WHAT’S FOR LUNCH . . .

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

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

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

Honor your Center friends, clubs, groups and family members by having a memorial brick engraved for the Memorial Walkway at the building’s entrance. Your gift is tax deductible and is a lasting tribute. If you would like to order a brick, forms are available at the Reception Center. For more information, call Joshua Howard at 686-1004.

Sycamore Cafe

SPECIALS
11:00 am – 1:30 pm

ST PATRICK’S DAY SPECIAL
Tuesday, March 17th
Corned beef & cabbage
with red skin potatoes & rye bread
$7.00

Corned Beef & Swiss Cheese on Rye
$4.25

LENTEN SPECIALS
Starting Wednesday, February 18th
Deep Fried Breaded Cod Fillet
With Coleslaw & Fries
$5.75

Shrimp Basket with Fries
& Coleslaw
$6.00

REDS OPENING DAY SPECIAL
Monday, April 6th
Grilled Metts, Brats & Hotdogs

NEW SPRING SALAD BAR

MOTHER’S DAY LUCHEON
Friday, May 8th
$12.00
A Baked Quiche Lorraine with a croissant.
Tossed green salad with strawberries, almond slivers & poppy seed dressing.
A butterscotch & whipped cream parfait

Sycamore Senior Center is opening its doors to the community for an Open House March 18th.

9:00 am - 1:00 pm
Come familiarize yourself with our Center.
Meet the staff, the instructors,
take a tour and meet new friends.

No RSVP Necessary
Light refreshments 9:00 am - 10:00 am
the Cafe opens at 11:00 am

Microsoft Showcase
Wednesday, April 8th
10:00 am – 1:00 pm
The Microsoft Store has tablets that can replace your laptop and help you to streamline your life. Join us as Microsoft representatives from the Kenwood Store show off their great selection of Windows tablets from Surface, Dell, Lenovo, Acer, ASUS, Nokia and more. If you need help with Windows, Office, or you have an issue with your PC, trained experts are available to answer your questions. Register 984-1234
**SLEEP APNEA**

Tuesday, March 3rd
1:00 pm

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

**Ticket Options**

$50 - Individual Ticket

$150 - Friend of the Center
2 tickets with priority seating

**Bus transportation**

Bus transportation may be available for an additional fee of $25.00 per person. To receive transportation, your ticket to the event and your transportation fee must be made by April 15th. See the Reception Center.

**FREE TAX RETURN ASSISTANCE**

Wednesdays in March 9:00 am to 3:00 pm

The AARP Tax-Aide program will continue through the month of March with free tax assistance. Please note, this service is free to members but a donations made on the Center's behalf is greatly appreciated. To register call 984-1234.

**SLEEP APNEA**

Tuesday, March 3rd
1:00 pm

Wednesday March 4th
9:00 am - 1:00 pm

The Sam's representative is here today to offer Sam’s club memberships - new or renewals. The Sam’s Club Pharmacy program was ranked highest in customer satisfaction among mass merchandise pharmacies in the J.D. Power and Associates 2012 U.S. Pharmacy Study. This is a benefit for Sycamore Senior Center Members.

**HEALTHY U**

Friday, March 6th, 13th, 20th, 27th
April 3rd, 10th
1:30 pm – 3:30 pm

Facilitator Joshua Howard, Center Director (CPSM) Chronic Pain Self-Management is a series of six (2 hour) workshops designed to help those with chronic pain manage and decrease their symptoms. For more information or to enroll call 721-1025.

**The Sycamore Stakes**

Join us for a luncheon and an exciting afternoon of thoroughbred horse racing and gaming to support Sycamore Senior Center.

**May 14th, 2015**

A Luncheon with an Afternoon of Racing & Gaming

As the thoroughbred’s race after our National Anthem, indulge in a buffet lunch on the private patio of Belterra. Enjoy an array of delectable tastes from traditional comfort foods to mouthwatering desserts as the full-service staff’s impeccable attention to detail ensures your comfort.

In-between races, visit the casino with a $10.00 free play card (provided we have your name and birthdate in advance).

**Thursday, May 14th**

Buffet Luncheon 1:15 pm - 3:00th
First Call to Post 1:30 pm

Silent Auction and Cash Bar

Celebrity Guest Triple Crown Winning Jockey Steve Cauthen

**Talk Tuesday**

**Belterra**

PARK

**Wednesday March 4th**

Bus transportation

Celebrity Guest Triple Crown Winning Jockey Steve Cauthen
**MEDICARE 101**  
**Tuesday, March 10th 1:00 pm**  
Medicare is there to provide support during an illness, but also includes valuable services and resources to help you live a healthier and fuller life. Come let Eric Christianson educate you about Medicare.

**COMMUNITY STROKE PREVENTION SCREENING**  
**Saturday, March 14th**  
**By Appointment Only 7:00 am to 6:00 pm**  
Sycamore Senior Center is pleased to offer a preventive health event. Life Line Screening, a leading provider of community-based preventive health screenings, will host their affordable, non-invasive and painless health screenings. Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis. Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from $149 ($139 with our member discount). All five screenings take 60-90 minutes to complete.

In order to register for this event and to receive a $10 discount off any package priced above $129, please call 1-888-653-6441 or visit [www.lifelinescreening.com/community-partners](http://www.lifelinescreening.com/community-partners).

