



Fairfield-Hamilton-West Chester
by Partners in Prime

Prime Time News

www.PartnersInPrime.org

September 2010
Volume 6 Issue 9

September is...
National Senior Center Month.

Senior Centers

Your place to connect

BUILD NEW SKILLS - JOIN A COMMUNITY - STAY HEALTHY & ACTIVE

Show Your Spirit for the Orange and Black!

Friday, September 10



On Friday, all three prime clubs are celebrating the start of the Bengals season, which is Sunday, September 12 at 1:00 PM. Members are asked to wear orange and black to show their Bengals "Senior Spirit"! The following activities will take place at each club:

Fairfield - *Hear those Bengals roaring!*

- Football-themed menu and "Bengals" cookies for lunch! Make sure you sign up in advance!
- Bring you favorite dessert and snack to share!
- Bengals trivia contest during lunch!

Hamilton - *Who-Dey!*

- Everyone who wears Bengals attire will be entered in a door prize drawing!
- Optional football-themed menu for lunch and "Bengals" cookies for dessert!
- Bengals trivia contest during lunch!

West Chester - *Go Team!*

- Bring your favorite dessert and snack to share!
- Listen to some fun music from our own John and Greta after lunch!

Mark your calendar.....

Butler County Elderly Services Levy Kick-Off Rally and Ice Cream Social

Wednesday, September 22 at 4:30 PM

prime club Hamilton - Grand Ballroom A & B

from the Chief Executive Officer

Hello Partners for September 2010!

Happy National Senior Center month! We are celebrating for the entire month, and have an array of activities, meals and opportunities planned for you...come and participate! Our center is one of only 250 organizations in the nation to have achieved Accreditation from the National Institute of Senior Centers. We're always working to see that you have a great experience here, every month of the year.

A vital senior center has multiple functions... we're proud to have three sites that serve lunch, plus some once-a-week sites; Meals on Wheels; door *through* door Transportation service; travel; information and referral; Independent Living Assistance (ILA) and Companionship services. And we are always seeking ways to enact our mission that "enhances the lives of mature adults in Butler County."

One of our most important services is with the Butler County Elderly Services program that contracts with us to serve specifically assigned seniors who live in their own homes.

The ESP tax levy will be on the ballot on November 2, and needs YOUR support. Nearly 4,000 of Butler County's older residents receive assistance each year from this important program that uses our agency and nearly 80 other contracted agencies and businesses to deliver services that sustain the recipient's ability to remain in their own homes, for as long as is practical.

I'm inviting you to become involved this year, by providing a space for a yard sign, working the polls, or setting up speakers' bureau

events. Call me if you would like to help.

We're here for you! Thanks!

My best,



Steve Schnabl,
CEO

867-9176 ext 223 (touchtone needed)

Comment line
513.867.1998 ext. 223

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

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.

**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
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HealthAlliance[®]

www.FortHamiltonHospital.com

organizational news

Our Sincerest Sympathy to the family of...

Jack Faulkner

Memorials

Veterans Discussion Group
in memory of
John "Pat" Malone



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• Respite Care • Skilled Nursing
• Restorative Nursing
• Memory Impairment Unit
Sub-Acute Rehabilitation
(513) 424-5321



.....to **Al-Joe's Inc.**
for donating bags
of top soil for the
planters along Ross
Avenue at the
Hamilton club.

.....to **Judge Randy
Rogers** for allowing

Partners in Prime to use his booth at the
Butler County Fair on Senior Day.

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 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 you!

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

	Tuesday	Wednesday	Thursday	Friday
Monday				
10:00 - 3:00 Corn Hole	10:00 - 3:00 Corn Hole	10:00 - 3:00 Corn Hole	10:00 - 3:00 Corn Hole	10:00 - 3:00 Corn Hole
10:00 Pinochle	10:00 - 12:00 Aphasias Grp	10:00 Pinochle	10:00 Pitch & 1:00 Pitch Games	10:00- 3:00 Cards
10:00 - 11:30 Hand & Foot	10:00 - 3:00 Cards	10:00 - 3:00 Cards	10:00 - 3:00 Cards & Puzzles	10:00 - 3:00 Puzzles
10:00 - 3:00 Cards	10:00 - 3:00 Puzzles	10:00 - 3:00 Wii Games	10:30 - 11:30 BP (3rd)	10:00 - 3:00 Wii Games
10:00 - 3:00 Puzzles	11:30 - 12:30 Lunch	10:15 - 11:00 Exercise	10:15 - 11:00 Exercise	10:00 - 2:00 Pitch
10:00 - 3:00 Wii Games	5:30 Red Hat Society Mtg (3rd)	10:30 - 11:30 BP (2nd & 4th)	10:30 Current Events (1st)	11:00 - 11:30 Tai Chi
10:15 - 11:00 Exercise		11:30 - 12:30 Lunch	11:30 - 12:30 Lunch	11:30 - 12:30 Lunch
11:00 - 11:30 Balloon		11:30 Sightseekers (3rd)	12:15 - 2:30 Bingo	1:00 - 2:00 Creative Drawing
		12:30 - 3:00 Bingo (2nd)		\$ (3rd)
		1:00 - 2:00 Drawing (1st)		

