

SENIOR CENTER NEWS

August 2011
Volume 6 Issue 8



Lincoln's Foe from Dayton

**Monday, August 22nd
at 1:00p**

Dayton, Ohio was home to a man known as the most

notorious civilian of the Civil War and a known foe of Abraham Lincoln, referring to him as "King Lincoln," even demanding his resignation. Clement Vallandigham was a Dayton lawyer and leader of the Democrat's peace faction called the Copperheads. In this presentation Leon Bey will introduce us to this archenemy of Abraham Lincoln. He will present a slide show including historical photographs about this famous episode in Dayton history. Root Beer Floats and refreshments will be provided by Friendship Village.

Cost \$1 for members; \$2 for non-members. Please sign-up in the office.

Model A Fashion & Car Show

Saturday, September 10th

Doors open at 12:00noon

Join us for this special event benefiting programming at the Vandalia Senior Center!

Model A cars will be on display at Seger Park (next to the Senior Center) from 12:00noon-3:00p. There is no cost for the car show.

The authentic Model A Era (1927-1931) Fashion Show will take place at the Senior Center with lunch served at 12:30p and the show beginning at 1:15p.

Tickets are \$6.00 and will include lunch, dessert, drinks, entrance to the fashion show and door prizes.

Non-members and guests are welcome. Seating is limited so get your tickets from the Vandalia Senior Center today!



Waiting for Superman: August 8th at 1:00p

Join us for a special Afternoon at the movies when we screen, *Waiting for Superman*. "Flimmaker Davis Guggenheim reminds us that education 'statistics' have names, whose stories make up the engrossing foundation of this film. Guggenheim undertakes an exhaustive review of the public education system surveying and methodically dissecting the system and its seemingly intractable problems." (Sundance Film Festival). After viewing the film, the audience will have a chance to share their views. Vandalia Park will provide refreshments and door prizes. Please sign-up on the bulletin board.

PROGRAMS



BINGO & SNACKS

Thursday, August 4th at 1:30p

Presented by: The Nursing & Rehab Center at Spring Creek

No registration necessary; join us for a game or two of bingo and have a snack with your friends. You do not need to play bingo to have a snack. FREE.

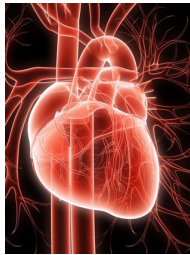
BELIEVE IN YOUR HEALTH LUNCH & LEARN

Sponsored by: Brook-Haven Retirement Community

Tuesday, August 16th at 12noon; FREE LUNCH

Topic: Blocked Arteries; How do you know?

Learn about the warning signs of poor heart and vascular health in this class that covers risk factors, how early detection may prevent long-term issues and new technologies in evaluation, diagnoses and treatment from Good Samaritan Hospital's Dr. Timothy D. Markus. Please sign-up on the bulletin board. FREE.



LIBRARY SERVICES LUNCH & LEARN

Friday, August 26th at 12noon

Come learn what services and programs are available to you from the Dayton Metro Library. You just may be surprised! Enjoy a free lunch on us. Please sign-up on the bulletin board.



SUMMER CATERED DINNER

Friday, August 19th at 6:00p; Doors open at

5:30p; Cost \$12.00 per person

Pulled Pork
Red Skinned Potatoes
Coleslaw

Roast Beef
Green Beans
Cherry Pie

Rolls, Butter, Drinks

****Cut-off for registering for this event is Thursday, August 11th.**

AFTERNOON AT THE MOVIES

Friday, August 26th at 1:30p

Follow the aroma of popcorn to the Vandalia Senior Center 'Theater' to watch the new DVD release, *Mars Needs Moms*.

Follow a young boy named Milo as he gains a deeper appreciation for his mother after Martians come to Earth to take her away (IMDb.com). This is a FREE event.



ESTATE PLANNING Tuesday, August 30th at 10:00a

The Vandalia Senior Center will once again host, Michael J. Millonig, Attorney at Law, as he presents vital information on wills, trusts, probate, and estate tax. Please sign-up for this informative presentation on the bulletin board. Refreshments served. FREE

NUTRITION PRESENTATION from OSU Extension Office.