**SENIOR FUN BOWL**  
**Tuesdays, March & April**  
**10:00 am – 2:00 pm**  
**$5.00 for 2 games and shoes**  
Crossgate Lanes is hosting Sycamore members for “Senior Fun Bowl” every Tuesday in March & April. All skill levels are welcome. Stop by Sycamore Café before or after for lunch. If you are looking to meet new people and have fun, come bowl a few frames. Plus bowling is great exercise. No sign up - just show up.

Crossgate Lanes  
4230 Hunt Road  
Blue Ash, OH  
(513) 891-0310  
[www.crossgatelanes.com](http://www.crossgatelanes.com)

**VACCINATIONS**  
**Tuesday, March 17th 1:00 pm**  
The Centers for Disease Control and Prevention recommend vaccinations for older adults even if they received vaccines as a child or as a younger adult. If you are traveling, you may need additional vaccines. Learn more with the Deer Park Walgreens Pharmacist Sonya Hoge.  

**DIZZINESS AND BALANCE**  
**Dr. Patrick Shumrick**  
**Tuesday, March 24th 1:00 pm**  
A balance disorder is a condition that makes you feel unsteady or dizzy, even though you are standing still or lying down. There are many causes of balance problems and your risk of having balance problems increases as you get older. The Center for Balance exclusively treats patients suffering from dizziness, vertigo, and balance disorders to learn more. Register 984-1234.
St Patrick’s Day

Dinner Dance
March 14th

Blue Ash Recreation Center
4433 Cooper Road, Blue Ash, OH 45242

Celebrate with the Pete Wagner Band, door prizes and tasty food! Beer and soft drinks are available for purchase. Doors open at 6:15 pm $15 in advance or $18 at the door.

Join us March 17th for SSC’s St. Paddy’s Day events for all those Irish and those who "wish they were."

SSC CHOIR - 12:30 pm

Film “THE IRISH AND HOW THEY GOT THAT WAY”
1:00 pm
An affectionate 20th and 21st century history of the Irish through the eyes of Pulitzer Prize winning author, Frank McCourt (Angela’s Ashes) includes classical songs and stories.

Irish Tea - 2:45 pm – 3:45 pm
Join us to share stories of our Irish Heritage here in America and back in the "auld sod." A dear Irish lassie, Brenda Hicks, entertains us with songs on her harp.

Café Specials
Irish Stew,
Corned Beef Sandwich
Cash Bar
12:30 - 1:00 p.m.
Irish Coffee
Beer

HEARING SCREENING
Wednesday, March 25th
9:00 am – 12:00 pm
Wednesday, April 22nd
12:00 pm – 3:00 pm
By appointment only
The Hearing Services at Cincinnati Eye Institute provide Free Hearing Screenings valued at $100. The screenings are painless and only take a few minutes. Register today 984-1234.

FIND YOUR ANCESTORS
Thursday, March 26th,
April 2nd, 9th, 16th, 23rd, 30th
One-on-one sessions with genealogist G. Rodger Crowe. The two-hour long session will help you find your ancestors and build your family tree. What to bring: Names, dates and birthplace for your parents and grandparent (approximate dates and places are OK). Free but we accept donations to the Center. Appt. -10:00 am, 12:00 pm and 2:00 pm. 984-1234.

FREE CHAIR MASSAGE
Friday, March 27th
Friday, April 24th
12:00 pm – 4:00 pm
Back by popular demand. Are you feeling stressed? Sign up for a 20 minute chair massage. The massage therapist will treat members to a relaxing massage. Treat yourself! Register at the Reception Center 984-1234.

FREE DIABETIC SHOES
Wednesday, March 25th
10:30 am-11:30 am
Let Dennis Mittman of Advance Diabetic Solutions provide quality therapeutic footwear at little or no out of pocket cost. They provide 1 pair of diabetic shoes per year with no cost to Medicare, custom made inserts, and an in-home fitting. We accept Medicare and private insurance but typically not HMO’s and we file all the insurances claims. Bring your Medicare and insurance information with you. Register 984-1234.
LIFelong LEARNING AND RECREATION

MOUNTAIN DULCIMER WORKSHOP
2:00 pm – 3:30 pm
1st & 3rd Wednesdays
Starting April 4th
Do you have a mountain dulcimer? Do you know how to play or want to learn how to play? Come join the Mountain dulcimer workshop. Bring your dulcimer with you. For more information contact Phyllis Whitt at Prwhitt60@gmail.com or (513) 314 – 5630.

KEEPING THE KEYS
Tuesday April 7th
1:00 pm
AAA’s Mike Belcuore will offer this free workshop to discuss adjusting to natural changes in driving ability to keep driving skills sharp. While the goal of the talk is to keep drivers on the road as long as possible to maintain independence, the talk will open the door to discussions on when it is time for a driver to relinquish the keys. Register 984-1234.

