



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

Prime Time News

www.PartnersInPrime.org

May 2010
 Volume 6 Issue 5



AgeStrong! LiveLong!

Country Dance Night!

prime club Hamilton Ballroom
Saturday, May 8, 7:00 PM - 10:00 PM

Cost: \$10.00 for members; \$12.00 for non-members

Soft drinks and wine included. Snacks available at minimal charge.

Deadline to purchase ticket: May 5; sponsored by **Comfort Keepers**

Try your luck at split-the-pot and enjoy the music from **Eddie and the OPEN Road**. **OPEN Road** is a local band that plays classic country music for your dancing and listening pleasure. The group is made up of four musicians who have each been playing a minimum of 40 years. The members of the band all have extensive musical backgrounds and have played with many top performers all around the country - one member has even played in the Orient. Some of the individuals have also worked on recording projects for other artists. The band is currently booked for appearances in the Ohio, Indiana, and Kentucky area.

National Senior Health & Fitness Day

prime club Hamilton
Wednesday, May 26, 9:00 AM - 5:00 PM

Registration Deadline: May 24

Celebrate with us as we recognize the importance of senior health and fitness at prime club Hamilton. Start the morning off by participating in a free morning exercise class with our volunteer instructor, Jolie Tse. Take part in a free cooking demonstration with personal chef, Lori Cole of *Savory Melodies*. Maybe you want to check out the hula class or fitness equipment room or quite possibly take advantage of a scheduled massage with Murphy Edwards of *Spalon S'Marie*. There is a little something for everyone this day. A complete listing of activities will be available in the Member Services office.

Senior Expo
Coney Island
Tuesday, May 18, 10:00 AM - 5:00 PM

Admission: \$1.50

The 2010 Senior Expo includes dozens of exhibitors, wellness activities, games, local celebrities, jazz music, and lots of dancing! Our very own Hana Hou Hula Dancers will be performing in the Moonlite Pavilion. Come out and enjoy the fun!

Welcome
 to our new
 tenant!



First St. John Church
Invites you to visit!
meeting Sundays at 10:00 AM
in the Ballroom
at prime club Hamilton!

from the Chief Executive Officer

Hello Partners for May 2010!

It's national Older Americans Month, and we intend to help you celebrate throughout the month, and we want to celebrate YOU! One of our highlights will be our special day for Senior Health and Fitness Day at the end of the month.

What a whirlwind year so far. The reopening of our Murstein Prime Club; plans for relocating the West Chester Prime Club during the year, and now the unexpected changes for our Fairfield Prime Club as a result of the landlord ending our lease, and giving us short notice to relocate.

The Prime Transportation dispatch office, and our important rides for seniors who no longer drive, is a primary consideration during all of the Fairfield changes since it's base is the Fairfield Prime Club.

Fairfield Prime Club members are temporarily attending activities at the Hamilton Prime Club site, in a turn-about from last year when Fairfield hosted dislocated Hamilton members. We are very pleased to have a new location selected, thanks to the wonderful cooperation of our new landlords Jim Adams and Buck Rumpke of Creekside Properties on Sandy Lane, just a few blocks from our current site. We don't have an opening date as yet (a restroom must be added, plus carpeting and paint) but we want it to be during May. Transportation services will not be disrupted, and the new space will accommodate the dispatch office.

We didn't anticipate this move, so its costs are not in our budget. We are seeking financial assistance, donations of the paint and carpeting, and volunteer aid. Neyer Properties, our former landlord, has offered to assist in some way.

On the West Chester front, I must eat my words about being ready to move in by June 1. Alas, we had delays in negotiating the lease, and now we must follow state project bidding guidelines for renovations that West Chester Township is paying to do. The building and grounds are government property, so the rules are more complex. We must also raise between \$175,000 and \$250,000 in cash and specific donated items, like matching furnishings and a big riding lawnmower, to outfit the place in style. Of course, we also have a fall-back plan. I've learned my lesson, so I am not going to

project a new opening date right now...I just don't have enough information yet.

May is a wonderful month, ending with Memorial Day. We are so grateful to our Veterans and we appreciate that so many Veterans are involved with our organization and our Veterans Group.

