

# SENIOR CENTER NEWS

October 2011

Volume 6 Issue 10



## **The ANNUAL SENIOR BAZAAR** **Saturday, October 1st from 9:00a-2:00p**

### **Come & Shop:**

Country Cupboard, Halloween & Autumn Decorations, Bake Shop, Candy Corner, Quilts & Crafts, Christmas Room, Books & Puzzles, and Trash & Treasures.

### **Raffle! Raffle! Raffle!**

Enter for your chance to win a beautiful quilt made by the Vandalia Super Sewers, Wine Basket, 4 Basket Raffles (total value over \$1,000), and plenty of door prizes.

### **Silent Auction:**

Welder's helmet & leather jacket and Tanzanite & Cameo Rings

### **Don't miss the BEST lunch in town!**

Cabbage rolls, mashed potatoes, bean soup & corn bread, sloppy joes, chicken salad croissants, homemade pies, desserts, and more!

Last minute donations of 'garage sale' type items, candy, baked goods (pies, brownies, & bread), and canned items are still needed.

Please bring Trash & Treasure items in the week of September 26th.

## **MEDICARE CHECK-UP DAY**

**Friday, October 28th at 10:00a at the Vandalia Senior Center**

Learn about the recent changes to Medicare. Find out how the Oct. 15-Dec. 7 Medicare Annual Coordinated Election Period can work for you. Get tips on how to enroll for 2012 coverage in a Medicare prescription drug plan and/or a Medicare health plan. Bring your list of prescription drug to compare plans for 2012.

Call 898-1232 to schedule a one-on-one appointment with a OSHIIP counselor.

A **FREE** service brought to you by the Ohio Senior Health Insurance Information Program (OSHIIP) at the Ohio Department of Insurance.



# PROGRAMS & SERVICES



BROOKDALE  
SENIOR LIVING

## BINGO & SNACKS

NEW SPONSOR:

**Brookdale Senior Living**

**Thursday, October 6th at 1:30p**

Join us for fun, food, prizes and bingo! Sponsored by **Brookdale Senior Living**. No registration necessary. Bring a friend!

## COMPUTER CLASSES

*Webwise Boomers and Seniors* will be hosting the following classes at the Vandalia Senior Center & Huber Heights Senior Center. Cost is \$39.00 per class set. Please sign-up & pay at the Vandalia Senior Center. Limited space available.

**October 5th & 12th; 9:00a-11:00a**

### FACEBOOK 1 & 2



Facebook helps you connect and share with the people in your life. Add pictures, games, a network of people to your internet experience. Read what the people you care about are sharing with the world and add your comments for everyone, too.

**October 5th & 12th; 1:00p-3:00p**

### Basic Computer

**At the Huber Heights Senior Center**



The first class will explain how to turn a computer on and off, explain the basic functions of the mouse, illustrate the foundation of the Windows program, and get students comfortable with exploring on a computer. The second class includes a review and progresses to understanding the functions of the keys on the keyboard (not typing). Students will learn how to input information into the computer, correct typing errors, insert and delete text, and more.

## FREE ADVANCED PLANNING SEMINAR:

**Tuesday, October 11th at 12noon**



**Sponsored by: Baker Hazel & Snider Funeral Home**

**Lunch Provided by: Wal-Mart Community Grant**

Preplanning is an important part of estate planning that is a special gift of love for family and loved ones. Funeral preplanning is something that is done for loved ones, not for oneself. Every year, more and more people are planning ahead for their funeral services so their loved one don't have to. Steven Moore & Pam Ulery will discuss some of the reasons people choose to plan ahead and how they can set their wishes in writing and make sure everything is taken care of.



## BELIEVE IN YOUR HEALTH

### LUNCH & LEARN

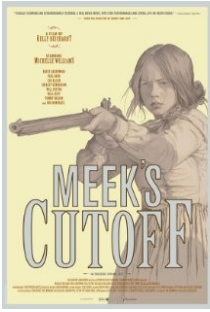
**Tuesday, October 18th at 12noon; FREE LUNCH**

**Sponsored by: BrookHaven Retirement Community**

**Topic: Breast Cancer; Detection & Treatment**

Dr. Thomas Heck, Co-Medical Director of Samaritan Breast Center, is passionate about answering questions people have been afraid to ask. During this informative program he covers factors that increase a person's risk for developing breast cancer, BRAC blood-testing, the role of genetic consultations and where research has taken treatment options.