COSMETIC SURGERY
Tuesday, April 14th
1:00 pm
Understand the benefits, risks, and alternative options of cosmetic surgery with Dr. Mandell-Brown. From mole removal to eye brow lifts to laser skin resurfacing, soft tissue fillers that leave your skin looking younger, hear about the latest advances including Venus Legacy a non-surgical device to remove fat and tighten skin on the face and body. Dr. Mark Mandell-Brown is a Triple Board Certified plastic surgeon who specializes in facial plastic surgery, body cosmetic surgery, as well as head & neck surgery. Register at 984-1234.

FRIDAY NIGHT PARTY
6:30 pm - doors open
7:00 pm - dance
$5 per person in advance
$6 at the door
Come dance the night away the second Friday of each month from April thru November. The dance concludes at 10:00 pm. Beer, soda and snacks included in the cost.

Friday, April 10th
Featuring
Nelson Henning
Friday, May 8th
Friday, June 12th
Friday, July 10th
Friday, August 14th
Friday, September 11th
Friday, October 9th
Friday, November 13th

Stop by the Bob Evans Restaurant 5875 Pfeiffer Road, Blue Ash, OH 45242 between 5:00 pm and 6:15 pm and mention you are coming to the dance at Sycamore for quick seating. (513) 985-9691.

SSC Presents
A Local Author Reading Event

A READING AND CONVERSATION
Tuesday, April 21st
1:00 pm - 3:00 pm
Join us for a reading and conversation with local author Gerda Braunheim as she presents her Book “From Stonischkern to Gedhus” A Child’s View of World War II. Tea and Cookies will be available.

From Stonischken to Gedhus
A Child’s View of World War II

Tea & Talk

Gerda Braunheim
FROM THE DESK OF
JOSHUA HOWARD, CENTER DIRECTOR

2015 Annual Fund Goal - $100,000 & 500 Donors

Member,

This year’s annual fund drive is underway! Our goal is $100,000 with 500 donors and we’ll need everyone’s support to make that happen.

Center members and businesses in Blue Ash may have already received the first mailing for this year’s drive. In 2014, 234 donors contributed $69,500 to support the Center. Our Center has 2,514 paid members to date. If each of those members donated just $40, we’d reach our goal quickly.

Over the past 44 years, the Center has become an important part of the communities we serve and a vital place for our members and their families. Without Sycamore there would be many older adults unable to afford the services we provide, thus putting their health and safety at risk.

When you receive your letter, we hope that you will respond generously to support the many and varied programs offered here. Volunteers from the Center will call you on May 6th or May 7th to answer any questions you may have about the fund drive, and tell you about the importance of the programs and services at the Center. Any donation, no matter the size, is appreciated as it really does take each one of us doing our part to make this happen.

As many retirees have experienced drastic reductions in their funds, Sycamore Senior Center continues to increase our outreach services to the community. Our nutrition programs, include Meals on Wheels and a daily subsidized lunch in the Café. Our transportation services to medical appointments and into the center are our most requested services. Both simply do not exist without the help and financial support from our donors.

Currently over 600 volunteers and professional staff fulfill the mission of the Center, which is to assist older adults to live their lives with independence and dignity for as long as possible in their own homes.

Your gift to the fund is 100% tax-deductible. You can respond today by returning the envelope in the mail, or you can also contribute online and click on “Make a Charitable Donation Now”. When prompted as to which Maple Knoll Communities program to designate your gift, please select “Sycamore Senior Center.” One hundred percent of your donation will support the Center.

WELCOME TO MEDICARE
Wednesday, April 29th
6:00 pm-8:00 pm
The Ohio Senior Health Insurance Information Program OSHIIP presents for new and soon to be beneficiaries - the basics of Medicare. Learn about the benefits Medicare provides and the deadlines that Medicare participants must meet. Learn about Medicare advantage plans, prescription drug coverage, financial assistance and supplemental health insurance coverage. For more information, call OSHIIP at 800-686-1578 or visit. www.insurance.ohio.gov.

YOU ARE INVITED
LEARN MAH-JONG
Center member Alice Harkins invites you to learn Mahjong. Give Alice a call to arrange an appointment. 513 731-3961.

PLAY SCRABBLE
Thursday
1:00 pm - 4:00 pm
Come play scrabble. Groups welcome.

CYCLIST
Join the SSC cycling club.
Contact Todd Deutch 489-2281.
EXOTIC ANIMALS VISIT
Wednesday, March 4th
Moderator: Mike Dulaney, Curator.
Do you like seeing exotic animals close up? Do you like hearing about their care and individual personalities? Mike Dulaney, curator of mammals at the Cincinnati Zoo and Botanical Garden, will bring a few of his special zoo animals to meet us.

SPRING SEMESTER
A PANCREAS TRANSPLANT CHANGED MY LIFE AND STILL DOES
Wednesday, April 1st
Moderator: John Faherty columnist with the Cincinnati Enquirer. This will be a presentation about a pancreas transplant. About the wait, and the surgery, and the recovery. And how it changed my health and my outlook on life.

THE LOWDOWN ON DOMESTIC VIOLENCE
Wednesday, April 8th
Moderator: Kendall Fisher executive director of Women Helping Women
It can—and does—happen to family members, neighbors, friends, and coworkers. Violence between intimate partners is all too common, affecting all economic levels. Learn about what it is, who it impacts, why survivors don't just leave, and what resources are available. Be prepared to do what you can and what you should.

