballroom B  
 11:00 - 4:00 Pitch - Gathering Room  
 11:15 - 12:15 Jazzercise Lite - \$ Grand Ballroom  
 A  
 11:45 - 12:30 Lunch - Dining Room  
 1:00 - 4:00 Duplicate Bridge - Dining Room  
 7:00 - 8:30 Square Dancing - \$ Grand Ballroom  
 A & B

\$ = fee

revised 5/4/10

# Hamilton club activities

**Questions? Need more information?**

**Contact Karen Lowery  
at 867.1998 ext. 244.**

## Current Events

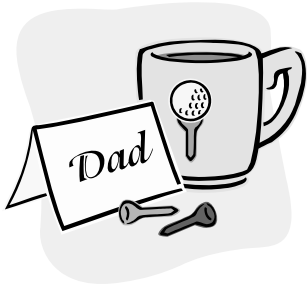
**Thursday, June 3, 10:30 AM**

On the first Thursday of the month, Doris Morris leads a discussion on current event topics. Everyone gets to express his or her opinions.

## “Pursnicketies by Carole”

**June 11 - 25, Purses on display at prime club  
Friday, June 25, 3:00 PM - Artist Reception,  
Lecture and Book Signing,**

“Pursnicketies by Carole” is an exhibit of redecorated purses using modular knitting techniques. These beautifully crafted purses have been created by artist Carole Kuhn. A brief lecture about the modular knitting technique plus a book signing will be held prior to the artist reception.



**In Honor of Father's  
Day - Let us show you  
our Appreciation!  
Wednesday, June 16,  
3:00 PM (during the  
Afternoon Dance Break)**

Enjoy hors d'oeuvres, cake, and beverages as we celebrate all the special men in our lives. Each gentleman in attendance will also receive a special gift. Why not come early and enjoy the music of “The Over the Hill Gang” at our weekly afternoon dance? The music begins at 2:00 PM. Cost to attend the dance is \$2.00 for members, \$3.00 for non-members.

## Ask a Therapist

**Thursday, June 17, 12:30 PM**

*Registration Deadline: 6/15*

Plan to attend this personalized presentation with Mercy Fairfield's Rehab Unit. Do you have a question for the physical therapist or a speech therapist? This is your opportunity to see the therapist and have those questions answered.

## Cooking Demonstration & Lecture

**Tuesday, June 22, 12:30 PM**

*Reservation Deadline: 6/18*

Join the personal chef of Evergreen Retirement Community, and Community Liaison Elizabeth Huck for a presentation on healthy cooking. A dessert sampler will be created for sampling.

## Hamilton Parks & Recreation Presents: “Where There's Music in the Air, 2010”

**Tuesday, June 22, 7:00 PM** Hamilton Concert Band, Virginia Avenue Park

**Tuesday, June 29, 7:00 PM** Hamilton Concert Band, Veteran's Park

**Sunday, July 4, 1:00 PM** Hamilton Concert Band, Court House Gazebo (on High Street)

**Tuesday, July 6, 7:00 PM** Jack Carr Band, Virginia Avenue Park



*“Your Life, Your Memories, Our Priority.”*

240 ROSS AVENUE HAMILTON, OHIO 45013  
(513) 894-9919 [www.Webb-Noonan.com](http://www.Webb-Noonan.com)

# Hamilton club activities

**Questions? Need more information?  
Contact Karen Lowery  
at 867.1998 ext. 244.**

## One on One Lap Top Classes

**Monday, June 28**

**Classroom**

*Cost: \$25.00 for one hour of instruction. Registration required.*

This class is for those individuals who have questions about the computer and may not be comfortable in a group setting. Individualized instruction is provided by Al Kaled, a well-known and popular computer instructor.