# PROGRAMS



## AFTERNOON at the MOVIES

**Friday, October 14th at 1:00p**

Follow the scent of popcorn to the Vandalia Senior Center to watch the western, **Meek's Cutoff**. "The year is 1845, the earliest days of the Oregon Trail, and a wagon team of three families has hired the mountain man Stephen Meek to guide them over the Cascade Mountains. Over the coming days, the emigrants must face the scourges of hunger, thirst and their own lack of faith in each other's instincts for survival. When a Native American wanderer crosses their path, the emigrants are torn between their trust in a guide who has proven himself unreliable and a man who has always been seen as the natural enemy" (IMdB.com). Starring Michelle Williams.

## NURTITION PRESENTATION from the OSU Extension Office.

**Wednesday, October 19th at 12noon**



Join us for congregate lunch as we learn about ways to stay healthy. Please be sure to secure your reservation for lunch and this program by 12noon on Tuesday, October 18th.

## FLEXIBILITY WORKSHOP

**Tuesday, October 25th at 10:00a**

Come learn various exercises that will help increase your flexibility and range of motion from Melissa Miller, *Golden Heart Senior Care*. After this hands on workshop, participants will have the opportunity to obtain a one-on-one flexibility assessment. Please sign-up for this workshop on the bulletin board.



## BED BUGS...GET THE NITTY GRITTY FACTS:

**Wednesday, October 26th at 1:00p**

This may be a creepy, crawly, topic but it will be well worth your time. This presentation is designed to help you understand and detect infestations as well as how to avoid them. It will also distinguish facts from myths...did you know bed bugs can live anywhere, whether it be a spotless hotel, a shanty village or a Hollywood mansion. Bed bugs do not discriminate against income, age, race, or cleanliness. Refreshments served.



## JERSEY BOYS - Schuster Center:

**Tuesday, January 24th; meet at the Senior Center at 7:00p, show-time 8:00p.**

This is a story of how four blue-collar kids became one of the greatest successes in pop-music history - The Four Seasons: Frankie Valli, Bob Gaudio, Tommy DeVito, and Nick Massi. They wrote their own songs, developed their own sounds, and sold 175 million records worldwide - all before the age of 30. This 2006 Grammy Award for Best Musical Show Album features hit songs, *Sherry, Big Girls Don't Cry, Rag Dolls, Oh What a Night, and Can't Take My Eyes Off of You*. Please Note: This show does contain authentic, profane Jersey language and adult situations.

Price: \$90.00 per person includes ticket, transportation, and escort. Money is due at the time of reservation. Seating limited, sign-up TODAY!

## CATERED DINNER

**Friday, October 21st at 6:00p.**

Please see bulletin board for menu.





**BLOOD PRESSURES Monday, October 17th from 11:30a-12:30p** Service provided by Dayton Public Health.



**BREAKFAST On Friday, October 14th at 9:00a** join us for *Sausage and Cheese Grits*; Voted Best Breakfast in Town (by Elaine); Cost only \$2.00. Please register and pay in the office. Space Limited.



**Friday, October 7th & 21st at 6:00p**  
Please bring a dish to share & tableware.

### TRAVEL NEWS By Liz Syska

Travel Open House on October 20th, 10:00a-11:30a. Join us for information for 2010 Tour Schedule. Door prize drawing for those that sign up for 2012 tours.

Since I will be spending the first 3 1/2 months in Florida, we need to book and deposit those interested in the following tours:

1. **1/28 - 2/4/12: *Eastern Caribbean Cruise on the Oasis of the Seas***. Royal Caribbean Cruise Line. From \$1,152pp dbl occupancy. 11 signed up to date-space will be released on 21st of October. Call for details.
2. **4/27 - 3/30/12: *Washington, DC*** - \$399pp dbl occupancy. Deposit \$75pp. Final payment due 2/20/12. Insurance \$35pp - GREAT price for a WONDERFUL tour. Included: 3 nights lodging - motor coach transportation - 2 days of touring with step on guide - 3 breakfasts - 3 dinners - luggage handling for one piece - taxes & gratuities.
3. **5/8/12: *The Fab Four*** featuring The Original Four Coins and The Four Lads & the Drifters \$79pp Villa Milano's, Columbus, Ohio.
4. **6/25-6/28/12: *Cruising the "Mighty Mississippi"***: \$599pp dbl occupancy. Included: Motor coach transportation - 3 nights lodging - 2 breakfasts - 2 lunches - 2 dinners - Twilight Riverboat Cruise - luggage handling for one piece - taxes & gratuities. Cancellation insurance, \$55pp.