WELCOME NEW & RETURNING MEMBERS
(October & December 2014)

Beard, Katherine
Caldwell, Laura
David, Judy
DeJonckheere, Margery R
DeJonckheere, William A
Douglas, Randy
Douglas, Shelia
Ghai, Dolores A
Herre, Erna
Herzner, Jane E
Knechtly, Patricia R
Linser, Jeffery
Lococo, Judy
Parsons, Lillie L
Peter, Bonita
Peter, John
Roberts, Carmen M
Rombach, Alice T
Rombach, Norbert
Santos, Daniel E
Schechter, Judith
Schechter, Lowell
Sherwood, Connie
Sherwood, Gene
Specter, Carol
Specter, Charles
Srofe, Carolyn
Srofe, John B
Thompson, Brenda D
Thompson, Robert O
Thompson, Stan
VonRohr, Barbara
Winton, Mary Jean

DOWNTON ABBEY, SEASON 5 BEYOND THE FRAME
Wednesday, April 15th
Co-Moderators: Patti Myers and Alan Flaherty. In season five, the cast of Downton Abbey moves into 1924, as old mores continue to evolve to new social structures in Britain. Building on the relationships and patterns from the first four seasons, this class explores how season five relates to the realities of the Roaring Twenties in Britain and the world. The class content will presume familiarity with the major characters and themes from all five seasons. Discussion will be encouraged.

AMAZING OHIO
Wednesday, April 22nd
Moderator: Deb Price
Ohio is truly at the heart of it all. We have villains, heroes, writers, and comedians. We will get to know the inventors and trail blazers who make our state great!

THE ANDREW RAID
Wednesday, April 29th
Moderator: Ralph A. Arnold, PhD, is a member of Cincinnati Northern Kentucky and Sumter Civil War Round Tables. This ill-fated raid behind Confederate line to wreck the Western and Atlantic Railroad became known as the Great Locomotive Chase. The Andrews Raid will be examined by lecture, slides, and film.
2015 LEAGUE PLAY

MEN’S GOLF – MONDAY LEAGUE
The Monday morning seniors golf league will resume play for the 2015 season starting in April and playing through September. Tee time 7:30 am. Substitutes spots are available for team players who cannot play every week. Everyone is welcome and encouraged to join. For more information or to schedule tee times call Hutch 375-6266 or Tim McLane 769-0729 or Joe Korner 518-1328. New golfers welcome. A Monday League meet and greet is scheduled at the Center on March 30th at 9:00 am.
Sharon Woods Golf Course, 11355 Swing Road, Sharonville OH 45241
18 holes over 6,633 yards par of 70

MEN’S GOLF – WEDNESDAY LEAGUE
The Wednesday seniors golf league plays at Reeves Golf course (Lunken Airport) starting at 8:00 am. Call Art Thomas at 791-8207 or Steve Thomas at 203-1091 for more information. New golfers welcome.
Reeves Golf Course, Par-3 Course, 4747 Playfield Ln. Cincinnati, OH 45226
9 holes over 1,110 yards with a par of 27

MEN’S GOLF - THURSDAY LEAGUE
The season Kickoff Meeting is Thursday, April 9th from 11:00 am – 12:00 pm at the Center. We ask that you confirm your desire to play at Eagles Nest Golf Course. Play starts April 23rd at 9:00 am. Returning golfer please call your team captain Giles Ramler 513 984-6939 or Bill Blank 513 234-9450 ASAP. Leave a message if no answer. New golfers are welcome. Annual fee is $30.00 to be paid by April 23rd. Green/cart fees are paid on the day of play.
Eagles Nest Golf Course, 1540 State Route 28, Loveland, OH 45140
18 holes over 6,145 yards with a par of 71

LADIES CASUAL GOLF LEAGUE
Are you interested in playing casual ladies’ golf on a regular basis during the summer? If you said “yes,” you’re welcome to join us. We call it “casual golf” because there is no need to pre-pay, no need to get a sub. We play golf every week, weather permitting, on a challenging course in Tri Country Golf Ranch in Springdale beginning in early May. Call Betsy Schenck at 891-1946 for more information.
Tri County Golf Ranch, Par-3 Course, 455 East Tri County Pkwy
Springdale, OH 45246
9 holes over 1,207 yards with a par of 27

If you do not want to join a golf league, the Blue Ash Golf Course invites our members to take advantage of senior discount days on Monday and Tuesday of each week. Open to senior players age 60 and above. Reservations are taken seven days in advance.
(513) 686-1280

SENIOR DISCOUNT DAYS
Monday & Tuesdays
9 holes - $17.00 with cart
18 holes - $34.00 with cart

The Course offers both electric and pull carts, snack bar, Sandtrap Sandwich Shop, a fully-stocked pro shop special Junior rates and, tournaments, USGA handicaps, golf outings, and private and group golf lessons.

Blue Ash Golf Course
4040 Cooper Rd
Cincinnati, OH 45241
Hours: 8:00 am – 6:00 pm
18 holes over 6,659 yards with a par of 72
The computer Lab Presents

SMARTPHONES? TABLETS?
WHY WOULD I WANT ONE OF THOSE?