## Vow Ceremony

**Hamilton**

**Wednesday, June 30**

**Lunch 11:30 PM, Ceremony**

**12:30 PM, Dance 2:00 PM**

*Cost: \$10.00 per ticket; including a suggested donation of \$3.00 for lunch. Tickets sold at all three clubs.*

*Deadline to purchase ticket: 6/23*

Would you and your spouse like to repeat your marriage vows? Come for lunch, and afterward join the special ceremony of the renewal of wedding vows. Enjoy wedding cake, ice cream, and relax to wonderful entertainment. Later kick up your heels and enjoy the weekly afternoon dance in the Grand Ballroom. Please let Linda Manzo, Activity Supervisor, know if you wish to renew your vows (779-7360). **We invite all members to witness this special occasion.**

## Bingo - Dining Room

**Every Monday from 12:30 PM - 2:30 PM**

**Every Wednesday from 10:30 AM - 11:15 AM**

**Every Thursday from 10:30 AM - 11:15 AM**

**Every Thursday from 12:30 PM - 2:00 PM**

## A Healing Journey

This is a CD for the child within all of us. A story based on the realness of God's loving presence. Ask staff to set you up anytime!

## Corn Hole Enthusiasts

**Monday - Friday, 9:00 AM - 12:00 PM**

All levels and abilities are welcome to play each week day. There's fun for everyone with corn hole!

## Veterans Group

**1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month, 1:00 PM**

**Classroom**

You don't have to be a veteran - just have an interest in the military history of our country.

## Carvers Crave Members

**Friday, 10:00 AM**

**Art Studio**

Looking for a new hobby or want to revive one you have enjoyed in the past? This is your chance to participate in the camaraderie and craftsmanship of the experienced carvers.



## Attention prime club members!!!

Are you feeling a little extra warm in your activity or class? We need to remember to keep the doors to the Grand Ballroom closed to

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**Fax:** 513-761-6063

[www.caringheartshomehealthcare.com](http://www.caringheartshomehealthcare.com)

# Hamilton club wellness

**Call Julie McCarthy at  
867.1998 ext. 243 to register for  
health & wellness classes.**

## **Mobile Mammography Van**

**Thursday, June 17, 9:00 AM - 12:00 PM**

*Reservation Deadline: 6/10*

Have you had a mammogram lately? The Mobile Mammography Van will be on site at prime club Hamilton for women to get this life saving test done. You will need a reservation in order to have the test. If you need this test, please contact Julie McCarthy at 867.1998 ext. 243. to reserve your spot.

## **Caregiver Challenge: Taking Care When Giving Care**

**Thursday, June 17, 7:00 PM**

*Registration Deadline: 6/15*

This program teaches how to care for yourself while caring for a loved one. It considers your changing emotions as a caregiver, coping with feelings of guilt, and resources available to support the caregiver.

## **Pilates**

**Thursdays, June 3 - 24, 6:00 PM - 7:00 PM**

*Cost: \$40.00 Registration deadline: 6/2*

Pilates exercises teach awareness of breath and alignment of the spine, and aim to strengthen the deep torso muscles. It is a complete mat based series of exercises. Bring your exercise mat and wear comfortable workout attire.

## **Zumba**

**Thursdays, June 3 - 24, 5:00 PM - 6:00 PM**

*Cost: \$28.00 Registration deadline: 6/2*

The Zumba program fuses Latin rhythms and easy to follow moves to create a fitness program that will simply blow you away.

## **Hidden Creek Apartments**

Newly constructed two bedroom apartments.

Convenient West Side location at  
1125 NW Washington Blvd.

Between McDonald's and Arby's.

Housing intended for persons 55 and older.

Managed by Beeler Properties.

For a private showing, please call 863-0919.

## **Brain Fitness**

**Wednesday, June 23, 7:00 PM**

*Reservation Deadline: 6/21*

Have you been hearing all the news lately about brain health? This is your opportunity to learn about this latest aging trend with Brain Fitness expert, Patricia Faust, MGS, LNHA. Discover what is normal aging versus disease related impairments. Also, find out what you can do to have better brain health. Seating is limited, so be sure to reserve a spot for yourself and a friend early.

## **Chronic Pain**

**Tuesday, June 15, 1:00 PM - 2:00 PM**

Do you suffer with chronic pain? Do you want to talk with others that understand and find support? Check out this informal gathering with Wellness Coordinator, Julie McCarthy, as we share and learn from one another. Julie knows first hand how debilitating chronic pain can be. Come hear her story and share your own.