prime club West Chester Daily Activities (open 10:00AM-

10:00AM-3:00PM)

	Tuesday	Wednesday	Thursday	Friday
Monday				
9:30 - 10:00 Medicine Ball \$	10:00 - 10:30 Prime Pacers	9:30 - 10:00 Stability Ball	10:00 - 10:30 Prime Pacers	10:00 - 10:30 Prime Pacers
10:00 - 10:30 Prime Pacers	10:00 - 11:30 Coffee Crooners & Current Events	10:00 - 11:30 Coffee Crooners & Current Events	10:00 - 10:30 Prime Pacers	10:00 - 10:30 Walk Away the Pounds Video
10:00 - 11:30 Coffee Crooners & Current Events	10:00 - 3:00 Open Lab	10:00 - 3:00 Open Lab	10:00 - 11:30 Coffee Crooners & Current Events	10:00 - 11:30 Coffee Crooners & Current Events
10:00 - 3:00 Open Lab	10:00 - 3:00 Various Cards	10:00 - 3:00 Various Cards	10:00 - 3:00 Open Lab	10:00 - 3:00 Open Lab
10:00 - 3:00 Various Cards	10:00 - 3:00 Puzzles	10:00 - 3:00 Puzzles	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 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 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 - 11:00 BG (2nd & 4th)	10:00 - 3:00 Wii Games	10:00 - 3:00 Wii Games
10:30 - 11:45 Chair V-Ball	10:00 - 10:30 Exercise	10:00 - 10:30 Exercise	10:00 - 3:00 Bridge	10:00 Bunko (last)
11:45 - 12:30 Lunch	10:30 - 11:45 Chair V-Ball	10:30 - 11:45 Chair V-Ball	10:00 - 10:30 Balance Exercise \$	10:30 - 11:45 Chair V-Ball
12:00 - 2:00 Corn Hole	11:45 - 12:30 Lunch	11:45 - 12:30 Lunch	10:30 - 11:45 Chair V-Ball	11:45 - 12:30 Lunch
12:30 - 1:30 Bingo	12:00 - 2:00 Corn Hole	12:00 - 2:00 Corn Hole	11:00 - 12:00 BP (1st, 2nd 3rd , & 4th)	12:00 - 2:00 Corn Hole
2:15 - 3:00 Ping Pong	12:30 - 3:00 Poker	12:30 - 3:00 Poker	11:45 - 12:30 Lunch	12:30 - 1:30 Line Dancing
3:00 Bible Study (3rd)			12:00 - 2:00 Corn Hole	2:15 - 3:00 Ping Pong
			12:30 - 3:00 Poker	

\$ = fee revised 8/5/10

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

Please call 867.1998 for more informa-

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
 9:00 - 12:00 Corn Hole - Wellness Room
 9:00 - 12:00 Open Computer Lab - Classroom
 9:15 - 11:00 Drawing (1st) - Art Studio
 9:15 - 11:00 Water Color Class (2nd, 3rd & 4th) - Art Studio
 10:00 - 12:00 Aphasia Group - Health Education
 Room
 11:30 - 12:30 Lunch - Dining Room
 12:00 - 1:00 TRIAD (4th) - Classroom
 1:00 - 1:30 Weight Resistance - \$ Wellness 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 - 2:00 Zoga- \$ Wellness Room
 1:30 - 3:00 Golden Tappers - \$ Fitton Center

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
 10:30 - 11:30BP (1st) - Health Education Room
 10:00 - 10:30 Tai Chi - Patio
 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
 11:30 - 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 - 2:00 Creative Drawing \$ (3rd) - Art Studio
 1:00 - 4:00 Duplicate Bridge - Dining Room

