



Fairfield-Hamilton-West Chester

A division of Partners in Prime  
formerly Senior Citizens, Inc.

# Prime Time News

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

March 2010  
Volume 6 Issue 3

## St. Patrick's Day Lunch Party! Jim McBride- sax, flute, piano.

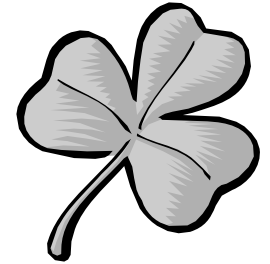
**Prime Club Hamilton, Monday, March 15, 11:45 AM**

**Prime Club West Chester, Tuesday, March 16, 11:00 AM**

He 's back by popular demand!

Jim may be best described as a "One Man Band" playing jazz instrumentals on sax, flute and piano. He also performs traditional Celtic Tin-Whistle tunes and sings standards from the Great American Songbook. With over 80 tunes in his repertoire, you will be sure to have an enjoyable time.

*Suggested donation: \$3.00. Reservations at club a week prior.*



## Will the World End on December 21, 2012 at 11:11 PM, as the MAYA predict?

### Will that be the Ending of Everything?

**Prime Club West Chester, Wednesday, March 31, 10:00 AM**

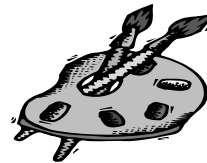
**Prime Club Hamilton, (Classroom, 2nd floor) Monday, March 29, 2:00 PM**

Richard Esposito will present an interesting and informative program on the Mayan astronomical achievements and their dreaded doomsday prophecy. Richard is an Industrial Engineer with vast experience in the management and consulting arena, presently owning a pencil factory in Trenton. He has traveled extensively to Europe, South and Central America and the Philippines. Having had 5 brothers in WWII, he became a student of history and became interested in the MAYA culture of Meso America and Pirates of the Caribbean. He has lectured for Norwegian Caribbean Cruises. Don 't miss this program!

*Cost: \$2.00. Must sign up for this program at your club.*

## New Art Class Offered!

See Hamilton Activity page for details!



## SAVE THE DATE!

### Lakotafest

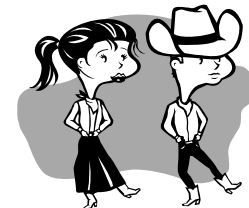
**Lakota West High School**

**Saturday, March 27, 10:00 AM - 3:00 PM**

Featured this year will be the Hana Hou Hula Dancers, Golden Tappers, Murstein Country Line Dancers and the Young at Heart Singers! For more information contact the health and wellness number, 867.1998 ext 243.

### Country Western Ho-Down

**Saturday, May 8**



# from the Chief Executive Officer

Hello Partners for March 2010!

Time marches along and it's already the third month of the new decade. Partners in Prime will be marching to a beat of a new drum soon in West Chester as we have signed our lease with the Township Trustees to move over to the old library, after some repairs and improvements early in the summer. And we have our annual March for Meals promotion for Meals on Wheels (where we work to raise awareness of the fact that we cook, package and deliver over 500 meals each weekday, and that we have a wonderful staff and volunteers involved in those efforts...even that we are always seeking more volunteers to assist with delivery!)

I'm pleased to see that our membership numbers continue to grow...we have so much to offer in our activities and educational programming, but we are always interested in hearing your recommendations on how to amend the daily agendas. We also welcome those who are interested in serving as activity leaders to share their favorite hobby, their hands-on experience or their curiosity in learning something brand-new!

AARP's tax prep folks are back in action each Tuesday and Thursday at the Hamilton Prime Club from 9 AM until 3 PM until April 15. Please call our Tax Info hotline at 867-9176 ext 525. It also gives you numbers to phone to learn about sites and times in Fairfield and West Chester.

Did you know that volunteers provided 18,058 hours of service to Partners in Prime last year, in many different capacities? This is the equivalent of over 8 additional full-time employees for the entire year. We couldn't deliver our breadth of programming without all of them! Thanks.

We are working on a new website and a new look for the Prime Time News. We plan to email updates, and special announcements, too, so if you haven't signed up to receive updates that way, please visit [PartnersInPrime.com](http://PartnersInPrime.com) to do that.

Gosh, when I think of everything that we are

involved with and working on, all in your behalf, I feel like I have been on a long march! If you'll excuse me, it's time for a very short Power Nap and then back to work!

Please stop in to enjoy lunch and take advantage of the activities and hospitality. I look forward to seeing you.

My Best,



CEO

Comment line  
513.867.1998 ext. 258

## 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 Fairfield, Hamilton and West Chester **prime clubs**, members have access to services and programs focused on wellness and strengthen 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 are offered for singles and couples.

**dining**—Delicious hot lunch is served daily at all three **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 and West Chester clubs. Breakfast & Lunch made to order is available at Hamilton from 8:30 am—1:00 pm, Monday—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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technology can help wounds that have  
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and unsightly wounds.