Monday, March 9th
1:00 pm
Repeats on Thursday, April 16th
10:00 am
Cost: Free
Join for the presentation and we will tell you why, and show you why. We will cover the following:
What does it do?
What will it do for me?
What comes with it?
Useful, Fun, Learning, Reading, News, Stocks, Weather, Camera, Photo Edit, Mail, Travel, Flight Info, Gas Buddy
How do I decide which one to get?
Cost?
Do I need cellular service on it?
What (apps, utilities) comes on it?
What else do you need it to work with?
What else do you have to do to make it work?
If I get one, how do I learn to do those things?
Presented by Jill Mitchell and Laura Caldwell.

OPEN COMPUTER LAB
Sycamore's computer Lab is available to members during normal business hours, except when classes or workshops are scheduled. A donation is required for using the printer in the lab. 10¢ per black and white and 25¢ per color page.

The Lab is closed on Wednesdays during the month March for AARP tax preparations.

TOPIC DRIVEN HELP SESSIONS
Mondays
Cost: (FREE)
1:00 pm - 2:00 pm & 2:00 pm - 3:00 pm
Every Monday volunteer instructor Charlene Brunsman offers free help sessions for anyone who needs just a little bit more information (or a few more reminders) to get it right.

LAURA’S HELP DESK
Thursdays
10:00 am – 12:00 pm
Drop in to see member Laura Caldwell. Laura is available to help you with Windows 7 and web browsers on the lab computers. Her areas are Microsoft Office, non-Apple laptops, tablets, and phones.

ANDROID TABLETS BASICS
Thursday, March 12th, 19th, 26th
9:00 am - 10:45 am
Taught by Laura Caldwell

APPLE IPAD/IPHONE BASICS
Monday, April 20th, 27th, May 4th, 11th
10:30 am - 12:30
Taught by Jill Mitchell

Cost $10
Curriculum
These topics are covered in both the Android and Apple classes:
Find and Connect to Wireless Internet. Control your tablet computer, using settings. Safety, Security and Sharing Apps that came with your tablet:
Mail & Contacts (and Birthdays)
Calendar, Messages
All about keyboards, shortcuts, characters
Dictation and Voice Commands
Internet, bookmarks to find again
Using the camera, fixing photos. More Apps—Clock, Apple/Google Maps, Google Earth, Weather, Radar, Notes, and Reminders. Resources for learning more
Absolute Maximum of 10 people, enroll at the reception Center Hands on: Bring your device to class.

COMPUTER BASICS
Tuesday, March 10th, 17th, 24th, 31st
April 7th, 14th, 21st, 28th
Cost: Members: $15
9:30 am - 11:30 am
Beginners or as a review of proper procedures for those interested in the Internet/Email class. If you have a laptop, notebook or netbook, you may bring it to class. Introduces the basics of using a computer. Explanation and Updating Operating Systems Windows 7). Use both the keyboard and mouse to perform tasks. Navigate through menus. How to work with files and folders. Introduction to the Internet and email

INTERNET, E-MAIL, BOOKMARKS & SEARCHES
Tuesday, March 10th, 17th, 24th, 31st
April 7th, 14th, 21st, 28th
Cost: Members: $15

$20 IF YOU SIGN UP FOR BOTH CLASSES. YOU SAVE $10.
Bring your laptop, notebook or netbook. If you have not used WIFI at Sycamore in 2015, we ask that come before class or attend Laura's Help Desk to establish the connection.
WANT TO LEARN A LANGUAGE?

BASIC GERMAN
Thursday, March 19th, 26th, April 2nd, 9th, 16th, 23rd
10:00 am - 11:00 am
German (Deutsch) is the third most taught foreign language in the English-speaking world, after French and Spanish. And now it’s here at Sycamore. Come learn more about the culture and the language. Register 984-1234.

Language classes are free for current members. To register call 984-1234.

BASIC SPANISH
Tuesday, March 24th, 31st, April 7th, 14th, 21st, 28th
12:00 am - 1:00 pm
Limit 30 students
We’re excited to welcome back Hector Rios, to teach beginner Spanish. Students will learn the basics of the Spanish Language and practice what they learn with the other students. The class concludes with an outing to a local Mexican restaurant where you order in Spanish.

Language classes are free for current members. To register call 984-1234.

HERE IS WHAT YOUR PACKAGE INCLUDES:
Option 1 - $55.00 per person
Includes a Lower Level seat and a $10 food and beverage credit.
Option 2 - $115.00 per person
Includes a seat in the climate controlled Fox Sports Ohio Champions Club where all your food and non-alcoholic beverages are included.
Check In - 10:55 am Depart - 11:10 am

CASINO TRIPS
Check In 9:00 am          Depart 9:15 am
Leave the casino - 4:00 pm
As you requested, come ride in a luxurious motor coach for only $30.00 per person.
We must have 40 participants or we will cancel the trip.

April
Rising Star Casino Resort
Rising Sun, IN
Monday, April 13th

June
Hollywood Casino & Hotel
Lawrenceburg, IN 47025

July
Miami Valley Gaming
Lebanon, OH

August
Hollywood Casino
Columbus, OH 43228

September
Belterra Park Gaming & Entertainment Center

October
Hollywood Gaming Raceway
Dayton, OH 45414

November
Belterra Casino Resort & Spa
Florence, IN

OUTREACH SERVICES
HOME DELIVERED MEALS
Contact : Rod Torbert - 513 686-1003
Outreach Coordinator
RTorbert@mkcommunities.org
Our meals program is designed to fit the lifestyle and taste of our clients by providing a choice in the meals they receive and days they receive them. If you are interested, or know someone who may benefit from meals on wheels, we encourage you to contact us. If eligible, the price is on a donation basis. Private Pay is available at a cost of $5 for each meal.