1010 Eaton Avenue  
Hamilton, OH 45013  
513.891.7700 or  
800.691.7255  
hospiceofhamilton.org

*Offering care in home, at long-term care facilities, and at our new inpatient care center on Hamilton's west side. We accept Medicare, Medicaid, and most private insurance.*



*always the best care—in your home or ours*

# Hamilton club wellness

**Call Julie McCarthy at  
867.1998 ext. 243 to register for  
health & wellness classes.**

## **Keep on Movin' Exercise**

**Mondays & Wednesdays 10:00 - 10:45 AM**

For those of you who want a gentle yet great workout, please check out this morning stretching group. It's a great way to stay fit, increase flexibility and improve one's balance. The group is led by volunteer instructor, Jolie Tse.

## **Transitions in Living Presentation**

**Wednesday, June 30, 12:00 PM**

*Reservation Deadline: 6/29*

Life is a series of events and changes. With people who have lived a long life, have weathered lots of transitions, and may have had unresolved difficulties along the way, the big ball of their lives may seemed a jumble. The jumble may make it difficult to know where to begin to solve even everyday problems. Depending on the amount of change, how close the events are, and the importance to the person, transitions in life can be successfully managed or can become overwhelming. Find out what you can do by attending this presentation.

## **Tai Chi on the Patio**

**Tuesdays, June 1 - 29, 10:00 AM**

*Cost: Free*

Join Julie on Tuesday mornings in June for a half hour of Tai Chi exercise on the patio. No instruction will be provided, but you can easily follow along.

## **Healing Touch**

**Wednesday, June 16, 12:15 PM**

*Reservation Deadline: 6/15*

Please join Katy Rosemont, RN, Holistic Services, Hospice of Cincinnati to learn a technique of using light, gentle touch to affect the human energy system which flows through and around the body. Healing touch is particularly useful as a relaxation technique that reduces stress, pain and anxiety. Plus, learn about the Human Energy Field and the Major Energy Centers.

## **A Matter of Balance Reunion**

**Monday, June 21, 12:30 AM**

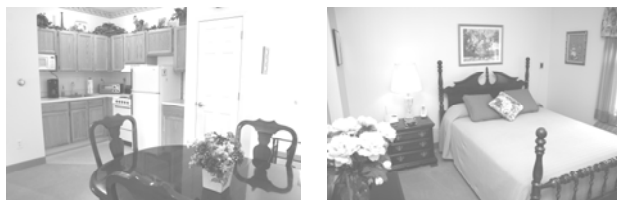
*Reservation Deadline: 6/18*

Past participants are invited to gather together for discussion and review of the program. Please wear comfortable clothing. A healthy snack will be provided. Reservations are required. Please call the health and wellness number, 867.1998 ext 243.

The  
*Waterford*  
AT FAIRFIELD

## **A Senior Living Community**

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1460 Corydale Drive – Fairfield, Ohio 45014  
To Schedule A Tour Call (513) 829-6200

- \*Spacious Studio, 1 & 2 Bedroom Apartments
- \*All Utilities Except Phone Included
- \*Two Meals A Day Included
- \*Social Activities & Transportation Included
- \*And Much....Much....More

# West Chester club activities

**Questions? Need more information?**

**Contact Linda Manzo,**

## **Bible Study**

**Monday, June 21, 3:00 PM**

Our group has grown in size and our leader, Kim Werk guarantees this to be an eye-opener!

## **One on One Lap Top Classes!**

**Monday, June 21**

This class is for those of you who have many questions about the computer and are afraid to ask, or don't know who to ask . . . or maybe you don't even know the questions! You will have one full hour with Al Kaled, a well known and popular computer instructor with Partners in Prime. Call Linda Manzo for your appointment at 779.7360 by Monday August 10.