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how you may qualify for a **FREE** foot  
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**513-867-2057**

Fort Hamilton Hospital

HealthAlliance<sup>®</sup>

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

# organizational news

Our Sincerest Sympathy  
to the families of

Emily Marie D'Ercole  
Ralph Kolb  
Lillie Licklitter

## Memorials

Duplicate Bridge Group  
in memory of Roy Williams

Philip O. Morrival, Jr.  
in memory of Mary Adams,  
Mary Louise Waechter, and Rachel Riley

## New Member Reception

New and renewing members are welcome to attend an orientation and meet and greet hour on Wednesday, March 3 from 12:30-1:30 PM in the lobby of prime club Hamilton. Members will hear about upcoming activities and have a chance to get connected to activities and to others at the club. Call 867.1998 ext. 244 for reservations.

## The Fitness Room is open at prime club Hamilton!

In order to take advantage of the fitness equipment, one needs to sign an unconditional waiver form. This waiver, or also known as a release from liability form, is located in the Member Services offices at prime club Hamilton. The waiver or release form needs to be read and signed before operating any of the equipment. If you have any questions regarding the fitness equipment or waiver form, please call the Health and Wellness number, 867.1998 ext 243.

**Thanks.....**to Michael's at Bridgewater Falls for their generous donation to our Crafters at prime club Hamilton.

## 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 recreation data, 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. Also, with this high tech scanner we can demonstrate with concrete information about what older adults are interested in and this allows us to request funding for new programs. We really appreciate your cooperation and we cannot continue to offer the variety of programs that we have today without your help!



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.

**prime club Fairfield Daily Activities (open 10:00AM-3:00PM)**

**Please call 737.5752 for more information**

**Monday**

- 10:00 Pinochle
- 10:00 - 3:00 Cards
- 10:00 - 3:00 Puzzles
- 10:00 - 3:00 Wii Games
- 10:15 - 11:00 Exercise
- 11:45 - 12:30 Lunch
- 12:30 Bingo

**Wednesday**

- 10:00 Pinochle
- 10:00 Pitch & 1:00 Pitch Games
- 10:00 - 3:00 Cards & Puzzles
- 10:00 - 3:00 Wii Games
- 10:00 - 11:30 BG (4th Wed)
- 10:15 - 11:00 Exercise
- 10:30 - 11:30 BP (1st & 2nd)
- 11:45 - 12:30 Lunch
- 12:30 Birthday (2nd Wed)
- 12:30 - 3:00 Bingo (2nd Wed)
- 1:00 - 2:00 Drawing (1st Wed)
- 1:00 - 3:00 Water Color

**Tuesday**

- 10:00 - 3:00 Cards
- 10:00 - 3:00 Pitch
- 10:00 - 3:00 Puzzles
- 10:00 - 3:00 Wii Games
- 11:45 - 12:30 Lunch
- 5:30 Red Hat Society Mtg (3rd)

**Thursday**

- 10:00 Pitch
- 10:00 - 3:00 Cards
- 10:00 - 3:00 Puzzles
- 10:00 - 3:00 Wii Games
- 10:15 - 11:00 Exercise
- 10:30 Current Events (1st)
- 10:45 - 11:45 Corn Hole
- 11:00 - 1:00 Hearing Scrmg(3rd)
- 11:45 - 12:30 Lunch
- 12:30 - 3:00 Bingo

**Friday**

- 10:00- 3:00 Cards
- 10:00 - 3:00 Puzzles
- 10:00 - 3:00 Wii Games
- 10:00 - 2:00 Pitch
- 10:30 Challenge Walking \$
- 11:45 - 12:30 Lunch
- 1:00 - 2:00 Tai Chi \$
- 7:00 - 10:00 Euchre (1st & 3rd)

**Saturday**

- 7:00 - 10:00 Euchre (2nd & 4th)

**prime club West Chester Daily Activities (open 10:00AM-3:00PM)**

**Please call 779.7360 for more information**

**Monday**

- 9:30 Challenge Walking \$
- 10:00 Coffee Crooners
- 10:00 - 3:00 Various Cards
- 10:00 - 3:00 Puzzles
- 10:00 - 3:00 Wii Games
- 10:00 - 3:00 Bridge
- 10:00 Weight Resistance \$
- 10:30 - 11:45 Chair V-Ball
- 11:45 - 12:30 Lunch
- 12:00 - 2:00 Corn Hole
- 2:15 - 3:00 Ping Pong
- 3:00 Bible Study (3rd)

**Tuesday**

- 10:00 Coffee Crooners
- 10:00 - 3:00 Various Cards
- 10:00 - 3:00 Puzzles
- 10:00 - 3:00 Wii Games
- 10:00 - 3:00 Bridge
- 10:00 - 11:00 BG (2nd & 4th)
- 10:00 - 10:30 Exercise
- 10:30 - 11:45 Chair V-Ball
- 11:45 - 12:30 Lunch
- 12:00 - 2:00 Corn Hole
- 12:30 - 3:00 Poker
- 12:45 Young at Heart Choral Group

**Wednesday**

Special planned activities

**Thursday**

- 10:00 Coffee Crooners
- 10:00 - 3:00 Various Cards
- 10:00 - 3:00 Puzzles
- 10:00 - 3:00 Wii Games
- 10:00 - 3:00 Bridge
- 10:00 - 10:30 Exercise
- 10:30 - 11:45 Chair V-Ball
- 11:00 - 12:00 BP (1st, 2nd & 3rd)
- 11:00 - 1:00 Hearing Scrmg(2nd)
- 11:45 - 12:30 Lunch
- 12:00 - 2:00 Corn Hole
- 12:30 - 3:00 Poker