TRANSPORTATION
Contact: James Funk - 513 686-1002
Transportation Coordinator
jfunk@mkcommunities.org
We offer door-to-door Van Transportation to medical appointments for those who live in our service area. Those over 60 qualify for Title III discount for medical services. The Sycamore Shuttle service runs Monday through Friday to and from the Senior Center between 9:00 am and 4:00 pm. $5.00 round trip is the suggested donation for the shuttle.

We Are A Council on Aging Provider.
**National Volunteer Week**

April 12th - 18th

Sycamore’s volunteers do not have more time than others, no they just have more heart.

**Thank you!**

Verna Gibson
Dorothy Vice
Tom McDonough

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**SYCAMORE ON THE BIG SCREEN**

**THE LONGEST WEEK**

Friday, March 6th
PG-13, Comedy, Romance - 1:00 pm
Starring: Olivia Wilde, Jason Bateman, Billy Crudup,

**BOYHOOD**

2015's GOLDEN GLOBE Best Picture Winner
Friday, March 13th
R, Epic Drama - 1:00 pm
Starring: Patricia Arquette & Ethan Hawke,

**THIS IS WHERE I LEAVE YOU**

Friday, March 20th
R, Comedy/Drama - 1:00 pm
Starring: Jason Bateman, Tina Fey, Jane Fonda

**LEFT BEHIND**

Friday, April 3rd
PG-13, Biblical Drama - 1:00 pm
Starring: Nicolas Cage, Chad Michael Murray

**THE THEORY OF EVERYTHING**

Friday, April 10th
PG-13, Drama - 1:00 pm
Starring: Emily Watson & Eddie Redmayne

**IMITATION GAME**

Friday, April 17th
PG-13, Historical Drama - 1:00 pm
Starring: Benedict Cumberbatch, Keira Knightley

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**Café /Kitchen Renovations**

**WE NEED YOUR HELP!**

**SYCAMORE CAFÉ RENOVATIONS—$10,000**

We are serving more members than ever, so we need to expand the kitchens serving window which would allow us to streamline our process and provide better service. We’ve already gathered some donations from local businesses and a few center members, but we need everyone’s help to make it happen.

**Thank You!**

Verna Gibson
Dorothy Vice
Tom McDonough

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$1.00 Donation - Movie & Popcorn
Please note, movies are subject to change based on availability. All updates are posted on the bulletin board should we make a change.

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**Remember SSC in Your Will**

Home Delivered Meals, transportation to doctor’s appointments, therapy visits, rides into the Center as well as building maintenance benefit from your bequest.

If you have any questions, please call 782-8629.
Memorials and Honorariums

In Memory of
Donald Koehl
Carolyn Koehl

In Memory of
Jane Sedam
Cecelia A. Hudak

In Memory of
Margaret Pinsent
John Pinsent

Memorial Bricks
In Honor of
Mary Williamson
Robert Williamson

Pool Tournaments
March 3rd Sycamore @ LBCC*
March 10th Springdale @ Sycamore
March 17th LBCC* @ Sycamore
March 24th Springdale @ Sycamore
March 31st In House Tournament
April 7th Sycamore @ LBCC*
April 14th Springdale @ Sycamore
April 21th LBCC* @ Sycamore
April 28th Springdale @ Sycamore

Tournament Notice: The tables are closed to non-tournament players a half hour before tournaments begin and remain closed until the tournament is over.

Fiction (1st) Thursday 1:30 pm
March 5th Remember Me Like This by Brett Anthony Johnston
April 2nd The Shoemaker’s Wife by Adriana Trigiani

Non-Fiction (2nd) Monday 1:00 pm
March 9th Cleopatra by Stacy Schiff
April 13th Philomena: A mother, her son, and a Fifty Year Search by Martin Sixsmith

Lifelong Learning and Recreation

Thank you to our recent Donors (November & December 2014)

Mary Ann Abernathy
Arlington Memorial Gardens

Arlington Memorial Gardens

Lucy Boulton
Richard Bowman
Josefa K. Bruening
Janet Constand
Margery Craig
James G. Dunlap
Jan Dyehouse
Shirley Ekvall
Lois Gallon
GE Foundation
Ann Gray
Roger F. Grein
Winifred Harmon
Bernice Hashimoto
Hugh Hoffman
Kenneth Huber
Irvin W. Huening
Frank Iskra
Julie Kadooka
Shirley Kantor
Lynn McNay
Robert E. NeCamp
Kathryn L. O’Connell
Jackie Reichling
Howard Todd
Albert Tomasi
Truist Matching Gift
Mary E. Wood-Constable

March 27th
The Highlanders Band

April 24th
The Ladies Trio
From Lafayette IN

In honor of your service to our country, let us say thank you with the monthly Veterans Luncheon. Each month features a guest speaker and entertainment and lunch served at your table. To make sure that the mess staff has enough chow on hand for all the troops, please call Sgt. Homer Wilson at 745-0617 no later than one week before the lunch.