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 Ed Rm
 10:00 - 1:00 WOW Dental (2nd) - \$ Health Ed
 10:00 - 1:00 Pedicures (2nd) - \$ Health Ed Rm
 10:00 - 3:00 Train Room Open
 10:15 - 11:30 Goldenaires - Grand Ballroom B
 10:30 - 11:30 Russian - Classroom
 10:45 - 11:30 Bingo - Dining Room
 11:00 - 12:00 Beginning Hula - Grand BR A
 11:30 - 12:30 Lunch - Dining Room
 12:00 - 4:00 Reiki (1st & 3rd) - \$ Health Ed
 12:15 - 3:30 Pitch - Gathering Room
 1:00 - 1:30 Balance Exercise - Wellness Room
 1:00 - 3:00 German - Classroom
 1:00 - 3:00 BP (1st, 2nd, 3rd) - Health Education
 2:00 - 4:00 Ballroom Dancing - \$ Grand Ballroom A&B

prime club Hamilton Daily Activities
(open 9:00 AM - 5:00 PM Monday - Wednesday)
(open 9:00 AM - 9:00 PM Thursday & Friday)

Please call 867.1998 for more infor-

Thursday

9:00 - 9:00 Wii Games - Gathering Room
 9:00 - 9:00 Fitness Equipment Room
 9:00 - 9:00 Billiards Lower Level
 9:00 - 9:00 Puzzles - Gathering Room
 9:00 - 9:00 Ping Pong - Lower Level Lounge
 9:00 - 9:00 Checkers - Gathering Room
 9:00 - 11:15 Corn Hole - Wellness Room
 9:00 - 10:00 Prime Pacers - Grand Ballroom A
 & B
 10:00 - 2:00 Reflexology \$ (2nd) - Health Ed
 Rm
 10:00 - 11:15 Walk & Exercise - Grand BR A
 10:30 - 3:00 Crafters - Art Studio
 10:30 - 11:15 Bingo - Dining Room
 11:15 - 12:15 Jazzercise - \$ Grand BR A & B
 11:30 - 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
 Ed
 3:00 - 4:30 Philatelic Society (2nd) - Gathering
 Rm
 5:00 - 6:00 Line Dancing - \$ Wellness Room
 5:00 - 6:00 Zumba - \$ Grand Ballroom A & B
 5:00 - 8:00 Massage Therapy (1st) - \$ Health
 Ed Rm
 6:00 - 9:00 Beginning Ballroom - \$ Grand BR A

Friday

9:00 - 9:00 Wii Games - Gathering Room
 9:00 - 9:00 Fitness Equipment Room
 9:00 - 9:00 Billiards Lower Level
 9:00 - 9:00 Puzzles - Gathering Room
 9:00 - 9:00 Ping Pong - Lower Level Lounge
 9:00 - 9:00 Open Computer Lab - Classroom
 9:00 - 9:00 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
 11:30 - 12:30 Lunch - Dining Room
 12:15 - 3:30 Pitch - Gathering Room
 1:00 - 4:00 Duplicate Bridge - Dining Room
 7:00 - 8:30 Square Dancing - \$ Grand Ballroom
 A & B

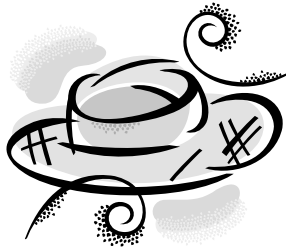
\$ = fee

revised 8/5/10

Hamilton club activities

Questions? Need more information?

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



**Straw Hat Dance
Grand Ballroom A & B
Wednesday, September 15
2:00 - 4:30 PM**

Join us at the Wednesday dance for this annual event - and a lovely Summer afternoon of dancing. Wear your "best" straw hat - cash prize awarded!

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

**Gathering Room
Thursday, September 23
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.

One on One Computer Class

**Monday, September 27
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.

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!

Like to Sing?

**Grand Ballroom B
Every Wednesday, 10:00 - 11:15 AM**

If you are new to Partners in Prime, you might not be aware of the **Goldenaires!** The **Goldenaires** is a group of men and women who get together and have fun making music. Occasional community performances are optional. Contact Phyliss Tuley, Director, at 867.1567 for more information.

Prime Club Hamilton Open Late!

The Hamilton club is now open Thursday and Friday evenings until 9:00 PM. Stop in to play pool, table tennis, cards, or Wii - use the fitness equipment - join the line dancing group on Thursday evening - how about square dancing on Friday evening - and don't forget the variety of fitness classes available! For more information, stop by or call the Member Services office.