*Cost: \$25.00*

## **Pot Luck Dinner**

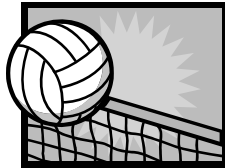
**Friday, June 25, 4:00 PM**

Your favorite activities to follow. Please sign up at club.

## **Volleyball Game**

**Friday, June 25, 10:00 AM**

Our team will be travelling to Brookwood. Go team!



## **Chair Volleyball**

**Everyday at 10:30 AM**

## **Cornhole**

**Everyday at 12:30 PM**

Newcomers welcome!

## **Lunch and Movie at Chesterwood Wednesday, June 30, 12:00 PM**

Meet at **Chesterwood** for a fun Friday lunch out! Reservations and payment must be made by Friday, June 25 at Prime Club West Chester.

*Cost: \$5.00*

## **Line Dancing**

**Fridays, 12:30 PM**

What a fun group! The music is great, and dancers are looking mighty fine! New-comers welcome.

## **Mah Jong, Anyone?**

If you are interested in learning to play Mah Jong, please notify Linda Manzo, Activity Supervisor, at 779-7360. We would like to get a new group started!

## The Barrington Has The Recipe For **Happiness**

It's Equal Parts Good People & Worry-Free Living, Sprinkled With Energizing Activities & Served With Tasty Amenities.

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[www.carespring.com](http://www.carespring.com)



**BARRINGTON**  
OF WEST CHESTER  
Independent Living & Assisted Living

# West Chester club wellness

**Call Julie McCarthy at  
867.1998 ext. 243 to register for  
health & wellness classes.**

## **Hypertension demystified with Ameribest Home Health Care**

**Thursday, June 3, 12:15 PM**

*Registration Deadline: 6/2*

Join the team of Ameribest Home Health Care as they explain just what exactly hypertension is and is not. If you suffer with high blood pressure, this is the presentation for you.

## **Ask a Therapist**

**Thursday, June 24, 12:30 PM**

*Registration Deadline: 6/22*

Plan to attend this personalized presentation with Mercy Fairfield's Rehab Unit. Do you have a question for the physical therapist and an occupational therapist? This is your opportunity to see the therapist and have those questions answered.

## **Walk & Exercise**

**Tuesdays, 10:00 AM**

For those of you who want a gentle yet great workout, please check out this morning stretching group. It's a great way to stay fit, increase flexibility and improve one's balance.

## **Balance Exercise Class**

**Thursdays, 10:00 AM**

*Cost: \$1.00 per class*

Having balance issues? This class will focus on increasing lower body strength and improve one's balance.

## **Weight Resistance Class**

**Mondays, 10:00 AM**

*Cost: \$1.00 per class*

Want to strengthen your muscles in a safe way? Join Julie McCarthy for a half hour of easy

## **Stability Ball**

**Monday, June 28, 11:00 AM**

This is your chance to check out the large exercise balls that are used to strengthen your core and back and helps with balance. A class will be forming given the interest level. This is a great way to see if you might enjoy it prior to signing up for the class. For more information, please contact the health and wellness number and speak with Julie.

# LEARNING

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[www.hillandale.com](http://www.hillandale.com)