Join us for our Wednesday, August 31st noon Congregate Meal as we learn about ways to stay healthy. Please sign up in the office.

BLOOD PRESSURES Monday, August 19th from 11:30a-12:30p Service provided by Dayton Public Health.



BREAKFAST On Friday, August 12th at 9:00a join us for an



All-American Breakfast with eggs, sausage and biscuits; Voted Best Breakfast in Town (by Elaine); Cost only \$2.00. Please register and pay in the office.



Friday, August 5th at 6:00p
Please bring a dish to share & tableware.

TRAVEL NEWS By Liz Syska

Hope you are enjoying the warm summer temperatures. Just returned from our July 14th Mystery Tour which was enjoyed by all participants. We were welcomed by the Madison, Indiana Tourist Office with donuts, cupcakes, brownies, and juice after which we were shown a film and guided tour of the city.

Our next tour departs on August 18th - check in at 8:30a for a 9:00a departure; arriving in Vandalia at approximately 7:00p.

9/14-9/15 - French Lick, Indiana, \$229pp dbl occupancy, if you are interested in this tour, now is your last chance to sign-up. Need at least 8 additional people. Check in at 8:30a—depart at 9:00a.

9/12 - Geritol Follies Variety Show—Celebrating 35 years. We have at least 10 seats to sell at \$89 per person. Check in at 8:00a—depart at 8:30a.

10/5 - Singing in the Rain—Beef and Boards Theatre; Indianapolis, Indiana. \$79 per person. Need to sell about 10 additional seats. Please pass the word. Check in at 8:30a—depart 9:00a.

11/3-11/9 - Myrtle Beach, \$799 pp dbl occupancy. 6 nights 1st class lodging, sightseeing, shows, 6 breakfast, 4 dinners, gratuities, tax, and of course motor coach transportation.

12/5 - Holiday Mystery Tour, \$79 per person. Check in at 9:30a—depart at 10:00a.

Please call **Liz** at **937-260-0776** for questions and/or reservations.

Happy Traveling!

CLASSES & Saturdays

BEGINNERS LINE DANCING:

Have you ever wanted to learn to line dance? Here is your chance to find out if line dancing is for you. True beginner class starts, at 9:00a. Then join a beginner class from 9:30a to 10:30a. Note: There are no mistakes in line dancing. It's all personal style and interpretation.



THE VANDALIA COUNTRY STEPPERS NEED LINE DANCERS

If you are a line dancer and would like to join our group, we practice every Monday morning at 9:00a. Come over and see our new programs. You can help bring smiles to those in nursing homes and other places. Come over any Monday morning to meet the entire team. We have a lot of fun!

FREE BALANCE WORKSHOP & LUNCH



FALLS FREE.

In honor of Falls Prevention Day on **Friday, September 23rd**, the Vandalia Senior Center

will host a Balance Class lead by a Kettering Medical Center Exercise Physiologist from **10:00a-12noon**. In the first hour of this class you will learn about the most common risk factor for falls as well as ways to keep you home & environment safe. The second hour of this class will focus on exercises you can do to help improve balance and strength. After the class you will be treated to lunch for all your hard work. Please sign-up for this FREE program at the Vandalia Senior Center.

SINCLAIR CLASSES

*SIGN UP NOW FOR FALL QUARTER

Fall Qtr: Sept. 8th to Nov. 23rd

FREE classes for 'seasoned' citizens 60 or better at the Vandalia Senior Center. Provided by Sinclair College for Lifelong Learning. Registration required at the VSC office.

MUSIC (Originals & Sundaes) MON 1:00p-3:15p

Instructor: Dr. Robert Bobo



EXERCISE

MON & WED 11:00a-11:50a & 12:00-12:50p

Instructor: Fern Strahan

ART APPRECIATION

TUES 1:30-3:30PM

Instructor: Barb Stork



PAINTING & MORE

THURS 12:00noon-3:15p

Instructor: Kathy Moore

ATTENTION ALL ARTISTS & HOBBYISTS

We are looking for members of the Vandalia Senior Center to showcase their work at our 2nd Annual Art Show at the Vandalia Municipal Building Gallery. This year we will have it set up that you will be able to sell your work if you so choose. If interested please contact Elaine at the Senior Center, 937-898-1232. Please consider representing our center!!