Striders Walking Club
Tuesday 9:00 am - 1:00 pm
Walks at your own pace followed by lunch. Car pooling is available. Joanne Elmlinger 563-6756.

March 3rd Kenwood Mall Red Robin
March 10th Tri County Mall Rudy Tuesday
March 17th Kenwood Mall Montgomery Inn Anniversary
March 24th Tri County Mall Cracker Barrel Sharon Rd
March 31st Kenwood Mall Slatts
April 7th Swaim Park Tap House Grill
April 14th Streets of Mariemont Exemplar
April 21st Street of Wyoming Gabby’s
April 28th Loveland Trail The Works
### DAILY

<table>
<thead>
<tr>
<th>Activity</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Computer Lab</td>
<td>$1.00</td>
</tr>
<tr>
<td>Fitness Center</td>
<td>$1.00</td>
</tr>
<tr>
<td>Pool Tables</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

### MONDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 am - 9:50 am</td>
<td>Stretch Flex Aerobics</td>
<td>$3.50</td>
</tr>
<tr>
<td>9:00 am - 12:00 pm</td>
<td>Open Bridge</td>
<td>$1.00</td>
</tr>
<tr>
<td>9:30 am - 11:30 am</td>
<td>Mah-Jong</td>
<td>$1.00</td>
</tr>
<tr>
<td>10:00 am - 12:00 pm</td>
<td>Sketching</td>
<td>$5.00</td>
</tr>
<tr>
<td>10:00 am - 10:45 am</td>
<td>Silver Sneakers Classic®</td>
<td>$0.00</td>
</tr>
<tr>
<td>10:00 am - 11:00 am</td>
<td>Line Dancing</td>
<td>$2.00</td>
</tr>
<tr>
<td>11:30 am - 1:00 pm</td>
<td>New Members Luncheon (3rd)</td>
<td>FREE</td>
</tr>
<tr>
<td>12:30 pm - 1:30 pm</td>
<td>Chair Yoga</td>
<td>$5.00</td>
</tr>
<tr>
<td>12:30 pm - 4:00 pm</td>
<td>Pinochle</td>
<td>$1.00</td>
</tr>
<tr>
<td>12:30 pm - 4:00 pm</td>
<td>Ponytail Canasta (2nd, 4th)</td>
<td>$1.00</td>
</tr>
<tr>
<td>1:00 pm - 3:00 pm</td>
<td>Non-Fiction Book Group (2nd)</td>
<td>$1.00</td>
</tr>
<tr>
<td>1:00 pm - 3:00 pm</td>
<td>Computer Help Sessions</td>
<td>$1.00</td>
</tr>
<tr>
<td>1:00 pm - 3:30 pm</td>
<td>Friendship Circle (3rd)</td>
<td>$1.00</td>
</tr>
<tr>
<td>1:00 pm - 4:00 pm</td>
<td>Table Tennis (1st, 2nd, 4th)</td>
<td>$1.00</td>
</tr>
<tr>
<td>2:00 pm - 3:00 pm</td>
<td>Tai Chi/ Qigong</td>
<td>$6.00</td>
</tr>
<tr>
<td>5:00 pm - 8:30 pm</td>
<td>Friendship Circle (1st)</td>
<td>$1.00</td>
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### TUESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 am - 9:30 am</td>
<td>Striders Check In</td>
<td>$1.00</td>
</tr>
<tr>
<td>9:00 am - 10:00 am</td>
<td>Yoga</td>
<td>$7.00</td>
</tr>
<tr>
<td>9:00 am - 1:00 pm</td>
<td>Wood Carvers</td>
<td>$1.00</td>
</tr>
<tr>
<td>9:00 am - 4:00 pm</td>
<td>Poker</td>
<td>$1.00</td>
</tr>
<tr>
<td>10:00 am - 10:45 am</td>
<td>Silver Sneakers Classic®</td>
<td>$0.00</td>
</tr>
<tr>
<td>10:00 am - 11:30 am</td>
<td>Active Minds Free</td>
<td>Free</td>
</tr>
<tr>
<td>10:00 am - 12:00 pm</td>
<td>Sycamore Stitchers</td>
<td>$1.00</td>
</tr>
<tr>
<td>11:15 am - 12:30 pm</td>
<td>Ball Room Dance</td>
<td>$2.00</td>
</tr>
<tr>
<td>12:00 pm - 3:30 pm</td>
<td>Mah-Jong</td>
<td>$1.00</td>
</tr>
<tr>
<td>12:30 pm - 4:00 pm</td>
<td>500 Cards</td>
<td>$1.00</td>
</tr>
<tr>
<td>1:00 pm - 3:00 pm</td>
<td>Genealogy Seekers (3rd)</td>
<td>$1.00</td>
</tr>
<tr>
<td>1:30 pm - 4:00 pm</td>
<td>Table Tennis</td>
<td>$1.00</td>
</tr>
<tr>
<td>1:15 pm - 2:30 pm</td>
<td>Creative Writers Wksp. (1st, 3rd)</td>
<td>$1.00</td>
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</tbody>
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### WEDNESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 am - 10:00 am</td>
<td>Stretch Flex Aerobics</td>
<td>$3.50</td>
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<tr>
<td>9:00 am - 12:00 pm</td>
<td>Sycamore Modelers</td>
<td>$1.00</td>
</tr>
<tr>
<td>10:00 am - 10:45 am</td>
<td>Silver Sneakers Classic®</td>
<td>$0.00</td>
</tr>
<tr>
<td>10:00 am - 2:00 pm</td>
<td>Ceramics</td>
<td>$1.00</td>
</tr>
<tr>
<td>10:00 am - 11:00 pm</td>
<td>Blood Pressure Clinic</td>
<td>Free</td>
</tr>
<tr>
<td>10:00 am - 12:00 pm</td>
<td>Sycamore Knitters</td>
<td>$10.00</td>
</tr>
<tr>
<td>10:00 am - 12:00 pm</td>
<td>Intro. to Contract Bridge</td>
<td>$1.00</td>
</tr>
<tr>
<td>12:00 pm - 1:00 pm</td>
<td>Chair Yoga</td>
<td>$5.00</td>
</tr>
<tr>
<td>12:00 pm - 2:00 pm</td>
<td>Open Studio Sketching or Painting</td>
<td>$5.00</td>
</tr>
<tr>
<td>12:30 pm - 3:00 pm</td>
<td>Bridge</td>
<td>$1.00</td>
</tr>
<tr>
<td>1:00 pm - 4:00 pm</td>
<td>Canasta</td>
<td>$1.00</td>
</tr>
<tr>
<td>1:15 pm - 2:30 pm</td>
<td>Darts</td>
<td>$1.00</td>
</tr>
<tr>
<td>3:00 pm - 4:00 pm</td>
<td>Gentle Yoga</td>
<td>$5.00</td>
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### THURSDAY