Spend Some Time on the Patio!

Don't forget about our wonderful patio along Ross Avenue - Enjoy breakfast or lunch outside! Move your activity outdoors! Relax with friends at one of the tables or benches!



"Your Life, Your Memories, Our Priority."

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

Hamilton club wellness

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

Weight Resistance Class

Mondays, September 13 - 27

1:00 PM - 1:30 PM

Cost: \$1.00 per class

Want to strengthen your muscles in a safe way? Join Julie for a half hour of easy stretching with exercise resistance bands.

Zoga

Mondays, September 13 - 27

1:30 PM - 2:00 PM

Cost: \$1.00 per class

Are you looking for a safe and gentle stretching class? Zoga could be the class you are looking for. The class consists of standing and floor exercises. Please bring an exercise mat for the class.

Balance Exercise Class

Wednesdays, September 22 & 29

1:00 PM - 1:30 PM

Cost: \$1.00 per class

This class will focus on increasing lower body strength and improving balance. The exercises are from an evidence based exercise program.

Magnet Therapy and Chronic Pain

Friday, September 10

10:30 AM

Reservation Deadline: 9/9

Check out this interesting lecture on magnet therapy and the effects it has on chronic pain conditions. Nikken representative, Katie Umberg will be facilitating this lecture.

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.

Cooking Demo with Chef Ryan

Friday, September 17, 10:30 AM

Reservation Deadline: 9/15

This is your chance to taste the wonders of Chef Ryan from the Barrington of West Chester. Chef Ryan will dazzle you with a harvest treat. Whatever it will be, it is sure to be an audience favorite. Be sure to register early for this taste sensation.

Zumba

Thursday, September 9 - 30

5:00 PM - 6:00 PM

Cost: \$28.00 Reservation Deadline: 9/7

Deb Yeager returns to prime club Hamilton to lead the rockin' Zumba class. This is a fantastic workout with amazing results.

Balance Workshop

Thursday, September 23

1:00 PM

Reservation Deadline: 9/22

This is your chance to check out your balance with a free balance assessment. Learn about reasons why balance tends to decline as we age and what we can do to improve our balance.

Fairfield club activities

Questions? Need more information?

Contact Diane McEachen

at 737.5752.

Join us for lunch at prime club Fairfield!

This ticket is good for one FREE lunch anytime between September 1st through the 15th.

Reservation must be made at least 24 hours in advance. Call 867.1998, ext. 350 - or sign up at the club.

Office use only:

Name _____ Date _____



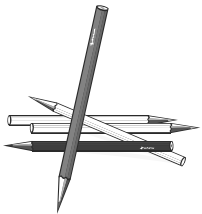
Mustard Seed Ministry

New!

Thursday, September 16

11:00 AM

Kim Werk is back to lead this Bible study group and share her extraordinary talents. This program is a huge success at the West Chester club - let's make it the same in Fairfield!



Creative Drawing

Friday, September 17

1:00 PM - 2:00 PM

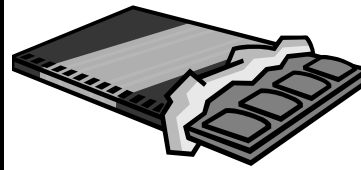
Cost: \$3.00. Sign up at club.

This class is led by Julie McCarthy. Julie has a fine art degree from Xavier University and will draw from her experience to provide an engaging yet relaxed class. Please bring your drawing paper and your favorite medium, be it pencil, charcoal or pen and ink, for the class.

Corn Hole On the Deck

Everyday during club hours

Are you a corn hole enthusiast? The deck is the perfect place to play! Why not get a group together? All ability levels are welcome.



A Sweet Membership Deal!

Stop by prime club Fairfield during the month of September. Check out our new location and all the activities we have to offer.

Sign up for a membership and receive a free gift of an imported chocolate bar. Sweet!

If you are on the fence about whether to become a member, now is the time to join and receive a free gift!

Membership dues are:
\$30 for an individual
\$55 for a couple
(Membership is good for a



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Fairfield club wellness

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

Chair Yoga Workshop

Friday, September 24

10:30 AM

Cost: \$10.00 Reservation Deadline: 9/22

Join International Anusara Yoga Instructor, Shalini LaTour for an engaging and informative workshop.

A Matter of Balance

Tuesdays, (8 weeks) Sept. 21 - Nov. 9

10:00 AM - 12:00 PM

Cost: \$20.00 Reservation Deadline: 9/20

This 8 week course is an evidence based program designed for participants to view falls as controllable and assists the participant in setting realistic goals to increase activity in their daily life.