On-going Groups

CRAFT GROUPS

SUPER SEWERS

*Quilting & Sewing

Every Other Tuesday, 9:00AM

HAPPY HOOKERS

*Crocheting & Knitting

Every other Tuesday, 1PM

FLORAL GROUP

*Silk Arranging/Holiday

Most Tuesdays, 9:00AM

BILLIARDS

"POOL ROOM"

MON-FRI 9AM-4PM!



1PM CARD GROUPS

PINOCHLE...

Every Tuesday/Thursday

BID EUCHRE...

1st & 3rd Wednesdays

FIVE-HUNDRED...

2nd & 4th Wednesdays

GAME DAY!!!

2nd & 4th Fridays



PENNY ANTE POKER...

Every Friday

BRIDGE HOSTS

TUESDAY GROUP (10AM)

Pauline Tate—470-4109

WEDNESDAY PARTY (12:30PM)

Linda Schenk—264-0628

THURSDAY PARTY (12:30PM)

Mary Reichert—278-3359

THURS. DUPLICATE (12:30PM)

Ellen Brewer—667-1601

SCRABBLE

FRIDAYS at 1:00p

**READ BOOKS?

Appreciate intelligent, spirited friendly discussion? Join us for... *Books 'n Stuff*.

2nd/4th Mondays- Check calendar for time.

CONGREGATE LUNCH

- EVERY MONDAY & WEDNESDAY AT 12PM
- MENU AVAILABLE IN OFFICE
- CALL FOR MORE INFO OR TO SIGN UP!!



One less meal to cook!

And enjoy eating in good company!

** This is NOT an income-based meal program, the ONLY requirement is that participants are age 60 or older. Sign-Up today!!

SINGLE SENIORS NETWORK

Every single person welcome! Feel free to contact Pauline "Polly" Kash at 898-2142 or Jean Lutz at 890-4199. PLEASE SIGN UP!

Friday, August 19th: FREE!

Photo exhibit at the Troy Hayner Center. Lunch at Night Sky. Meet at the Senior Center at 11:00a to carpool.



Friday, August 29th: Dinner at Hickory River Restaurant. Meet at 5:00p at the Senior Center to carpool.



ALZHEIMER'S CAREGIVER NETWORKING & SUPPORT GROUP

2nd & 4th Thursday 4:30p-6:00p

Find out that you are not alone on this journey. Discover a group that understands exactly what you are going through. Resources and support are available.

Questions: Call Gina at 776-5483 or the Alzheimer's Association at 291-3332

AUGUST WORD SEARCH

K M X F Y B F M C M E K G O N
 R J A P R K W A Z T T S L S Z
 S K P R I I T P S W H R A B N
 A O I R K A E N U B T E D A E
 P X P O R E I N A P Q M I L Z
 R E T A W A T L D I U R O P G
 T X C B G T E E M S G A L R B
 X T T A X R G Y X I H F U M V
 X Z C O T Z L D T K T I S E E
 I M M U N I Z A T I O N P D M
 G O L F H F P Y P H L W F I I
 N O I T A I V A R D G A O C R
 P E R I D O T J U F S I U S C
 S E C G I W N Q J K J B N Q J
 W W F H F S F U F D U X V A O

Cataract Awareness Month

Medic Alert Awareness Month

National **Golf** Month

Water Quality Month

National **Immunization** Awareness Month

(7-13) National **Farmers Market** Week

(15-21) National **Aviation** Week

(2) National **Night** Out **Against Crime**

(7) International **Friendship** Week

Flower: **Gladiolus** and **Poppy**

Birthstone: **Peridot**



VANDALIA SENIOR CENTER

21 Tionda Dr. South
Vandalia, OH 45377

Vandalia Parks & Recreation

Elaine Kaylor, Program Director
Phone: 937-898-1232
Email: ekaylor@vandaliaohio.org
http://www.vandaliaohio.org/Senior_Center.cfm

PRE-SORTED STANDARD MAIL
U.S. POSTAGE PAID
VANDALIA, OH
PERMIT 7

**Monday-Friday
9AM-4PM**

~~ MEMBERSHIP ~~

\$10.00 per person
Calendar year (Jan-Dec)
Age 55 or older
Younger spouses welcome!