## **CHESTERWOOD VILLAGE**

8073 TYLERSVILLE ROAD  
WEST CHESTER, OH 45069

## **HILLANDALE HEALTH CARE**

4195 HAMILTON-MASON ROAD  
FAIRFIELD TWP., OH 45011

## **BIRCHWOOD CARE CENTER**

4070 HAMILTON-MASON ROAD  
FAIRFIELD TWP., OH 45011



**PERSONALIZED RETIREMENT  
AS YOU'VE NEVER SEEN IT BEFORE**

# June 2010

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Meat Lasagna Broccoli Corn Banana Garlic Bread	<b>2</b> Kielbasa/Sauerkraut Mashed Potatoes Mixed Vegetables Corn Muffin Peaches	<b>3</b> Fried Chicken Whipped Potatoes Green Beans Pineapples Roll	<b>4</b> Chicken & Noodles Beets Carrots Apple Bread
<b>7</b> Lemon Pepper Fish Potato Melody Brussels Sprouts Banana Roll	<b>8</b> Pork Chop/Gravy Sweet Potatoes Cauliflower Pears Roll	<b>9</b> Hamburgers/Bun Baked Beans Corn Orange	<b>10</b> Roast Beef/Gravy Mashed Potatoes Peas Mandarin Oranges Roll	<b>11</b> Italian Chicken Stewed Tomatoes Garlic Potatoes Apple Roll
<b>14</b> <b>Annual Membership Picnic</b> <b>Fairfield &amp; West Chester clubs closed</b> <b>Hamilton club to close at 1:30 PM</b> Chicken Strips Mixed Vegetables Potato Wedges Banana Roll	<b>15</b> Meatloaf Scalloped Potatoes Green Beans Mixed Fruit Roll	<b>16</b> Chicken Salad/Bun 3 Bean Salad Applesauce Peaches S.F. Cookie Juice	<b>17</b> Pasta/Marinara Sauce Meatballs Italian Blend Garlic Bread Apple	<b>18</b> Stuffed Peppers Cauliflower Orange Roll
<b>21</b> Country Fish A gratin Potatoes Spinach Banana Roll	<b>22</b> BBQ Chicken/Bun Baked Beans German Potato Salad Mandarin Oranges	<b>23</b> Pork/Gravy Whipped Potatoes Lima Beans Orange Roll	<b>24</b> Vegetable Lasagna Broccoli Corn Plums Garlic Bread	<b>25</b> Sausage Patty Biscuit/Gravy Sliced Apples Hash Brown Apple Juice
<b>28</b> Tuna Salad/ Crackers Cole Slaw Mixed Fruit Banana	<b>29</b> Beef & Mac Peas Beets Pears Bread	<b>30</b> Chicken Breast Roasted Potatoes Carrots Apple Roll		

## Partners in Prime Congregate Menu

### Partners in Prime

140 Ross Ave  
Hamilton OH 45013  
Kathy Baldwin - Supervisor of Kitchen Operations

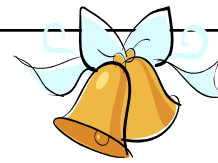
All meals include  
1/2 pint of milk  
& teaspoon margarine

# Member Update



## June Birthdays

1. Harold Baecker
1. Mary Hurst
1. Flossie Justice
1. Patricia Macgregor
1. Alberta Minniefield
2. Theresa Brandner
2. Clare Ebbing
2. Martha Lynch
2. Mary Swick
2. John Thyen
2. James Whitt
3. Jane Otto
3. Kenneth Schanie
3. Lyman States
3. Arthur Stefanski
4. Sally Baker
4. Miriam Cox
4. Norma Daneff
4. Gloria Himburg
4. Russell Moore
4. Donald Ortolf
5. Lois Johnson
5. Donna Mansdorfer
5. Janice Rhodus
6. Nick Asher
6. Ted Boyer
6. Janice Cook
6. Karen Hogan
6. Timothy McLane
6. Michael Stahl
7. Robert Clapper
7. June Conlin
7. Irene Klos
7. Jackie Koebel
8. Walker Carpenter
9. Lillian Emenaker
9. Edythe Lord
10. Vimala Majeti
11. Robert Barrett
11. Birdie Bennett
11. Mike Elias
11. Brenda Thomas
11. Howard Young
12. William Adams
12. William Weigel
13. William Cox
13. Marion Fox
14. Janis Fay Elias
14. Carol Kersteiner
14. Connie Levensgood
14. Bob Lewis
14. Mary Schlotterbeck
15. Jerome Horn
15. Elsie Lainhart
15. Dick Morrison
15. Judy Needham
16. Barbara Bogan
16. Barbara Carr
16. E. Jean Haverkos
16. Jackie Hydell
16. Carol Muller
16. Betty Whitehill
18. Phyllis Fogle
18. Helen Weber
19. Donald Oakes
20. Henry Kunka
20. Elaine Wilson
21. Clifford Hatton
21. Vern Haubner
22. Joan Bacon
22. William Burley
22. Ruth Keaty
22. Janice Kieffer
22. Martin Morgan
23. Lani Carson
23. Vernon Huber
23. James Morgan
23. Constance Schwartz
23. Helen Shumaker
24. D'Nel Chafin
24. Marlene Day
24. Billie Harvey
25. Glenn Fildes
25. Fred Globig
26. Margaret Kramer
26. Mary Lawson
26. Ruth Wagers
27. Doris Ash
28. James Cox
28. Donald Nusky
29. Robert (Elmer) Fletcher
29. Robert Henkel
29. Harold Leppert
29. William Meyer
29. James Thornton
30. Jean Baker
30. John Millard
30. Diane Miller