Take time to celebrate during May...you deserve it!

My best,



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.



WEST CHESTER
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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 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 West Chester club. 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.

**Put those bandages
to better use.**



You won't need them anymore.

At the Fort Hamilton Hospital
Center for Wound Healing,
our advanced treatments and
technology can help wounds that have
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Fort Hamilton Hospital

HealthAlliance[®]

www.FortHamiltonHospital.com

organizational news

Our Sincerest Sympathy
to the families of...

Caroline Tewell
Linda L. Thomas



All Partners in Prime
locations and services will be
closed on
Monday, May 31 in
observance of the
Memorial Day holiday.

Memorials

Linda Ashbrook
in memory of Bob Ashbrook

Golden Tappers
in memory of Estelle L. Carleton

Thank You

.....to Raymond and Wilma Pugh for their generous donation that enabled Partners in Prime to purchase additional lighting for the Grand Ballroom at prime club Hamilton.

Thank You.....

.....to Embassy Healthcare/Parkside Nursing and Rehabilitation for their sponsorship of the Hospitality Table at prime club Hamilton.

Honor an Elder Memorial Service Friday, May 14, 1:00 PM

Reservation Deadline: 5/12

Please join us as we celebrate friends and loved ones that have passed away and who have made a difference in our lives. Hospice of Hamilton and Hospice of Cincinnati will be facilitating this service.

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!

SAVE THE DATE!

2010 Annual Membership Picnic

Monday, June 14

Muhlhauser Barn in West Chester

Look for more information in the June issue of the *Prime Time News*!

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.

Monday	Tuesday	Thursday	Friday
10:00 Coffee Crooners	10:00 Coffee Crooners	10:00 Coffee Crooners	10:00 Coffee Crooners
10:00 - 3:00 Open Lab	10:00 - 3:00 Open Lab	10:00 - 3:00 Open Lab	10:00 - 3:00 Open 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 Puzzles	10:00 - 3:00 Puzzles	10:00 - 3:00 Puzzles
10:00 - 3:00 Wii Games	10:00 - 3:00 Wii Games	10:00 - 3:00 Wii Games	10:00 - 3:00 Wii Games
10:00 - 10:30	10:00 - 3:00 Bridge	10:00 - 3:00 Bridge	10:00 Bunko and Pizza
Weight Resistance \$	10:00 - 11:00 BG (2nd & 4th)	10:00 - 10:30	(last)
10:30 - 11:45 Chair V-Ball	10:00 - 10:30 Exercise	Balance Exercise \$	10:30 - 11:45 Chair V-Ball
11:45 - 12:30 Lunch	10:30 - 11:45 Chair V-Ball	10:30 - 11:45 Chair V-Ball	11:45 - 12:30 Lunch
12:00 - 2:00 Corn Hole	11:45 - 12:30 Lunch	11:00 - 12:00 BP	12:00 - 2:00 Corn Hole
1:00 - Table Games	12:00 - 2:00 Corn Hole	(1st, 3rd & 4th)	12:30 - 1:30 Line Dancing
2:15 - 3:00 Ping Pong	12:30 - 3:00 Poker	11:00 - 12:30 Manicures \$	2:15 - 3:00 Ping Pong
3:00 Bible Study (3rd)	12:45 Young at Heart Choral Group	(3rd)	
		11:45 - 12:30 Lunch	
		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 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
 10:00 - 12:00 Aphasia Group - Health Education Room
 10:00 - 10:45 Keep on Movin' Exercise - Grand Ballroom A
 11:00 - 4:00 Bridge - Dining Room
 11:45 - 12:30 Lunch - Dining Room
 12:00 - 1:00 TRIAD (4th) - Classroom
 12:00 - 4:00 Reflexology \$ (2nd) - Health Education Room
 12:30 - 2:30 Bingo - Dining Room
 1:00 - 2:00 Carole's Toning & Stretching Class - \$ Wellness Room
 1:00 - 4:00 Scrabble - Gathering Room
 1:00 - 4:00 Mah Jongg - Dining Room
 1:30 - 3:00 Golden Tappers - \$ Fitton Center
 5:30 - 6:30 Hula for Fitness - \$ Grand Ballroom A
 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
 9:30 - 10:30 BP (1st) - Health Education Room
 10:00 - 2:00 Ortho-Bionomy (2nd & 4th) - \$ Health Education Room
 10:00 - 2:00 Pitch - Gathering 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
 12:30 - 2:00 Murstein Line Dancers - \$ Grand Ballroom A
 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