**Friday**

- 10:00 Coffee Crooners
- 10:00 - 3:00 Various Cards
- 10:00 - 3:00 Puzzles
- 10:00 - 3:00 Wii Games
- 10:00 Bunko and Pizza (last Fri)
- 10:30 - 11:45 Chair V-Ball
- 11:45 - 12:30 Lunch
- 12:00 - 2:00 Corn Hole
- 12:30 - 1:30 Line Dancing
- 2:15 - 3:00 Ping Pong

\$ = fee

revised 2/02/10

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

**Please call 867.1998 for more information**

**Monday**

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  
 9:15 - 11:00 Drawing (1st) - Art Studio  
 9:15 - 11:00 Water Color Class (2nd, 3rd & 4th) - Art Studio  
 9:00 - 12:00 Corn Hole - Wellness Room  
 9:00 - 12:00 Open Lab - Classroom  
 11:00 - 4:00 Bridge - Dining Room  
 11:30 - 12:30 Friends for Life (3rd) - Dining Room  
 11:45 - 12:30 Lunch - Dining Room  
 12:00 - 1:00 TRIAD (4th) - Classroom  
 1:00 - 4:00 Scrabble - Gathering Room  
 1:00 - 4:00 Mah Jonng - Dining Room  
 1:30 - 3:00 Golden Tappers - \$ Fitton Center  
 5:45 - 6:45 Fitness Class \$ - Wellness Room

**Tuesday**

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 - 11:15 Corn Hole - Wellness Room  
 9:00 - 3:00 AARP Tax Prep - Classroom  
 9:30 - 10:30 BP (1st & 3rd) - Health Education Room  
 10:00 - 2:00 Ortho-Bionomy (2nd & 4th) - \$ Health Education Room  
 10:00 - 3:00 Quilting - Art Studio  
 10:00 - 11:15 Walk & Exercise - Grand Ballroom A  
 11:15 - 12:15 Jazzercise - \$ Grand BR A & B  
 11:45 - 12:30 Lunch - Dining Room  
 12:30 - 4:00 Bid Euchre - Gathering Room  
 1:00 - 2:00 Chair Nia - \$ Wellness Room  
 1:00 - 2:00 Veteran's Group (1st & 3rd) Health Education Room  
 1:00 - 4:00 Duplicate Bridge - Dining Room  
 1:00 - 3:00 Murstein Line Dancers - \$ Grand Ballroom A  
 1:00 - 2:30 Dancing Belles - \$ Grand BR B

**Wednesday**

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 - 12:00 Corn Hole - Wellness Room  
 10:00 - 3:00 Quilting - Art Studio  
 10:00 - 2:00 Reflexology (2nd) - \$ Health Education Room  
 10:00 - 2:00 Massage (4th) - \$ Health Education Room  
 10:00 - 3:00 Train Room Open  
 10:15 - 11:30 Goldenaires - Grand Ballroom B  
 10:45 - 11:30 Bingo - Dining Room  
 10:30 - 11:30 Russian - Classroom  
 11:00 - 12:00 Beginning Hula - Grand BR A  
 11:00 - 2:00 PEARLS - Health Education Rm  
 11:30 - 1:00 Sightseekers (3rd) - Dining Room  
 11:30 - 4:00 Pitch - Gathering Room  
 11:45 - 12:30 Lunch - Dining Room  
 12:00 - 1:00 Nia - \$ Wellness Room  
 1:00 - 3:00 German - Classroom  
 1:00 - 3:00 BP (1st, 2nd, 3rd & 4th) - Health Education Room  
 2:00 - 4:00 Ballroom Dancing - \$ Grand Ballroom A&B

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

**Please call 867.1998 for more information**

**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 - 10:30 BP (2nd) - Health Education  
9:00 - 11:15 Corn Hole - Wellness Room  
9:00 - 3:00 AARP Tax Prep - Classroom  
10:00 - 11:15 Walk & Exercise - Grand BR A  
10:00 - 1:00 Chair Massage - \$ Health Education  
10:30 - 3:00 Crafters - Art Studio  
11:00 - 11:45 Bingo - Dining Room  
11:00 - 12:00 Grief Support (4th) - Health Ed Rm  
11:00 - 1:00 Hearing Screening (1st) -Health Ed Rm  
11:15 - 12:15 Jazzercise - \$ Grand BR A & B  
11:45 - 12:30 Lunch - Dining Room  
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 - 4:00 Scrabble - Gathering Room  
1:00 - 2:30 Alzheimer's Support - (2nd) - Health Education Room  
1:00 - 3:00 Murstein Line Dancers - \$ Grand BR A  
3:00 - 4:30 (2nd) Philatelic Society - Gathering Rm  
5:00 - 6:00 Line Dancing - \$ Grand Ballroom A & B  
5:00 - 6:00 Zumba \$ Wellness Room  
6:00 - 9:00 Beginning Ballroom - \$ Grand BR A & B  
6:00 - 7:00 Pilates - \$ Wellness Room  
6:30 - 9:00 Scrabble (2nd & 3rd) - Dining Room