## June Anniversaries

2. Mike & Janis Fay Elias
3. Patrick & Karen Hogan
3. Charles & Dee Schwab
4. Morry & Lois Friedlander
4. Keith & Bonnie Littlepage
6. Arthur & Janet Kehr
6. Richard & Phyllis Tuley
7. James & Marge Clark
9. Dennis & Karen Dalton
12. John & Pamela Roberts
16. James & Doris Leugers
16. Daniel & Jean Schmidt
18. Alfred & Josephine Richer
18. John & Jeanna Striker
22. Norbert & Mary Rolfsen
24. Wayne & Josephine Midkiff
24. Terry & Karen Oller
25. Charles & Linda Antal
25. Domenico & Luella Diceglie
26. Vernon & Judy Huber
28. John & Shirley Moser
29. Clyde & Barbara Waddell
30. Gene & Mary Barnes
30. Ronnie & Shirley Davis

## Welcome New Members

(Members joined from April 1 - 30)

- Robert Allen
- Bev Bowman
- Doris Carr
- E. C. Carr
- Franklin Carter
- Asher Collett
- Billie Collett
- Mary Conlin
- Raymond Conlin
- Marjorie Epperson
- Marian Grove
- Sheila Guenther
- Glenda Habel
- Michael Henz
- Geneva Huff
- Patrick Landi
- Louise Lindeman
- Jay Liver
- Marlene Moore
- Lucille Norman
- John Roberts
- Pamela Roberts
- Glenn Wolf Sr.
- Carol Wossum

# prime travel

**Questions? Need more information?**

**Contact Jenny Oldham  
at 513.737-5752.**

## **2010 Croswell Day and Overnight**

**Trips** (Stop by your club and pick up a flyer on any of these trips.)

### **July 28 - 30 ~ Best of Chicago**

Upon your arrival we have included some great shopping at Navy Pier and the Magnificent Mile. A narrated cruise on Lake Michigan. This evening we have included a great evening of fine food and entertainment at Tommy Guns Dinner Theatre. The next day breakfast is included at the hotel before setting off for a great day of touring. You'll enjoy a guided city tour of the "Windy City", as well as, a stop at the Willis Tower (formally Sears Tower) for a bird's-eye view of the city and more shopping and browsing the Magnificent Mile. En route on the third day, enjoy a chance with lady luck at a local casino. *Cost: \$309.00; Money due June 21.*

### **August 24 ~ The Covered Bridges of Maysville KY Tour**

A step-on-guide will meet your group at the Visitors Center in historic Old Washington, Kentucky. She'll explain how eight of the remaining thirteen covered bridges lie within a five county area surrounding Maysville. Your group will enjoy a tour of the most popular bridges and Blue Lick State Park Lodge. To complete your adventure, you'll enjoy shopping and browsing time in Old Washington before heading for home. *Cost \$89.00.*

### **September 22 - 24 ~ Niagara Falls**

(Passport Required) \$309. Trip includes roundtrip Transportation via Croswell's Deluxe VIP Motorcoach, Two (2) nights accommodations at the Best Western Falls view (A non-smoking hotel). Two (2) full breakfast buffets, Two (2) dinners, and a Guided Niagara tour. Luggage handling and tax and gratuities on meals and lodging included. *Cost \$309.00*

**October 9 - 11 ~ Gatlinburg's Craftmen's Fair Tour** \$375

**November 30 - December 2 ~ Nashville TN Holiday** \$409

### **Other Travel Opportunities**

**Tropical Costa Rica**

**November 6 - 14, 2010**

*Cost: \$2,449/double \$2,999/single*  
Stop in for a brochure to learn more!