Vandalia Senior Citizens Club 2011 Board of Officers:

President	Mary Miller 890-1010
Vice President	Jim Hudson 898-6856
Treasurer	Jack Gels 415-0956
Secretary	Jeanne Woolery 898-6739
Travel Director	Liz Syska 898-3059
Catered Dinners	Nancy Omlor 890-5431
Potluck	Polly Kash 898-2142
Entertainment	Jean Lutz 890-4199
Sunshine	Virginia Trafford 264-0472
Chaplain	Karen Ortega 898-4018

DATED MATERIAL: PLEASE DO NOT DELAY

ATTENTION ALL MEMBERS

Our Bazaar Kitchen Volunteers are in need of supplies to make their delicious items to be sold in the kitchen during the Annual Bazaar. Starting August 1st, we will be collecting cash/change that will be utilized to off-set the expenses of the supplies. *Any* donation would be much appreciate. Next month's newsletter will outline the specific items to be donated for the Bazaar needs.



VETERAN'S SERVICES



The Montgomery County Veteran Service Office will have a representative at the Vandalia Senior Center on the third Thursday of each month to work with you one-on-one to answer any questions you have about VA benefits. This is a great time to find out what benefits are available to you, without going downtown! No appointment necessary.

BAZAAR COMMITTEE MEETING

All Bazaar committee chairs and interested members who are willing to volunteer the day of the Bazaar (Saturday, October 1st), please attend the planning meeting on **Thursday, August 4th at 10:00a.**

August Calendar

MON	TUES	WED	THUR	FRI
1 Exercise 11a & 12p LUNCH 12noon Cornhole 1p	2 Super Sewers 9a Bridge 10a Pinochle 1p Art Appreciation 1:30p	3 Exercise 11a & 12p LUNCH 12noon Bridge 12:30p Bid Euchre 1p	4 Beg Line Dancing 9a Grief Workshop 10:30a Bridge 12:30p Pinochle 1p Bingo & Snacks 1:30p w/Spring Creek	5 Scrabble 1p Penny Poker 1p Potluck 6p Business Mtg 7p
8 Exercise 11a & 12p LUNCH 12noon MOVIE: Waiting for Superman 1:00p Cornhole 1p	9 Bridge 10a Pinochle 1p Happy Hookers 1p Art Appreciation 1:30p	10 Exercise 11a & 12noon LUNCH 12noon Bridge 12:30p Five-Hundred 1p	11 Beg Line Dancing 9a Grief Workshop 10:30a Bridge 12:30p Pinochle 1p	12 BREAKFAST 9a Penny Poker 1p Game Day 1p Scrabble 1p
15 Exercise 11a & 12p Blood Pressures 11:30a LUNCH 12noon Cornhole 1p	16 Super Sewers 9a Bridge 10a Lunch & Learn 12noon Pinochle 1p Art Appreciation 1:30p	17 Exercise 11a & 12p LUNCH 12noon Bridge 12:30p Bid Euchre 1p	18 Beg Line Dancing 9a Grief Workshop 10:30a Bridge 12:30p Pinochle 1p Veterans Service 1:30p Senior Travel Mystery Trip	19 Scrabble 1p Penny Poker 1p Catered Dinner 6p Entertainment 7p
22 Exercise 11a & 12p LUNCH 12noon Pres: Lincoln's Foe from Dayton 1:00p Books 'n Stuff 1:00p	23 Bridge 10a Pinochle 1p Happy Hookers 1p Art Appreciation 1:30p	24 Exercise 11a & 12p LUNCH 12noon Bridge 12:30p Five-Hundred 1p	25 Beg Line Dancing 9a Grief Workshop 10:30a Bridge 12:30p Pinochle 1p	26 Lunch & Learn 12noon Scrabble 1p Penny Poker 1p Movie: Mars Needs Moms 1:30p
29 Exercise 11a & 12p LUNCH 12noon Cornhole 1p	30 Super Sewers 9a Bridge 10a Estate Planning Presentation 10:00a Pinochle 1p Art Appreciation 1:30p	31 Exercise 11a & 12p LUNCH 12noon Nutrition Pres. 12noon Bridge 12:30p Bid Euchre 1p		