**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 Lab - Classroom  
9:00 - 5:00 Checkers - Gathering Room  
9:00 - 12:00 Corn Hole - Wellness Room  
9:30 - 10:30 Jazzercise Lite - \$ Grand Ballroom B  
9:30 - 11:00 Golden Tappers - \$ Grand Ballroom A  
10:00 - 11:45 Hand & Foot - Dining Room  
10:00 - 11:45 Wood Carving - Art Studio  
11:00 - 12:00 Hula - Grand Ballroom B  
11:45 - 12:30 Lunch - Dining Room  
11:00 - 4:00 Pitch - Gathering Room  
1:00 - 4:00 Duplicate Bridge - Dining Room  
7:00 - 8:30 Square Dancing - \$ Grand Ballroom A & B

\$ = fee

revised 2/02/10

# Fairfield club activities

**Questions? Need more information?**

**Contact Linda Manzo,**

**Activity Supervisor, at 779.7360.**

## **Mustard Seed**

**Thursday, March 11, 11:00 AM**

Kim Werk is our leader and does a wonderful job teaching bible studies by dressing up in character costumes.

## **Birthday Cake Day**

Served on the second Wednesday of each month. Thank you to Marsh Grocery Store in Fairfield for donating the birthday cakes. See you March 10 !

## **Bingo**

On Monday Bingo is a penny a card (four cards maximum) for each game played. On Thursday the game is \$.50 cents a card for the whole game. Our wonderful caller also challenges the players with trivia questions that really make you think. Bingo games start at 12:30 PM.

## **Men's Bible Study at Grace United Methodist**

**Thursdays, 3:00 PM**

They are studying the Gospel of John and would welcome any guy who is interested in fellowship and studying the Word. Some hymn singing will also be enjoyed.

**Current Events**  
**Thursdays, 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.

## **Art Class**

Every Wednesday at 1:00 pm Sister Maura teaches an art class. Learn how to draw and paint in watercolor.

**Paint like an Impressionist NEW !!**  
**Monday, March 22, 10:00- 11:00 AM**  
**Art Studio, Prime Club Hamilton**

We'll look at the artwork of Claude Monet when he worked from his Giverny Gardens. We will talk about blending color directly on the canvas for fresh and lively-looking paintings. Artists will use acrylic paints on canvas paper. Reservations and payment for class at your club; Cost: \$3.00



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# Fairfield club wellness

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

## **Keep on Movin' Exercise**

**Mondays, Wednesdays & Thursdays 10:15AM**

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 a volunteer and the participants have a great time working out together.

## **Challenge Walking with Julie**

**Fridays, 10:30 AM**

*Cost: \$1.00 per session Registration Deadline: 3/4*

This new indoor walking program is a great way to get those required daily 30 minutes of physical activity. This is also a great way to get a winter walk in inside where you don't have to worry about the weather. All you need is good walking / running shoes and a willingness to try something new.

## **Manicures**

**Monday, March 8, 11:00 AM**

*Reservation Deadline: 3/5*

June Bowling will be offering a basic manicure which includes a file and polish for \$15.00 as well as the manicure plus which includes the basic manicure with a soak and hand massage for \$20.00. Reservations are required.

**For a complete listing of prime club fitness and dance classes, please view page 18.**

## **Get Friendly with Fiber**

**Wednesday, March 31, 12:00 PM**

*Registration Deadline: 3/29*

Find out all of the good things fiber can do for you. Discover why we need fiber, what foods contain fiber and how much is needed for daily requirements. Guest speaker, Paula Martinez, Dietitian with the Council on Aging, will be facilitating this presentation.

## **Aphasia Group**

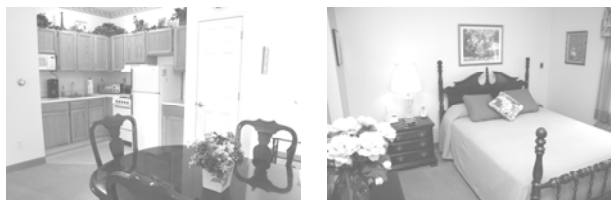
**Tuesdays, 10:00 AM - 12:00 PM**

Have you had a stroke and now struggle with the challenges of aphasia? Has communicating become frustrating for you? This new group will be meeting on Tuesdays to support one another as well as challenge one another with an activity that stimulates communication. New members are welcome and encouraged to join the group. For more information about this group, please contact the health and wellness number and ask to speak with Julie.

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# Hamilton club activities

**Questions? Need more information?**

**Contact Linda Manzo,**

**Activity Supervisor, at 779.7360.**

## **Dinner and Movie at Chesterwood Friday, February 26, Lunch 11:45 AM**

Meet at **Chesterwood** for a fun Friday out!  
*Reservations must be made by Friday, February 19 at the club; Cost: \$5.00*

## **Veterans Group**

**1<sup>st</sup> and 3<sup>rd</sup> Tues. of the month at 1:00 PM**

Remember you don't have to be a veteran, just have an interest in the military history of our country.