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# volunteering

Volunteers are a vital part of everything that happens at **Partners in Prime**. Our dedicated volunteers enable us to offer activities and services to our members each year. Volunteering provides great satisfaction for everyone who participates. In fact, research shows that people who engage in community service live healthier and longer lives! Call us at 513.779.7360 if you are interested in any of these volunteer opportunities.

**Questions? Need more information?**

**Contact Jenny Oldham  
at 867.1998.**

## prime club Hamilton

### Meals on Wheels Driver

Several days a week. 1.5 hours per day, Thurs & Fri. We have a great need for volunteer(s) to help deliver meals to north side of Hamilton.

### Lunch Helpers

1 day a week, 1.5 hours during the lunch hour.  
Help at our newly renovated Hamilton prime club in the dining room as an order taker and server for the members.

### Yoga Instructors

1 day a week, 1 hour, flexible on days.  
Lead and instruct a Yoga class.

### Food Box Delivery

1 day a month (third Thursday) for approximately 2 hours.  
Help deliver food boxes to residents of senior high rises in Hamilton. Each box weighs about 30 lbs.

## prime club West Chester

### Luncheon Helpers

1 day a week, 2 hours.  
Serve lunch to members and clean up.

## prime club Fairfield

### Activity Assistant

1 day a week, flexible on days, 1.5 hour.  
Help lead a small group of members in a club activity, party, or event.

## First St. John United Church of Christ

Sundays 10:00 am  
Ballroom

God Is Still Speaking

*Serving:  
Partners in Prime,  
Greater Hamilton,  
and the world.*

863-0793

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

Never place a period where God has placed a comma. - Gracie Allen

# health & wellness classes

**Call Julie McCarthy at  
867.1998 ext. 243 to register for  
health & wellness classes.**

## Ongoing prime club Dance Classes

Monday	Golden Tappers \$	Fitton Center
Tuesday	Dancing Belles \$	HAM
	Murstein Line Dancers \$	HAM
Wednesday	Beginning Hula	HAM
	Ballroom Dancing \$	HAM
Thursday	Dancing Belles \$	HAM
	Murstein Line Dancers \$	HAM
	Line Dancing \$	HAM
	Beginning Ballroom \$	HAM
Friday	Golden Tappers \$	HAM
	Hula	HAM
	Square Dancing \$	HAM
	Line Dancing \$	WC

## Ongoing Fitness Classes

Monday	Keep on Movin' Exercise	HAM
	Weight Resistance \$	WC
	Fitness Equipment	HAM
	Toning & Stretching \$	HAM
	Hula for Fitness \$	HAM
	Fitness Class \$	HAM
Tuesday	Exercise	WC
	Fitness Equipment	HAM
	Walk & Exercise	HAM
	Jazzercise Lite \$	HAM
	Tai Chi	HAM
Wednesday	Keep on Movin' Exercise	HAM
	Fitness Equipment	HAM
	Tai Chi \$	HAM
Thursday	Balance Exercise \$	WC
	Fitness Equipment	HAM
	Prime Pacers	HAM
	Walk & Exercise	HAM
	Jazzercise Lite \$	HAM
	Zumba \$	HAM
	Pilates \$	HAM
Friday	Fitness Equipment	HAM
	Jazzercise Lite \$	HAM

\$ = fee for class / series



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# information & referral

## Open Door Session with Rep. John Boehner's Office

Hamilton - Gathering Room

Thursday, June 24

12 noon - 1:00 PM

"Open Door" gives the 8th Congressional District residents the opportunity to meet face-to-face with a member of Representative Boehner's congressional staff to discuss problems or opinions they have with regard to the federal government.

## West Chester-Liberty Senior Voice

West Chester Administration Building

9113 Cincinnati-Dayton Road

Thursday, June 24, 9:15 AM (social time);

9:45 AM (meeting called to order)

You are invited to join us at the informal monthly meeting to voice concerns, learn about area services, and socialize with other community members of West Chester and Liberty Township. Invite your family and friends to attend a meeting!