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 - 1:00 Massage (2nd) - \$ Health Education Room
 10:00 - 11:30 BG (2nd) - Health Education
 10:00 - 3:00 Train Room Open
 10:15 - 11:30 Goldenaires - Grand Ballroom B
 10:00 - 10:45 Keep on Movin' Exercise - Grand Ballroom A
 10:45 - 11:30 Bingo - Dining Room
 10:30 - 11:30 Russian - Classroom
 11:00 - 12:00 Beginning Hula - Grand BR A
 11:00 - 1:00 Manicures \$ (4th) - Health Education Room
 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
 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
 5:00 - 5:45 Tai Chi - \$ Wellness Room

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 - 11:15 Corn Hole - Wellness Room
9:30 - 10:30 BP (2nd) - Health Education
10:00 - 11:15 Walk & Exercise - Grand BR A
11:00 - 11:45 Current Events (1st) - Gathering Rm
10:30 - 3:00 Crafters - Art Studio
11:00 - 11:45 Bingo - Dining Room
11:00 - 12:00 Grief Support (4th) - Health Ed Rm
11:15 - 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 - 4:00 Scrabble - Gathering Room
1:00 - 2:30 Alzheimer's Support - (2nd) - Health Education 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
6:00 - 7:00 Pilates - \$ Health Education 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 - 11:00 Golden Tappers - \$ Grand Ballroom A
10:00 - 1:00 Hand & Foot - Dining Room
10:00 - 11:45 Wood Carving - Art Studio
10:00 - 10:30 Qigong - Health Education Room
11:00 - 12:00 Hula - Grand Ballroom B
11:15 - 12:15 Jazzercise Lite - \$ Grand Ballroom A
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 4/6/10

Hamilton club activities

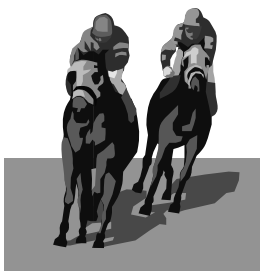
Questions? Need more information?

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



Enjoy hors d'oeuvres, cake, and beverages as we celebrate all the special women in our lives. Each lady 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.



**Derby Day
Wednesday, May 5
12:30 PM-2:30 PM
Dining Room**

It's time to "run for the roses" at Partners in Prime - we will be racing the ponies at the Hamilton club! Come ready to choose your

pony - race against other club members and their horses. Cost is 25 cents per horse/per game. Bring in your favorite Derby snack to share! Ladies - wear your finest Derby hat!

Current Events

**Thursday, May 6, 11:00 AM
Gathering Room**

Doris Morris will lead a discussion on current event topics. Join in to express your opinion!

**The Art of Papercutting
Tuesday, May 11, 12:30 PM
Art Studio**

*Cost: \$3.00 (pay the day of class)
Registration deadline: May 10.*

Papercutting...what is it? The answers always vary: craft and folk art, pastime and vocation, an evening's fun and a life's work. Papercutting is design and symmetry. It's collage. It's decorative or functional or both. It's silhouettes and stencils, Polish roosters and Pennsylvania German valentines, framed art, ornaments, and more. Paper cutting...in all its various forms...is an ancient art, a gentle teacher, and a constant pleasure. We will make a colorful collage in the manner of Matisse.

**In Honor of Mother's Day - Let us show
you our Appreciation!
Wednesday, May 12, 3:00 PM (during the
Afternoon Dance Break)**

"Satin Hands"

**Wednesday, May 12, 10:00 AM-11:30 AM
Health Education room**

Cost: \$1.00. Registration deadline: May 11

Enjoy some pampering with Pam Brosey and *Mary Kay* products!

**Lunch and Movie at Chesterwood Village
Friday, May 14, 11:45 AM
Chesterwood Village
8703 Tylersville Road in West Chester.**

Cost: \$5.00. Registration deadline: May 10

Meet at Chesterwood Village for a fun afternoon in their "Main Street" area.