Life After Shingles

Friday, September 24

12:30 PM

Reservation Deadline: 9/23

Did you know that if you have had chickenpox, you are at risk for shingles, a painful infection caused by the same virus? Find out about post herpetic neuralgia, also known as after shingles pain.

Chair Yoga (New)

Fridays, October 1 - 29

10:30 - 11:30 AM

Cost: \$60.00 Reservation Deadline: 9/30

This easy stretching class is the perfect way to start the day and a great introduction to yoga.

International Anusara Yoga Instructor, Shalini LaTour will be facilitating the class.

Healing Touch

Wednesday, September 22

12:30 PM

Reservation Deadline: 9/20

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.

Tai Chi

Fridays, September 17 & 24

11:00 - 11:30AM

Have you ever wanted to try Tai Chi but not wanted to commit to a class? This is a great opportunity to check out this internal art form and see if it is the right fit for you.

Keep on Movin' Exercise

Mondays, Wednesdays & Thursdays

10:15AM

It's a great way to stay fit, increase flexibility and improve one's balance. This class is led by volunteer instructor, Jolie Tse.



Fairfield Pavilion
5251 Dixie Highway • Fairfield, Ohio 45014

**Independent Living
Assisted Living
Respite Care**

(513) 699-4600

www.fairfieldpavilion.com/

West Chester club activities

Questions? Need more information?

Contact Linda Manzo,

One on One Computer Class

Monday, September 13

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

Creative Drawing Class **NEW!**

Third Thursday of each month

Beginning September 16

12:30 PM—1:30 PM

Check out this new drawing class led by Julie McCarthy, our wellness coordinator. Please bring your drawing paper and your favorite medium, be it pencil, charcoal, or pen and ink.

Bible Study

Monday, September 20

3:00 PM

Our leader, Kim Werk guarantees this to be an eye-opener! Prophecy is the subject

Chair Volleyball

Everyday at 10:30 AM

Go Team WC!

Lunch and Movie at Barrington of West Chester

Wednesday, September 22, 12:00 AM

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

Reservations: call Linda Manzo, activity supervisor, at 779-7360

Bunko

Friday, September 24, 12:30 PM

Cost: \$3.00

Enjoy some snacks and few good laughs!

Day Time Line Dancing at the West Chester Club

Fridays, 12:30 PM

Cost: \$3.00

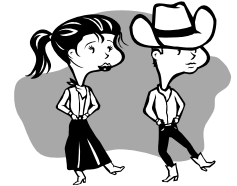
Evening Line Dancing

Mondays, 6:30 PM

New Comers welcome!

Cost: \$3.00

NEW!



Bingo

Every Monday after lunch 12:30 PM

Prize: \$1.00 a game.

Cost: \$1.00.

Young at Heart Choral Group

Mondays, 12:30 PM

Come an hour early before practice and have lunch. Remember to sign up at club.

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.**

Free Balance Workshop

Monday, September 20

11:00 AM

Reservation Deadline: 9/17

This is your chance to check out your balance with a free balance assessment. Learn why balance tends to decline as we age and what we can do to improve our balance.

Weight Resistance Class

Mondays

10:00 AM

Cost: \$1.00 per class

Join Julie for a half hour of easy stretching with exercise resistance bands.

Balance Exercise Class

Thursdays

10:00 AM

Cost: \$1.00 per class

This class will focus on increasing lower body strength and improving balance.

Walk & Exercise

Tuesdays

10:00 AM

It's a great way to stay fit, increase flexibility and improve one's balance.

Walk Away the Pounds Video

Fridays

10:00 AM

This new indoor walking program is a great way to get those required daily 30 minutes of physical activity.

Beginner's Stability Ball

Thursdays

9:30 AM

Cost: \$1.00 per class

Try out this new class that focuses on strengthening your core and back and improving balance.

Medicine Ball Training

Mondays

9:30 AM

Cost: \$1.00 per class

Each of the exercises can help to build muscle and burn fat. Discover its explosiveness!

Prime Pacers

Fridays

10:00 AM

Walk with the group or by yourself inside at the club every Friday at 10:00 AM.