## **Philatelic Society**

**2<sup>nd</sup> Thursday of month, 3:00 PM  
Classroom**

Note new time of meeting.

## **A Healing Journey**

This is a DVD 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!

## **Goldinares Sing out! – Lend YOUR Voice!!!**

**Every Wednesday, 10:15 AM**

If you would like to join, contact Phyllis Tuley at 863.1567 or tuley28@yahoo.com. No audition required, and it's fun!

## **Drawing Class and Watercolor Class Monday, 9:15 AM – 11:00 AM Art Studio**

Interested in drawing? Join Sr. Maura's class the 1<sup>st</sup> Monday of the month. Want to express or improve your watercolor talents? The remaining Mondays are for Watercolor.

## **Carvers Crave Members Fridays, 10:00 AM**

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.

## **One on One Lap Top Classes! Mondays, March 15, and March 22 Classroom**

This class is for those of you who have many questions about the computer and are afraid to ask or don't know what to ask. You will have one full hour with Al Kaled, a well known and popular computer instructor. Sign up or call club for your appointment at 779.7360.

*Cost: \$25.00 for an hour of instruction*

## **Paint like an Impressionist NEW !! Monday, March 22, 10:00 AM—11:00 AM**

### **Art Studio**

We'll look at the artwork of Claude Monet when he worked from his Giverny Gardens. We will talk about blending color directly on the canvas for fresh and lively-looking paintings. Artists will use acrylic paints on canvas paper.

Reservations and payment for class at your club  
*Cost: \$3.00*

## **Leprechaun Leap Dance Wednesday, March 17, 2:00 PM Grand Ballroom**

Prizes for the 'greenest of the green'.



*"Your Life, Your Memories, Our Priority."*

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# Hamilton club wellness

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

## **Get Friendly with Fiber Thursday, March 11 12:30 PM**

*Registration Deadline: 3/10*

Find out all of the good things fiber can do for you. Discover why we need fiber, what foods contain fiber and how much is needed for daily requirements. Guest speaker, Paula Martinez, Dietitian with the Council on Aging, will be facilitating this presentation.

## **Aphasia Group Mondays, 10:00 AM - 12:00 PM**

Have you had a stroke and now struggle with the challenges of aphasia? Has communicating become frustrating for you? This new group will be meeting on Mondays to support one another as well as challenge one another with an activity that stimulates communication. New members are welcome and encouraged to join the group.

## **Chair Nia Tuesdays, 1:00 PM - 2:00 PM**

*Cost: \$20.00 for 4 weeks Reservation Deadline: 3/2*

Joan Scanlon will be offering this gentle chair Nia class. If you have always wanted to practice Nia and have been intimidated, this is the class for you. It's a gentle version of the original class.

## **Carole's Toning & Stretching Class Mondays, 1:00 PM - 2:00 PM**

*Cost: \$1.00 Registration deadline: 3/1*

Check out this new Monday exercise class! It's a great addition to the Tuesday & Thursday Walk & Exercise class with easy stretching and great toning.

## **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.

## **Manicures**

### **Wednesday, March 24, 11:00 AM**

*Reservation Deadline: 3/22*

June Bowling will be offering a basic manicure which includes a file and polish for \$15.00 as well as the manicure plus which includes the basic manicure with a soak and hand massage for \$20.00.

Reservations are required.

## **Ortho-Bionomy Lecture & Demo Tuesday, March 30, 12:30 PM**

*Registration Deadline: 3/29*

To experience a reduction in pain as a result of a simple light touch or movement can be incredible. This gentle hands-on form of body work is ideal for dealing with chronic issues such as: carpal tunnel, arthritis, back pain, or headaches. It helps people break the cycle of pain, without causing pain. Jana Brown, registered Ortho-Bionomy practitioner, will demonstrate this mode which enables your body to re-align itself into a healthier position of comfort.



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Hamilton, OH 45013  
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800.691.7255  
hospiceofhamilton.org

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# West Chester club activities

**Questions? Need more information?**

**Contact Linda Manzo,**

**Activity Supervisor, at 779.7360.**

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

**Monday, March 8**

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. Cost: \$25.00 for an hour of instruction.

## **Bible Study**

**Monday, March 15, 3:00 PM**

Our leader, Kim Werk guarantees this to be an eye-opener!

## **Bunko and Pizza**

**Friday, March 26**

10:00 AM Bunko; Cost is \$2.00

11:45 AM Pizza; Cost is \$4.00

## **Young at Heart Choral Group**

**Tuesdays, 12:45-2:00 PM**

**Faith Community United Methodist Church,  
8230 Cox Rd.**

The choral group would love to have you join!

## **Chair Volleyball Game**

**Monday, March 8, 1:00 PM**

We will be welcoming the team from North College Hill to our club. Lots of fun, and lots of treats! Go Team WC!

## **Lunch and Movie at Barrington of West Chester**

**Wednesday, March 24, 11:45 AM**

You will enjoy a delightful lunch and movie at this beautiful facility.