"Your Life, Your Memories, Our Priority."

240 ROSS AVENUE HAMILTON, OHIO 45013
(513) 894-9919 www.Webb-Noonan.com

Hamilton club activities

Questions? Need more information?

Contact Karen Lowery

at 867.1998 ext. 244.



Personal Travelogue

Wednesday, May 19

12:15 PM

Wellness room

Registration Deadline: May 17

Join prime club member Jolie Tse for a personal travelogue of her recent trip to her homeland in China.

One on One Lap Top Classes

Monday, May 24

Classroom

Cost: \$25.00 for one hour of instruction. Registration required - call 867.1998 ext. 244.

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.



Bingo - A third day now available!

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

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.

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

Art Studio

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

Goldenaires - Like to Sing?

Every Wednesday, 10:15 AM

Grand Ballroom B

The Goldenaires are a group of men and women who get together to have fun making music and performing (optional). The group has many songs in their collection. Auditions are not required. For more information, contact Phyliss Tuley (Director) at 863.1567 or tuley28@yahoo.com.

Veterans Group

1st and 3rd Tuesday of the month, 1:00 PM

Health Education

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

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!

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www.caringheartshomehealthcare.com

Hamilton club wellness

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

Cookies & Comfort

It's about life! Living Wills: How to get started

Tuesday, May 25, 12:30 PM

Registration Deadline: 5/24

Join Steven Jesse from VITAS for this informative and fun lecture.

Carole's Stretching & Toning Class

Mondays, 1:00 PM - 2:00 PM

Cost: \$1.00 per class

Check out this new class. No experience is necessary. Bring an exercise mat or towel. This class is led by volunteer instructor, Carole Kuhn. Carole will be sure to challenge you to a higher level of fitness.

Keep on Movin' Exercise

Mondays & Wednesdays

10:00 AM - 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.

Got Pain? Get Relief!

Are you looking for something that will relieve that constant pain? Have you been told there is nothing you can do for it? Here is the relief method "they" don't want you to know about!

You have to experience it to believe it! Jana Brown has been studying Ortho-Bionomy since a session in 2001 brought her sciatica pain to zero! She is a few classroom hours away from being an Advanced Practitioner. Her light touch gently smooths away your pain. Great for arthritis, knee pain, headaches. Sign up today for a session and see for yourself.

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.

Reservations are required for the following services.

Manicures

Wednesday, May 26, 11:00 AM

Reservation Deadline: 5/25

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.

Massage Therapy

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

Cost: \$25.00 for 30 minutes

Reflexology

2nd Monday, 12:00 AM - 4:00 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



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.**

Pilates

Thursdays, May 6 - 27, 6:00 PM - 7:00 PM

Cost: \$40.00 Registration deadline: 5/4

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. Karen Young will be teaching this new class.

Zumba

Thursdays, May 6 - 27, 5:00 PM - 6:00 PM

Cost: \$28.00 Registration deadline: 5/4

The Zumba program fuses Latin rhythms and easy to follow moves to create a fitness program that will simply blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Check out this great new class that is sweeping the world over! Certified Instructor, Deb Yaeger will wow you!

Tai Chi for Health

**Wednesdays, May 5 - 26,
5:00 PM - 5:45 PM**

Cost: \$20.00 Registration deadline: 5/4

Julie McCarthy, Tai Chi Instructor, specializes in the Sun Style Tai Chi with emphasis on Tai Chi for Arthritis. If you suffer with arthritis, you can find relief from practicing Tai Chi.

Fitness Class

Mondays, May 3 - 24, 5:45 PM - 6:45 PM

Cost \$28.00 Registration deadline: 4/30

Check out this great class! The group is led by personal trainer, Lisa Cunningham. There is a little something for everyone whether it's cardio to strength training to weight resistance.

Hula for Fitness

Mondays, May 3 - 24, 5:30 PM - 6:30 PM

Cost: 40.00 Reservation Deadline: 4/30

Hula is not just a dance but a fantastic form of exercise! Check out this new class and be prepared to get a great workout.