LEARNING

AS YOU'VE NEVER SEEN IT BEFORE



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

BIRCHWOOD CARE CENTER

4070 HAMILTON-MASON ROAD
FAIRFIELD TWP., OH 45011



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

September 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please scan your card when eating lunch at one of our clubs! Do your part to help Partners in Prime receive reimbursement dollars for congregate meals. Thank You!</p>		<p>1 Meat Lasagna Broccoli Corn Peaches Garlic Bread</p>	<p>2 Kielbasa/Sauerkraut Mashed Potatoes Mixed Vegetables Corn Muffin Pineapples</p>	<p>3 Fried Chicken Mashed Potatoes Green Beans Orange Roll</p>
<p>6 All Partners in Prime locations closed for Labor Day holiday</p>	<p>7 Lemon Pepper Fish Potato Medley Brussels Sprouts Apple Roll</p>	<p>8 Chicken & Noodles Beets Carrots Banana Bread</p>	<p>9 Pork Chop/Gravy Sweet Potatoes Cauliflower Pears Roll</p>	<p>10 Hike! Hamburger OR Stadium Dog Ochocinco Bun Bengals Beans Touch Down Salad Fumble Fruit Field Goal Cookie</p>
<p>13 Roast Beef/Gravy Mashed Potatoes Peas Banana Roll</p>	<p>14 Italian Chicken Stewed Tomatoes Garlic Potatoes Mandarin Oranges Roll</p>	<p>15 Meatloaf Scalloped Potatoes Beets Mixed Fruit Roll</p>	<p>16 Stuffed Peppers Cauliflower Apple Roll S.F. Cookie</p>	<p>17 Country Fish Buttered Potatoes Spinach Orange Roll</p>
<p>20 Pasta/Meatballs Marinara Sauce Italian Blend Garlic Bread Banana</p>	<p>21 Pork/Gravy Mashed Potatoes Green Beans Apricots Roll</p>	<p>22 Chicken Salad/Bun Cole Slaw Apple sauce Plums</p>	<p>23 Vegetable Lasagna Broccoli Corn Apple Garlic Bread</p>	<p>24 Sausage Patty Biscuit/Gravy Sliced Apples Hash Brown Apple Juice</p>
<p>27 Tuna Salad Crackers Three Bean Salad Mixed Fruit Banana</p>	<p>28 Beef & Mac Peas Beets Pears Bread</p>	<p>29 Chicken Strips Potato Wedges Mixed Vegetables Orange Roll</p>	<p>30 BBQ Rib/Bun Corn Baked Beans Peaches</p>	

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



September Birthdays

- Juanita Goins
- Beverly Lambing
- Violet Martin
- Philip York
- Sue Gump
- Dorothy Kuhl
- Judi DePew
- Anthony Grady
- Sally Ortolf
- Cleo Ketay
- Verna McDulin
- Marjorie Sawyer
- Paul (Steve) Timmer
- Darrell Willis
- Phillip Pursley
- Louise Taulbee
- Doris Carr
- Marilyn Gerling
- Marilyn Hingsbergen
- Clarence McKinney
- Bill Peacher
- Judy Peacher
- Florence Stefanski
- Howard Campbell
- Linda Hurley
- Genevie Marcum
- Richard Straka
- Pat Baker
- Elmer Harrison
- Joyce Huffman
- Alta Sherman
- Mary Truman
- Betty Courter
- Lou McQueen
- Wayne Midkiff
- Roberta Ryan
- Alice Schwab
- Ronnie Davis
- Elizabeth Fuller
- Victoria Smith
- Marilyn Compton
- Margaret Conrad
- Ellen Flege
- Dorothy Hartleb
- Charlotte Kuhl
- Darlene Rhodus
- Sonya Rulli
- Martha Mitchell
- Jackie Banks
- Carolyn Jones
- John Kimball
- Marilyn McKnight
- Dorothy Rupp
- Margaret Wood
- Norman Beiser
- Florence Hetterich
- Robert McMillan
- Joan Rosebrook
- Joseph Tabacek
- Susan Youngpeters
- Jenny Deck
- Essie McDowell
- Ed Melvin
- Art Moore
- Fred Steele
- Connie Alcorn
- Donna Condrac
- Norma Kramer
- Aloma Bitel
- Ruth Brown
- Lula Johnson
- Burnie Miller
- Jeanne Stricker
- Earlene Sykes
- Karen Buchanan
- Robert Copeland
- Charles Farthing
- Joe Gibson
- Hector Guzman
- Theresa Howard
- Patricia Klock
- Shirley Stevens
- Faye Marsh Thompson
- Donald Adkins Sr.
- Margie Trauthwein
- Peggy Ziegler
- Louise Elliott
- Mary Hiatt
- Jewel Abner
- Lois Campbell
- E.C. Carr
- Mary Fetzer
- Donna Turner
- William Altizer Sr.
- Morry Friedlander
- Vince Gallardo
- Nona McGuire
- Carol Sheyer
- Louis Falconi
- Mildred Kifer
- Jerry Woodrey
- Sally Hudson
- Chiara Smith
- William Keck
- Richard Scott
- Andrew Zinsmeister
- Margie Lewis
- Jane Alexander
- Marlene Binegar
- Andrew Ennis
- Lillian Hopkins
- Joanne Pater