#### 2011 Tours

**10/5/11: *Singing in the Rain***. Beef & Boards, Indianapolis, IN. Check-in at 8:30a and depart at 1:00a - 30 signed up, remainder of seats have been released. Waitlist.

**11/3-11/9/11: *Last call for Myrtle Beach Tour***. \$799pp based on dbl occupancy. We need a few addition persons for this great tour. Please pass the word. Check in at 7:00a - depart at 7:30a.

**12/5/11: *Holiday Mystery Tour***. 40 persons signed up - reminder of seats have been released. Waitlist. Check-in 9:30a - depart at 10:00a.

**QUESTIONS??** Please call Liz at 937-260-0776.

# CLASSES



## BEGINNERS LINE DANCING:

Beginners Line Dancing will resume on Thursday, October 6th at 9:00a. If you are interested in participating in the class, October 6th-November 17th please sign-up in the office. This is a wonderful class to get you moving! And remember...there are no mistakes in line dancing. It's all personal style and interpretation.



## COLORED PENCIL/PEN & INK ART CLASS

Enjoy a class that explores the surprisingly beautiful results that can be achieved with these easy to use & inexpensive materials. In a relaxed & informal setting students of any level will learn how colored pencil, pen & ink can be used by themselves or in conjunction with watercolor or other mediums. Instructor, Tom Kinarney, will encourage & assist students as they develop & discover their own unique style of art. *\$55.00 for a nine-week session.* This 9-week class begins October 7th & will be held every Friday from 9:30a-12 noon 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  
Start Date: Monday, Sept. 12th



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

Instructor: Fern Strahan  
Start Date: Monday, Sept. 12th

### ART APPRECIATION TUES 1:30p-3:30p

Instructor: Barb Stork  
Start Date: Tuesday, Sept. 13th

### PAINTING & MORE THURS 12:00noon-3:15p

Instructor: Kathy Moore  
Start Date: Thursday, Sept. 8th



**\*Please be aware that you will be required to sign-in for every class.**

## Alzheimer's Caregiver Networking & Support Group

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

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

## SATURDAY SENIORS

Gather your friends and come to the Vandalia Senior Center for cornhole, pool, and cards on the following Saturdays from 1:00p-4:00p in October:



Saturday, October 15th  
Saturday, October 22nd

## 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)

Pat Lechner—890-5961

#### WEDNESDAY PARTY (12:30PM)

Bob Dufala - 339-7297

#### THURSDAY PARTY (12:30PM)

Peg Haley—742-7477

#### THURS. DUPLICATE (12:30PM)

Fran Roach—836-5992

### 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!

**Saturday, October 8th:** Street Fair in Yellow Springs. Call some friends and have a day out! Stop at Youngs Dairy.

**Friday, October 14th:** Lunch at *Old Glory*. Meet at 11:00a at the Senior Center to carpool. What about a movie, too? Please sign up.

**Monday, October 24th:** Dinner at Brio. Meet at Senior Center at 5:30p. Please sign up!

### Attention Senior Center Membership:

On Friday, August 5th, at the monthly business meeting, a motion was brought before the membership regarding the Vandalia Senior Center yearly dues structure. The following yearly structure was voted on and passed by the membership:

\$15 for Single Resident

\$20 for Single Non-Resident

\$25 for Dual Resident

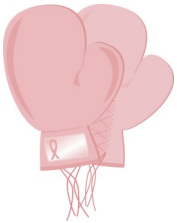
\$35 for Dual Non-Resident

\* This pricing will go into effect for the 2012 membership year. We will begin collecting dues in November.