<table>
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<th>Fee</th>
</tr>
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<tbody>
<tr>
<td>8:30 am - 10:30 am</td>
<td>Chair Volleyball</td>
<td>$1.00</td>
</tr>
<tr>
<td>10:00 am - 10:45 am</td>
<td>Silver Sneakers Classic®</td>
<td>$0.00</td>
</tr>
<tr>
<td>10:00 am - 12:00 pm</td>
<td>Laura’s Help Desk</td>
<td>$0.00</td>
</tr>
<tr>
<td>10:00 am - 2:00 pm</td>
<td>Water Color Class</td>
<td>$1.00</td>
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<tr>
<td>10:30 am - 12:00 pm</td>
<td>Money Matters (4th)</td>
<td>$1.00</td>
</tr>
<tr>
<td>11:00 am - 12:00 pm</td>
<td>Introduction To Line Dance</td>
<td>$1.00</td>
</tr>
<tr>
<td>12:00 pm - 1:00 pm</td>
<td>Let your Yoga Dance</td>
<td>$5.00</td>
</tr>
<tr>
<td>1:10 pm - 2:30 pm</td>
<td>Cornhole</td>
<td>$1.00</td>
</tr>
<tr>
<td>12:30 pm - 3:30 pm</td>
<td>Bingo</td>
<td>$1.00</td>
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<tr>
<td>1:30 pm - 2:30 pm</td>
<td>Book Talk (1st)</td>
<td>$1.00</td>
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### FRIDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 am - 9:00 am</td>
<td>Stretch Flex Aerobics</td>
<td>$0.00</td>
</tr>
<tr>
<td>9:00 am - 10:00 am</td>
<td>Exercise Class</td>
<td>$3.50</td>
</tr>
<tr>
<td>9:30 am - 11:30 am</td>
<td>Bridge</td>
<td>$1.00</td>
</tr>
<tr>
<td>9:30 am - 12:00 pm</td>
<td>Stock Wizards (2nd)</td>
<td>$1.00</td>
</tr>
<tr>
<td>10:00 am - 10:45 am</td>
<td>Silver Sneakers Classic®</td>
<td>$0.00</td>
</tr>
<tr>
<td>10:00 am - 11:30 am</td>
<td>Dominoes</td>
<td>$1.00</td>
</tr>
<tr>
<td>10:30 am - 12:00 am</td>
<td>Intro to Jewelry Making</td>
<td>$3.00</td>
</tr>
<tr>
<td>10:30 am - 12:00 pm</td>
<td>Line Dance</td>
<td>$2.00</td>
</tr>
<tr>
<td>12:30 pm - 4:00 pm</td>
<td>Duplicate Bridge</td>
<td>$2.00</td>
</tr>
<tr>
<td>12:30 pm - 4:00 pm</td>
<td>Ponytail Canasta (2nd, 4th)</td>
<td>$1.00</td>
</tr>
<tr>
<td>1:00 pm - 4:00 pm</td>
<td>Movie</td>
<td>$1.00</td>
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### SUNDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:00 pm - 5:00 pm</td>
<td>Maple Knoll Big Band Dance</td>
<td>$10.00</td>
</tr>
</tbody>
</table>

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### Subscribe

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

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ARE YOUR MEMBERSHIP DUES CURRENT?
Please check for your membership expiration date.
Please call Laura at 984-1234 to continue your membership.

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