September Anniversaries

- Philip & Alice Pursley
- Joseph & Margaret Carpenter
- William & Terry Meyer
- Eugene & Mary Lawson
- Robert & Marion Fox
- Dave & Romaine Dunsmore
- Steven & Donna Turner
- Gerald & Donna Mansdorfer
- John & Mary Grace Hoffman
- E.C. & Doris Carr
- Earl & Margaret Conrad
- Thomas & Mary Jane Reuter

Welcome New Members

(Members joined from July 1 - 31)

- Jerry Aubry
Hazel Baker
Homer Baker
Melvin Beck
Marlene Binegar
Marvin Binegar
Bob Brunner
Patricia Brunner
Nelly Cabacunagan
Charles Cooley
Judy Cooley
Joy Edmonds
Jeanne Gardner
Jo Grathwohl
Donald Greth
Margaret Greth
Richard Gronauer
Ardell Hawley
John Hoffman
Mary Grace Hoffman
Opal Hogg
Kenneth Jaworski
Frank Klock
Patricia Klock
James Lee
Wendell Matthews
Cheryl McCracken
Dave McGuire
Sarah Jane Nichol
Sue Niles
Sudie Nunn
John Roberts
Alice Shaw
Wayne Shaw
Linda Stidham
Paula Suttan
Claire Testerman
Virginia Williams
Doug Wyatt

prime travel

**Questions?
Contact Linda Manzo
at 513.779.7360**

2010 Croswell Day and Overnight Trips

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

September 22 - 24 ~ Niagara Falls

(Passport Required) Trip includes roundtrip Transportation via Croswell's Deluxe VIP Motor coach, 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/double \$409/single; Money due by Aug 16.



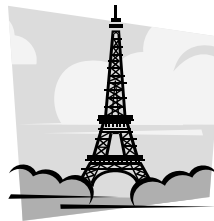
October 9 - 11 ~ Gatlinburg's Craftsmen's Fair Tour

We have a number of members going on this trip. This will be a fun trip to travel with some of your Partners in Prime friends this colorful fall. The afternoon and evening we'll visit the Museum of Appalachia where there will be demonstrations of authentic Appalachian crafts and foods. The next day breakfast and then off to the Gatlinburg Craftsmen's Fair in down town. Later stroll the

streets of Gatlinburg. Dinner included that night. The last day we'll enjoy a step-on guided tour of the Smoky Mountains before heading for home. Cost: \$375/double \$509/single; Money due by Aug 30.

November 30—December 2 Nashville Tennessee Holiday

Cost: \$409.00 double \$535.00 Single
Stop in your club for a brochure on this great trip.



Informational Meeting on London & Paris (8 days – 10 meals)

**at prime club Hamilton
Monday, September 27 at 2:00 PM
Reservations required
By calling Linda at 513.779.7360**



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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 513.737.5752 if you are interested in any of these volunteer opportunities.

**Questions? Need more
information?
Contact Diane McEachen
at 737.5752**

prime club 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 taking food orders and serving diners.

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. (Someone with a truck would be helpful but not necessary.)

Water Color Painting Instructor

1 day a week, 2 hours, Mondays
9:00 - 11:00 AM

Help lead an already established painting class at our Hamilton prime club.

prime club West Chester

Lunch Helpers

1 day a week, 2 hours during lunch hour.
Serve lunch to members - includes clean up.

Front Desk Receptionist

1 day a week, 4 hours. (10:00 AM - 2:00 PM)
We are looking for a few friendly and outgoing volunteers to help answer phones and greet visitors at the front desk at our

West Chester prime club.

prime club Fairfield

Water Color Painting Instructor

1 day a week, 2 hours, Wednesdays
1:00-3:00 PM

Help lead an already established painting class at our Fairfield prime club.