# October WORD SEARCH

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

National **Breast** Cancer **Awareness** Month



**Health Literacy** Month



**Eye Injury** Prevention Month

National **Chiropractic** Month

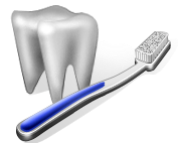


National **Crime Prevention** Month

National **Physical Therapy** Month



National **Dental Hygiene** Month



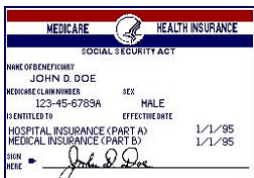
**Vegetarian** Awareness Month



(10) World **Mental** Health Day



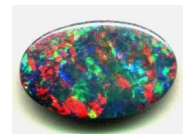
(15) **Medicare Open Enrollment** Begins



Flower: **Calendula (Marigold)**



Birthstone: **Opal**



Dear Fellow Members,

On Friday September 2, at the club business meeting, I presented the opportunity, beginning in 2012, to transfer the dues to the City of Vandalia. This option was passed by those present.

Let me emphasize that the dues will be used strictly at the Senior Center. Funds will be used for current expenses, as well as, possible new programs, enhancing present programs and to replace worn out equipment at the center. This is to name just a few options.

In addition, we may expect more security. At the present time, we do not have membership cards, therefore, it is not known exactly who is using the center at any given time. With the availability of membership cards we will be aware of who is present at all times. Sometime in 2012 the membership list will be incorporated into an electronic list and membership cards will be issued. This method will also make the office run more efficiently.

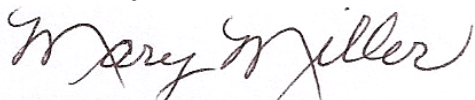
Last November the city requested a meeting with me and the club treasurer. The city at that time requested that the club contribute \$20,000 to the city for support of the center. The city officials were told that this amount was more than the club had in its annual budget. The city then asked for a minimum of \$6,000. After the meeting the full impact of expenses for the center was realized. The budget for just utilities is approximately \$11,000. As far as I know, the club has never given monetary amounts to the city in support of the center. It became obvious that it was time to give support since the majority of the events taking place at the center are not club related.

Although this move will reduce the donation amounts, there will be opportunities to collect funds for specific charities, for example, monthly food drives for the Vandalia Food Pantry. The details will be worked out at a later date.

If you were at the September business meeting you heard that Elaine has been promoted to a supervisory position at the Recreation Center. A new person will be hired to fill her position at the center. The good news, Elaine will be supervising and in charge of all the functions at the Senior Center including preparing the budget for the center. She will be at the center frequently.

As my time as Club President is coming to a close I would like to thank you for all of your support. It has been a pleasure. If you have any questions or comments please feel free to call me or Elaine.

Sincerely,



Mary Miller, President

## VANDALIA SENIOR CENTER

21 Tionda Dr. South  
Vandalia, OH 45377

Vandalia Parks & Recreation

Elaine Kaylor, Recreation Supervisor  
Phone: 937-898-1232  
Email: [ekaylor@vandaliaohio.org](mailto:ekaylor@vandaliaohio.org)  
[http://www.vandaliaohio.org/Senior\\_Center.cfm](http://www.vandaliaohio.org/Senior_Center.cfm)

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

**DATED MATERIAL: PLEASE DO NOT DELAY**

**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

### THANK YOU!

We would like to take a moment to give a HUGE thank you to those who gave monetary donations to the Bazaar as well as those who donated items. We could not do it without you. Also, thank you to all who took time to volunteer at for annual fundraiser.

### VETERAN'S SERVICES

Unfortunately, the Montgomery County Veterans Service Commission will no longer be able to provide appointments at the Vandalia Senior Center. But, if you are in need of assistance please call 937-225-4801 ext 230 to inquire about benefits.

### SENIOR CENTER CLOSINGS:

Thursday & Friday, September 29th & 30th: Bazaar Set-Up

### PLEASE BE ADVISED:

Due to the number of volunteer drivers for the Vandalia Senior Transportation Program, we will only be transporting clients on Mondays, Wednesdays, and Fridays (with exception to those individuals who have standing appointments.) We hope to go back to a five-day schedule in the future. If you have any questions, or are interested in becoming a volunteer driver, please contact the Vandalia Senior Center at 898-1232. I apologize for any inconvenience this may cause.