Reservations by: March 19. Sign up at club or call Linda Manzo, activity supervisor at 779-7360

Cost: \$5.00

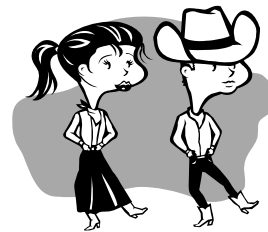
## **Line Dancing at the West Chester Club !!**

**NEW!**

**Fridays, 12:30 PM**

There has been a large number of members interested in starting up this new group

Cost: \$3.00



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

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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**

## **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 stretching with exercise resistance bands.

## **Challenge Walking with Julie**

**Mondays, 9:15 AM**

*Cost: \$1.00 per session*

This new indoor walking program is a great way to get those required daily 30 minutes of physical activity. This is also a great way to get a winter walk in inside where you don't have to worry about the weather. All you need is good walking / running shoes and a willingness to try something new.

## **Manicures**

**Thursday, March 18, 11:00 AM**

*Reservation Deadline: 3/16*

June Bowling will be offering a basic manicure which includes a file and polish for \$15.00 as well as the manicure plus which includes the basic manicure with a soak and hand massage for \$20.00. Reservations are required.

## **Conversations, the 70 - 40 Talk**

**Tuesday, March 9, 12:30 PM**

*Reservation Deadline: 3/8*

Do you need to speak with your adult children about plans or wishes, but you are not sure how to or even how to approach them? This presentation facilitated by Jane Ripberger, LPN, MA of Home Instead Senior Care will provide those necessary tools to have those important conversations with your adult children. Find out how your needs can be met and how your wishes can be fulfilled.

## **Get Friendly with Fiber**

**Tuesday, March 23, 12:30 PM**

*Registration Deadline: 3/22*

Find out all of the good things fiber can do for you. Discover why we need fiber, what foods contain fiber and how much is needed for daily requirements. Guest speaker, Paula Martinez, Dietitian with the Council on Aging, will be facilitating this presentation.

# LEARNING

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## **BIRCHWOOD CARE CENTER**

4070 HAMILTON-MASON ROAD  
FAIRFIELD TWP., OH 45011



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

# March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Tuna Casserole Beets Mixed Vegetables Banana Bread	<b>2</b> Beef Stew Brussels Sprouts Cinnamon Apples Mixed Fruit Roll	<b>3</b> Sloppy Joe/Bun Tater Tots Peas Plums	<b>4</b> Fried Chicken Whipped Potatoes Green Beans Orange Roll	<b>5</b> Country Fish Broccoli Stewed Tomatoes Apple Roll
<b>8</b> Roast Beef/Gravy Whipped Potatoes Carrots Banana Roll	<b>9</b> Cheeseburger/Bun Baked Beans German Potato Salad Apricots	<b>10</b> Beef & Mac Peas Cinnamon Applesauce Orange Bread	<b>11</b> Kielbasa/ Sauerkraut Whipped Potatoes Mixed Vegetables Apple Corn Muffin	<b>12</b> Soup Beans (no ham) Potatoes Spinach Pears Corn Muffin
<b>15</b> Corn Beef Cabbage Buttered Potatoes Banana Corn Muffin	<b>16</b> Pasta/Marinara Sauce Meatballs Italian Blend Peaches Garlic Bread	<b>17</b> BBQ Rib/Bun Peas Beets Mandarin Oranges	<b>18</b> Pork Chop/Gravy Sweet Potatoes Cauliflower Apple Roll	<b>19</b> Lemon Pepper Fish Scalloped Potatoes Brussels Sprouts Orange Roll
<b>22</b> Chili Cinnamon Apples Corn Banana Corn Muffin	<b>23</b> Chicken & Noodles Carrots Mixed Vegetables Mixed Fruit Bread	<b>24</b> Meatloaf Au gratin Potatoes Green Beans Plums Roll	<b>25</b> Pork/Gravy Whipped Potatoes Peas Apple Roll	<b>26</b> Beer Battered Fish Garlic Potatoes Lima Beans Orange Roll
<b>29</b> Stuffed Peppers Corn Cinnamon Apples Banana Roll	<b>30</b> Italian Chicken Breast Stewed Tomatoes Broccoli Peaches Roll	<b>31</b> Chopped Steak Mushroom Gravy Whipped Potatoes Carrots Roll	<b>St. Patty's Lunch</b> Hamilton/Fairfield 15 <sup>th</sup>  West Chester 16 <sup>th</sup>	

## 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



## March Birthdays

1. Jeanne Kohls
1. Wanda Price
1. Alfred Richer
2. Richard Segal
3. Arthur Bennett
4. John Renner
5. Herman Baumgartner
5. Margaret Carpenter
5. Inez Gross
5. Richard Herrera
5. Jane Lorimer
5. John Moser
5. Julia Woodward
5. Betty Zimmerman
6. John Wolfram
7. Mary Cody
7. Audrey Confer
7. Curt Herrin
7. Jean Schmidt
9. Barbara Mick
9. Donna Waddell
10. John Barrington
10. N. Jane Macbeth
11. Wilma Detherage
11. Jane Devore
11. Jack Schraer
12. Ron Steele
13. Delores Carter
13. Norman Stanley
14. Ada Bonar
14. Howard Cohen
14. C. Philip Crampton
14. Kathleen Gill
15. Juanita Brown
16. Irma Madgett
16. Wayne Sowder
16. Doris Yeakle
17. Chris Ernst
17. Patricia Herndon
17. Emmett Wells
18. Kimiko Cloyd
18. Lawrence Risola
18. Pauline Wells
19. Josephine Bodnar
19. James Gentile
19. Lorna Hahn
19. Betty Imfeld
19. Edward Kornylak