## Telephone Discount Program

Cincinnati Bell Lifeline is a telephone discount program intended to help low-income consumers have basic local landline telephone service. To be eligible for this program, you must be an Ohio resident receiving public benefits, or be below 150% of the federal poverty level. The Cincinnati Bell Lifeline program is available in parts of Butler County with the exception of Middletown, Monroe, Oxford and Trenton. Other telephone companies in Ohio offer similar discount programs. In addition, Partners in Prime receives \$25.00 for each individual who joins this program. For more information, contact Karen at 867.1998 ext 244 or Julie at ext 243.

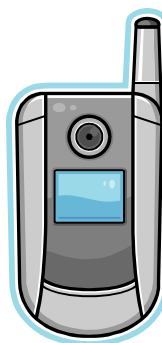
### Did you know . . .

We now provide **Ensure** and **Glucerna** at a discount. Orders must be made by the case to receive the discounted price, and orders with payment received by the first Friday of the month will be ready for pick up on the following Friday. Call 867.1998 for pricing & details. If you are home-bound and need assistance with delivery, please contact Leta Kranbuhl at 867.1998 ext. 352.

Questions? Need more information?

Contact Karen Lowery

at 867.1998 ext 244



## Help Area Seniors through the Butler County Sheriff's Office TRIAD Program—

### Used cell phones:

The TRIAD program helps reduce the victimization of older adults by offering free cell phones for use in an emergency. The cell phones are refurbished and programmed to only dial "911". If you would like to donate

a used cell phone to the TRIAD program, please bring the phone(s) to any of our prime club locations.

## Buckeye Card Offers Discounts Statewide

More than two million Ohioans are eligible for the Golden Buckeye card, which is honored at 20,000 businesses statewide. The Golden Buckeye card also includes Ohio's Best Rx prescription drug program for Ohio residents who do not have drug insurance coverage for all drugs. All Ohioans age 60 or better, as well as adults age 18-59 who have disabilities as defined by Social Security, are eligible for a free Golden Buckeye Card. Ohio residents who hold a current Ohio driver's license or state ID card automatically receive a Golden Buckeye card in the month of their 60th birthday. Individuals who do not have a current license or state ID, as well as individuals under the age of 60 who are eligible due to disability, or who otherwise do not receive a card automatically, may apply for a card at most libraries and senior centers. Due to ID, age and disability (if appropriate) verification requirements, you cannot apply for a Golden Buckeye card online or by phone.





Fairfield-Hamilton-West Chester



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Permit No. 11

## prime club Hamilton Therapies

### Manicures

**Wednesday, June 23, 11:00 AM**

*Reservation Deadline: 6/22*

*Basic manicure which includes a file and polish for \$15.00*

*Manicure plus which includes the basic manicure with a soak and hand massage for \$20.00.*

### Got Pain? Get Relief? - Ortho-Bionomy

**2nd & 4th Tuesday, 10:00 AM - 2:00 PM**

*Cost: \$15.00 for 10 minutes and \$30.00 for 20 minutes*

### Pedicures

**2nd Wednesday, 10:00 AM - 1:00 PM**

*Cost: Call for pricing*

### Massage Therapy

**2nd Wednesday, 10:00 AM - 1:00 PM**

*Cost: \$30.00 for 30 minutes and \$55.00 for an hour*

### Reflexology

**2nd Thursday, 10:00 AM - 2:00 PM**

*Cost: \$15.00 for hands and \$30.00 for feet*

### WOW Dental Whitening Treatment

**2nd Wednesday, 10:00 AM - 1:00 PM**

*Cost: \$80.00*

### Fairfield

5108 Sandy Lane  
Fairfield, OH 45014  
513.737.5752

### Hamilton

140 Ross Avenue  
Hamilton, OH 45013  
513.867.1998

### West Chester

9090 Cox Road  
West Chester, OH 45069  
513.779.7360

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