Qigong

Fridays, May 7 - 28, 10:00 AM - 10:30 AM

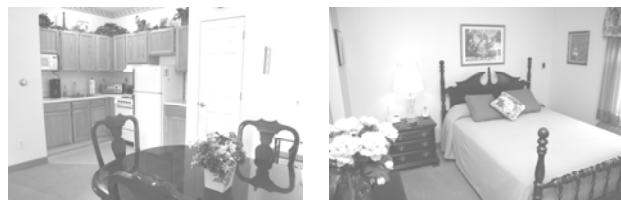
Cost: \$10.00 for series Registration deadline: 5/6

Qigong is an ancient Chinese discipline which utilizes the mind, breath and body movement to create a calm natural balance of energy. The qigong exercises are reputed to aid in the treatment of many illnesses. For those seeking the benefits of physical fitness, qigong loosens joints and increases flexibility.

The
Waterford
AT FAIRFIELD

A Senior Living Community

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- *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,

Activity Supervisor, at 779.7360.

One on One Lap Top Classes!

Monday, May 10

Cost: \$25.00 for an hour of instruction

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.

Bible Study

Monday, May 17, 3:00 PM

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

Bunko and Pizza

Friday, May 28

10:00 AM Bunko; Cost is \$2.00

11:45 AM Pizza; Cost is \$4.00

Young at Heart Choral Group

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

Tuesday, 12:45-2:00 PM

The choral group would love to have you join!

Line Dancing at the West Chester Club !!

Fridays, 12:30 PM

Cost: \$3.00

Join in on the fun after lunch!

Chair Volleyball

Everyday at 10:30 AM

Go Team WC! Next Game: Monday, May 3 1:00 PM at home with North College Hill.

Dinner at Barrington of West Chester

Wednesday, May 26, 5:15 PM

You will enjoy a delightful four course meal and a glass of wine at this beautiful facility.

Reservations: call Linda Manzo, activity supervisor at 779-7360, or sign up at club.

Cost: \$20.00 (to be paid at time of sign up)

National Senior Health & Fitness Day

Wednesday, May 26

Join in the fun at the club this week while we celebrate senior health and fitness.

The Barrington
Has The Recipe For
Happiness

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

For information on Independent and Assisted Living
apartments, call Lisa
at 313-8664.

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.**

Cookies & Comfort

It's about life! Living Wills: How to get started

Tuesday, May 4, 12:15 PM

Registration Deadline: 5/3

Join Steven Jesse from VITAS for this informative and fun lecture.

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 improving 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 stretching with exercise resistance bands.

Honor an Elder Memorial Service

prime club Hamilton

Friday, May 14, 1:00 PM

Reservation Deadline: 5/12

Please join us as we celebrate friends and loved ones that have passed away and who have made a difference in our lives.

Spring Hike - Sharon Woods

Wednesday, May 19, 10:00 AM

Cost: \$2.00 Reservation Deadline: 5/18

Join Wellness Coordinator, Julie McCarthy for a leisurely morning hike on the Gorge Trail.

National Senior Health & Fitness Day prime club Hamilton

Wednesday, May 26, 9:00 - 5:00

Join in the fun at prime club Hamilton while we celebrate senior health and fitness.