19. Mildred McGoldrick
19. Daniel Schmidt
20. Joseph Cappa
20. Delores Downey
20. Charlotte England
20. Greta Hampton
20. Anna Marie Kler
20. Ralph (Homer) Watkins
21. John Hampton
21. Grace Hogan
21. Jill Jackson
21. Sarah James
21. Philip Morrical Jr.
21. Carol Steele
21. Rosemary Wisecup
22. Carole Sibert
23. Estelle Brockman
23. Ruby Brockman
23. Donna Fitzpatrick
23. Darlene Mitchell
24. Warren Baecker
24. Alice Pursley
25. Robert Huesing
25. Ramona Thornton
26. Bertha Campbell
27. George Bryant
27. Janet Fields
27. Janet Fox
27. Charles Thurman
28. Juanita Burns
28. Leona Edwards
29. Dennis Bowling
29. Helen Malone
29. Betty McCoy
30. Georgia Adams
30. Eugene Lawson
31. Billy Hileman
31. Ellen Metheney
31. Joan Wells



## March Anniversaries

11. John & Gloria Barrington
15. Paul & Estelle Newkirk

## Welcome New Members

(Members joined from January 1 - 31)  
Donald Adkins Sr.  
Owen Baker  
Peggy Banks

Wilbur Bennett  
Theresa Brander  
Dianne Brinck  
Juanita Brown  
William Clark  
Ronnie Davis  
Shirley Davis  
John Estridge  
Eileen Fletcher  
(Elmer) Robert Fletcher  
LaVada Fletcher  
James L. George  
E. Jean Haverkos  
Jerome Horn  
Doyle Jackson  
Jill Jackson  
Wilma Jackson  
Mary Johnson  
Timothy Johnson  
Ruth Keaty  
Timothy Keaty  
Richard Kissell  
Louis Klepec  
Maria Klepec  
Edward Kornylak  
Harold Labadie  
Connie Levengood  
Ruby Lickert  
Cheryl Lovejoy  
Charles Lyons  
Bill McCalley  
Judy McCalley  
Robert McMillan  
Cheryl Morgan  
James Morgan  
Bette Nichols  
Alice Perry  
Robert L. Snyder  
Antoinette Tabacek  
Joseph Tabacek  
Thomas Talmage  
Brenda K. Thomas  
Linda Thomas  
Harry Thurman Jr.  
Paul (Steve) Timmer  
Kathy Ullrich  
Kathryn Walton  
Georgia Watkins  
Ralph (Homer) Watkins  
Sam Welch  
Sue Welch  
Donna Woodrey  
Jerry Woodrey

# prime travel

**Questions? Need more information?**

**Contact Jenny Oldham,  
at 513.737.5752**

## **2010 Croswell Day and Overnight Trips**

**March 23 - 26** ~ Washington DC Veterans Appreciation Tour. Cost: \$509/double, \$709/single. \$50 deposit due to hold your seat.

**Tour Inclusions:** Roundtrip Transportation via Croswell's Deluxe VIP Motorcoach 4 Days – 3 Nights – 6 Meals The National World War II Memorial is the first national memorial dedicated to all who served during World War II. Luggage handling. Stop in a pick up a flyer at the club.

**April 19 - 20** ~ Festival of Flowers Biltmore House Tour Cost: \$309/double, \$375/single. \$50 deposit due to hold your seat. Spring heralds a change of seasons at the Biltmore Estate. Blue skies, sunny days, and gentle breezes coax out an assembly of blossoms. At Biltmore, the annual Festival of Flowers showcases the region's beauty.

**Tour Inclusions:** Roundtrip Transportation via Croswell's Deluxe VIP Motorcoach 2 Days – 1 Night – 3 Meals. Admissions and attractions into the Biltmore Estate. Luggage handling. Stop in a pick up a flyer at the club.

**June 22** ~ Bingo Cruise on Belle of Louisville \$96

**July 28 - 30** ~ Best of Chicago \$309

**August 24** ~ The Covered Bridges of Maysville KY Tour \$89

**September 22 - 24** ~ Niagara Falls (Passport Required) \$309

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

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

**Shades of Ireland  
May 11 - 20, 2010**

Cost: \$2,799/double \$3,249/single  
Stop in for a brochure to learn more!

## **Fun & Fitness Cruise to Alaska**

**Sept 3 - 10, 2010**

Cost: \$699/double \$1,113/Single

Call Julie if you have any questions. 867.1998  
Ext. 243.

## **Let's Learn More About Singapore!**

**Tuesday, March 23, 1:00 PM**

### **Wellness Room**

Our own Tracy Revalee, from the ILA Companion's Department, will give us her personal travelogue of her trip to Singapore. It's a "fine" and exotic city of brilliant color and tropical décor. Come and enjoy!