# October Calendar

MON	TUES	WED	THUR	FRI
<b>Saturday, Oct. 1st</b> <b><u>ANNUAL BAZAAR</u></b> 9:00a-2:00p	<b>4</b>  Bridge 10a Pinochle 1p Happy Hookers 1p Art Appreciation 1:30p	<b>5</b>  Computer Class: FACEBOOK I 9:00a LUNCH 12noon Bridge 12:30p Bid Euchre 1:00p	<b>6</b>  Line Dancing 9:00a Grief Workshop 10:30a Painting & More 12noon Bridge 12:30p Pinochle 1p <b>Bingo &amp; Snacks 1:30p</b> <b>w/Brookdale</b>	<b>7</b>  Scrabble 1p Penny Poker 1p <b>Potluck 6p</b> <b>Business Mtg 7p</b>
<b>3</b>  Exercise 11a & 12p LUNCH 12noon HIS/MUS 1:00p Cornhole 1p	<b>11</b>  Super Sewers 9a Bridge 10a <b><u>Advanced Planning</u></b> <b><u>Seminar 12p</u></b> Art Appreciation 1:30p	<b>12</b>  Computer Class: FACEBOOK II 9:00a LUNCH 12noon Bridge 12:30p Five-Hundred 1:00p	<b>13</b>  Line Dancing 9:00a Painting & More 12noon Bridge 12:30p Pinochle 1p Caregiver Mtg 4:30p	<b>14</b>  <b>Breakfast 9a</b> Penny Poker 1p Game Day 1p Scrabble 1p <b>MOVIE 1p</b>
<b>10</b>  Exercise 11a & 12p LUNCH 12noon HIS/MUS 1:00p Cornhole 1p Books 'n Stuff 3:15p	<b>17</b>  Exercise 11a & 12p Blood Pressures 11:30a LUNCH 12noon HIS/MUS 1:00p Cornhole 1p	<b>18</b>  Bridge 10a <b>Lunch &amp; Learn 12noon</b> Pinochle 1p Happy Hookers 1p Art Appreciation 1:30p	<b>19</b>  Exercise 11a & 12p LUNCH 12noon <b>Nutrition Pres 12:00p</b> Bridge 12:30p Bid Euchre 1:00p	<b>20</b>  Lince Dancing 9:00a <b><u>Travel Open House 10a</u></b> Painting & More 12noon Bridge 12:30p Pinochle 1p
<b>17</b>  Exercise 11a & 12p Blood Pressures 11:30a LUNCH 12noon HIS/MUS 1:00p Cornhole 1p	<b>18</b>  Bridge 10a <b>Lunch &amp; Learn 12noon</b> Pinochle 1p Happy Hookers 1p Art Appreciation 1:30p	<b>19</b>  Exercise 11a & 12p LUNCH 12noon <b>Nutrition Pres 12:00p</b> Bridge 12:30p Bid Euchre 1:00p	<b>20</b>  Lince Dancing 9:00a <b><u>Travel Open House 10a</u></b> Painting & More 12noon Bridge 12:30p Pinochle 1p	<b>21</b>  Scrabble 1p Penny Poker 1p <b>Catered Dinner 6p</b> <b>Entertainment 7p</b>
<b>24</b>  Exercise 11a & 12p Blood Pressures 11:30a LUNCH 12noon HIS/MUS 1:00p Cornhole 1p Books 'n Stuff 3:15p	<b>25</b>  Super Sewers 9a <b>Flexibility Wrksp 10a</b> Bridge 10a Pinochle 1p Art Appreciation 1:30p	<b>26</b>  Exercise 11a & 12p LUNCH 12noon Bed Bug Pres 1:00p Bridge 12:30p Five-Hundred 1:00p	<b>27</b>  Line Dancing 9:00a Painting & More 12noon Bridge 12:30p Pinochle 1p	<b>28</b>  <b><u>Medicare Check-Up</u></b> <b><u>Day 10:00a</u></b> Penny Poker 1p Game Day 1p Scrabble 1p
<b>31</b>  Exercise 11a & 12p LUNCH 12noon HIS/MUS 1:00p Cornhole 1p				