LEARNING

AS YOU'VE NEVER SEEN IT BEFORE



**LIFEWORKS AT CHESTERWOOD KEEPS
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FAIRFIELD TWP., OH 45011

BIRCHWOOD CARE CENTER

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FAIRFIELD TWP., OH 45011



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

May 2010

Monday	Tuesday	Wednesday	Thursday	Friday
3 Vegetable Lasagna Broccoli Cinnamon Apples Banana Garlic Bread	4 Fried Chicken Whipped Potatoes Green Beans Pears Roll	5 Chicken Strips Stewed Tomatoes Potato Wedges Mandarin Oranges Roll	6 Kielbasa/Sauerkraut Whipped Potatoes Mixed Vegetables Corn Muffin Apple	7 Hamburger/Bun Baked Beans Corn Orange
10 Pasta/Marinara Sauce Meatballs Italian Blend Garlic Bread Banana	11 Lemon Pepper Fish Potato Melody Brussels Sprouts Plums Roll	12 Sloppy Joe/Bun Tater Tots Peas Apricots	13 Chicken & Noodles Carrots Spinach Orange Bread	14 Pork Chop/Gravy Sweet Potatoes Cauliflower Apple Roll
17 Italian Chicken Stewed Tomatoes Broccoli Banana Roll	18 Chili/Crackers Cinnamon Apples Corn Blueberry Muffin Peaches	19 Roast Pork/Gravy Whipped Potatoes Green Beans Mixed Fruit Roll	20 Meatloaf Au gratin Potatoes Peas Apple Roll	21 BBQ Rib/Bun Beets Lima Beans Orange
24 Stuffed Peppers Cauliflower Mixed Vegetables Banana Roll	25 Country Fish Garlic Potatoes Spinach Pineapples Roll	26 Beef & Mac Carrots Applesauce Orange Bread	27 Pulled BBQ Chicken/Bun Potato Wedges Baked Beans Apricots	28 Lasagna Italian Blend Brussels Sprouts Apple Garlic Bread
31 HOLIDAY All locations are closed				

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

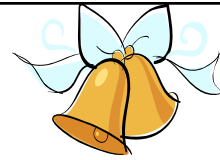
Member Update



May Birthdays

1. Donna Frazier
1. Paul Grubb
1. Dorothy Ison
1. Jerry Joachimi
1. Ruby Lickert
1. Genevieve Smith
2. James Myers
3. Thomas Halcomb
5. Gary Kobielski
5. Nancy Young
6. Florence Gallardo
6. Betty Gross
6. Barbara Lewis
7. Raymond Gill
7. Lee Sibert
8. Ethel Anderson
8. Pat Vaughn
9. Marilyn Capano
10. Harold Betz
10. Marilyn Burley
10. Karen Dalton
10. Pauline Johnson-Crampton
10. Wilma Pugh
10. Carol Thornton
10. Wilmer Yaw
11. Virginia Andres
11. Wilbur Bennett
11. Eleanora Reasch
11. Arletta Reumann
11. Shirley Williams
11. Connie Wyatt
12. Sally Sparks
12. Grodon Stricher
13. Dennis Speakman
14. Earl Conrad
14. Candace Cook
14. Wendy Freeman
14. Marie Heitfield
14. Herta Moore
14. Fred Musson
15. LaVada Fletcher
15. Henry Thomas
16. Phyliss Cornelius
16. Timothy Keaty
16. Richard Kissell
17. Donald Griffis
17. Theresia Jongerius
17. Fran Pearce

18. Odis Caudle
18. Russell Collins
18. Hurshull Jones
18. Janet Owens
18. Nancy Poe
19. Ann Antenen
20. Mildred Holland
20. Judy Huber
20. Ernest White
21. Louis Klepec
21. Barbara Speakman
22. Jean Horn
22. Raymond Pugh
22. Richard Rathgens
23. Mary Lee Bisdorf
23. Joe Ann Keller
23. Kathleen King
23. Eleanor Marcum
24. Betty Fouch
24. Gladys Shepard
25. Joan Dougherty
26. Betty Agee
26. Robert Agee
26. Loretta Fannin
27. Ida Crowe
27. Ardyth Dunsworth
27. Jackie Grimes
27. Mary Johnson
27. Anita Leshner
27. Delano Schanie
28. Paul Minnick
28. Betty Spicer
29. Homer Bolser
29. James Leugers
29. Cy Swegert
30. Hazel Coates
30. Barbara Waddell
31. Barbara Childers
31. Frank Lambing
31. Helen Meyer
31. Charles Schwab
31. Donna Ward
31. James Wellinghoff
31. Phyllis Weston



May Anniversaries

2. Don & Carol Kersteiner
5. Jerry & Donna Woodrey
12. John & Wendy Freeman
14. William & Georgia Adams
17. Cecil & Allegra Brown Duff
17. Arthur & Florence Stefanski
23. Cy & Doris Swegert
25. James & Grace Smith
30. Robert & Betty Henkel

Welcome New Members

(Members joined from March 1-31)