First St. John United Church of Christ

**Sundays 10:00 am
Prime Club-Hamilton
Grand Ballroom**

God Is Still Speaking

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

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www.fsjchurch.org

**Transportation is available
by calling
513.867.9195**

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 Ctr
	Line Dancing \$	WC
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

Therapeutic Modalities \$

2nd & 4th Tuesday	Ortho-Bionomy	HAM
<i>11:00 AM - 3:00 PM</i>		
<i>\$15.00 per 10 minutes or \$30.00 per 20 minutes</i>		
1st & 3rd Wednesday	Reiki	HAM
<i>12:00PM - 4:00 PM</i>		
<i>Cost: \$30.00 per 30 minutes or \$55.00 per hour</i>		
2nd Wednesday	Massage Therapy	HAM
<i>10:00 AM - 1:00 PM</i>		
<i>\$30.00 per 30 minutes or \$55.00 per hour</i>		
2nd Wednesday	WOW Dental	HAM
<i>\$80.00 per session</i>		
2nd Wednesday	Pedicures	HAM
<i>\$35.00 Full Pedicure</i>		
1st Thursday	Massage Therapy	HAM
<i>5:00 PM - 8:00 PM</i>		
<i>Cost: \$30.00 per 30 minutes \$55.00 per hour</i>		
2nd Thursday	Reflexology	HAM
<i>10:00 AM - 2:00 PM</i>		
<i>\$15.00 for hands and \$30.00 for feet</i>		

Ongoing Fitness Classes

Monday	Keep on Movin' Exercise	FF
	Prime Pacers	WC
	Medicine Ball Training \$	WC
	Weight Resistance \$	WC
	Weight Resistance \$	HAM
	Zoga \$	HAM
	Fitness Equipment	HAM
Tuesday	Matter of Balance \$	FF
	Prime Pacers	WC
	Exercise	WC
	Fitness Equipment	HAM
	Walk & Exercise	HAM
	Jazzercise Lite \$	HAM
Wednesday	Keep on Movin' Exercise	FF
	Fitness Equipment	HAM
	Tai Chi \$	HAM
	Balance Class \$	HAM
Thursday	Keep on Movin' Exercise	FF
	Prime Pacers	WC
	Balance Exercise \$	WC
	Stability Ball \$	WC
	Fitness Equipment	HAM
	Prime Pacers	HAM
	Walk & Exercise	HAM
	Jazzercise Lite \$	HAM
	Zumba \$	HAM
Friday	Tai Chi	FF
	Prime Pacers	WC
	Walk Away the Pounds	WC
	Fitness Equipment	HAM

\$ = fee for class / series

information & referral

Health Care Reform Meetings

West Chester

Thursday, September 9, 1:30 PM

Hamilton - Classroom

Friday, September 10, 10:00 AM and 2:00 PM

Reservations required. Call 1-877-222-1942 and use Meeting Code: **PIP-01**

Partners in Prime, along with our new Primary Partner **McGohan Brabender Senior Solutions**, will host this meeting concerning Health Care Reform and Medicare. If you are Medicare eligible or approaching Medicare age and are interested in attending an upcoming health care reform meeting, please call McGohan Brabender Senior Solutions at the number above to reserve a seat. These meetings are open to all members and are being held at no cost to you. Please contact Karen in Member Services for any questions.

AARP Driver Safety Program

Hamilton club - Classroom

Tuesday, September 28, 10:00 AM - 3:00 PM (1 hour break for lunch)

Cost: \$12 (AARP members); \$14 (non-members).

Registration deadline: September 24.

Cars have changed. So have the traffic rules, driving conditions, and the roads we travel everyday. Some drivers age 50+ have never looked back since they got their first drivers license - however, even the most experienced driver can benefit from brushing up on their driving skills. After completing this classroom course, you may be eligible to receive a discount on your automobile insurance. Please consult your insurance

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

agent for details.

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.

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Special Luncheon with Veterans Group
and guest speaker,
Hamilton Mayor Pat Moeller
Tuesday, September 21
prime club Hamilton - Grand Ballroom

Reservations required for luncheon. Deadline to purchase ticket is September 17th.

11:45 AM - Lunch served (\$3.00 suggested donation)

1:00 PM - Presentation by Mayor Pat Moeller - to include questions and answers

Fairfield
 5108 Sandy Lane
 Fairfield, OH 45014
 513.737.5752

Hamilton
 140 Ross Avenue
 Hamilton, OH 45013
 513.867.1998

West Chester
 5430 West Chester Road
 West Chester, OH 45069
 513.779.7360