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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 779.7360**

## **prime club Hamilton**

### **Manual Labor Volunteer**

1 day in March, 3 - 4 hours, flexible on day.  
Help at our newly renovated Hamilton club in the maintenance department to help remove debris from the attic.

### **Lunch Helpers**

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

### **Extra Set of Hands Volunteer**

1 day a week, 2 - 3 hours.  
Help at our newly renovated Hamilton club in the maintenance department with some various miscellaneous duties.

## **prime club West Chester**

### **Luncheon Helpers**

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

### **Club Housekeeper**

1 day a week, 1.5 hours in a morning, 9:00 AM - 10:30 AM. Flexible on the weekdays (not Wednesdays). We need a volunteer housekeeper to help clean the West Chester club.

## **prime club Fairfield**

### **Club Housekeeper**

1 day a week, 1.5 hours in a afternoon, 3:00 PM - 4:30 PM. Flexible on the weekday. We need a volunteer housekeeper to help clean the Fairfield club.

### **Cornhole Enthusiasts**

1 day a week, Thursdays, 1 hour.  
Teach and lead a small group of Cornhole game players and start up tournaments.

### **Ride Along Volunteer**

Tuesdays or Fridays, 2 - 3 hours.  
Help by riding along with one of our Prime Transportation drivers to help load and unload groceries and assist the passengers.

## **All prime clubs**

### **Weight Resistance Instructors**

1 day a week, 1/2 hour, flexible on days.  
Lead and instruct a Weight Resistance class.

### **Food Box Delivery**

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



# 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



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## Ongoing Fitness Classes

Monday	Exercise	FF
	Challenge Walking\$	WC
	Weight Resistance\$	WC
	Fitness Equipment	HAM
	Fitness Class \$	HAM
Tuesday	Tai Chi \$	HAM
	Toning & Stretching \$	HAM
	Video Exercise	FF
	Exercise	WC
	Fitness Equipment	HAM
Wednesday	Walk & Exercise	HAM
	Jazzercise Lite \$	HAM
	Chair Nia \$	HAM
	Exercise	FF
	Fitness Equipment	HAM
Thursday	Nia \$	HAM
	Exercise	FF
	Exercise	WC
	Fitness Equipment	HAM
	Prime Pacers	HAM
Friday	Walk & Exercise	HAM
	Jazzercise Lite \$	HAM
	Zumba \$	HAM
	Pilates \$	HAM
	Challenge Walking \$	FF
	Tai Chi \$	FF
	Chair Dancing	WC
	Fitness Equipment	HAM
	Jazzercise Lite \$	HAM

\$ = fee for class / series



# information & referral



## AARP Tax Preparation

### Hamilton

**Tuesday and Thursday, February 9 through April 15**

**9:00 AM - 3:00 PM**

**No appointment required.**

Please bring all necessary paperwork including:

- Proof of all income for 2009.
- Real estate tax bill for 2009.
- Temporary tax credits are also available if you purchased a home and/or a new car in 2009.

Federal and State taxes will be prepared and filed electronically.

**West Chester-Liberty Senior Voice  
West Chester Administration Building  
9113 Cincinnati-Dayton Road  
Thursday, February 25, 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! This month's guest speaker is to be determined.

**New! Travel to Washington, D.C. with the West Chester-Liberty Senior Voice !  
Motor coach trip is scheduled for May 21 - 24.**

Cost is \$359 per person

Includes 3 nights lodging, breakfast and dinner.

Contact Jerry Boyers at 777.4885 for more information.

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

## Assistance Available for Winter Heating Bills

The Home Energy Assistance Program (HEAP) is a federally-funded program administered by the Ohio Department of Development - Office of Community Service. HEAP is designed to help eligible low-income Ohioans meet the high costs of home heating. Applications are available at all prime clubs. Deadline to apply is May 31. For more information, contact Karen at 867.1998 ext. 244 or Julie at 737.5752.

## Medicare Advantage Open Enrollment Until March 31

Don't forget that you can join, drop, or switch a Medicare Advantage Plan (MA) for 2010 **until March 31!** However, the deadline for most people to add Medicare drug coverage was December 31, 2009. You can compare local Medicare Advantage Plans at [www.medicare.gov](http://www.medicare.gov) or call 867.1998 ext. 244.

## Coming in April.....

**AARP Driver Safety Program** will be offered at prime club Hamilton on Tuesday, April 27. Look for more information in the April issue of the *Prime Time News!*

## 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.



Fairfield-Hamilton-West Chester



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### prime club Hamilton therapeutic services

#### Massage Therapy

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

**4th Wednesday, 10:00 AM - 2:00 PM**

*Cost: \$15.00 for 12 minutes*

#### Reflexology

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

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

#### Ortho-Bionomy

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

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

Need to relax? Why not make a reservation with one of our certified practitioners? Small doses of therapeutic bodywork can relieve the body and spirit of tension and stress. Not sure where to start and would like more information? No problem! Just pick up the phone and call the health and wellness number, 867.1998 ext. 243 or stop by and speak with Julie McCarthy, Wellness Coordinator.



#### Fairfield

536 Patterson Blvd.  
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)