- Charles Antal
Linda Antal
Donald Archer
Naimeh Asfour
Roberta Bays
June (Patty) Booher
Karen Buchanan
Ralph (Fuz) Buchanan
Boyd Burns
Dennis Dalton
Karen Dalton
Judi DePew
Elizabeth Fagin
Larry Green
Irene Halcomb
Thomas Halcomb
Wanda Hammock
Valerie Hart
Vern Haubner
Betty Huddleston
Joyce Huffman
Jerry Joachimi
William Keck
Alvin Ledford
Marjorie Marcum
Marcia Nichols
Jeff Noelting
Linda Noelting
Dale Rady
Kathryn Rady
Kathy Roll
Helen Schumaker
Richard Scott
Merle Sheard
Edward Sheerin
Joseph Weber
Betty Whitehill

prime
club

A decorative flourish or logo element consisting of several overlapping, flowing lines that form a star-like or floral shape to the right of the text.

prime travel

Questions? Need more information?

Contact Jenny Oldham

at 867.1998.

2010 Croswell Day and Overnight

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

June 20 - 21 ~ Horseshoe Casino & Hotel

You'll stay at Horseshoe Southern Indiana, voted one of the Best Casino Hotels by CitySearch.com and MSN. Boasting 503 luxurious rooms, this legendary hotel is accented with a fitness center, Aroma Café & Bar, and an indoor pool. This trip includes deluxe motorcoach transportation, one night's hotel accommodations, one breakfast, and one dinner. *Cost: \$109 Money due May 10.*

July 28 - 30 ~ Best of Chicago

Upon your arrival we have included some great shopping at Navy Pier and the Magnificent Mile and 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 Money due June 21.*

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

Other Travel Opportunities

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.

Tropical Costa Rica

November 6 - 14, 2010

Cost: \$2,449/double \$2,999/single

Stop in for a brochure to learn more!

Small Van Trip

Call Jenny if you have a local trip that you and your small group would like to go on. It takes a minimum of 7 and maximum of 10 to reserve a bus.



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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, Mon - Fri.
We have a great need for volunteer(s) to help deliver meals in 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.

Manual Labor Volunteer

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

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 miscellaneous duties.

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

Club Housekeeper

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

All prime clubs

Weight Resistance Instructors

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

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
Tuesday	Exercise	WC
	Fitness Equipment	HAM
	Walk & Exercise	HAM
	Jazzercise Lite \$	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

Social Security and the Internet

Hamilton - Classroom

Friday, May 7, 10:00 AM

Registration deadline: May 5. Call 867.1998 ext. 244 for registration.

Older adults are among the fastest growing population of internet users. If you receive Social Security benefits or plan to apply in the near future, this session is for you! Join Social Security representative Sue Denny to learn how to access services at www.socialsecurity.gov. Pre- and post-retirees will learn how to use Social Security's online tools to:

- Estimate future benefits amounts using different earnings and retirement dates
- Apply for retirement, spouse, or disability benefits, or Medicare only
- Determine how work will affect your benefits
- Take care of post-entitlement issues, including requesting a replacement Medicare card or benefit verification letter, or changing your address or telephone number

There will also be ample time for questions.

West Chester-Liberty Senior Voice

West Chester Administration Building

9113 Cincinnati-Dayton Road

Thursday, May 27, 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.

Wellness & Resource Expo

Hamilton

Saturday, May 15, 9:00 AM - 1:00 PM

Detailed information located in this issue. Open to the public - invite your family and friends!

Open Door Session with Rep. John Boehner's Office

Hamilton - Gathering Room

Thursday, May 27, 12:00 PM - 1:00 PM

Questions? Need more information?

Contact Karen Lowery

at 867.1998 ext 244

"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.

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. 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.



Fairfield-Hamilton-West Chester



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Wellness & Resource Expo

prime club Hamilton

Saturday, May 15

9:00 AM - 1:00 PM

**Open to the
public!**

The Wellness & Resource Expo will focus on those age 55 and better with exhibitors providing information for personal and caregiver use.

**Box lunch
available for
purchase**

Enjoy demonstrations by Partners in Prime dance groups!

Experience a variety of holistic therapies available!

For more information, call 867.1998 ext. 244.

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