

Vandalia Senior Center

May, 2016

Volume 04 Issue 5



Come to the Senior Day Carnival on Tuesday, May 17!

I hope you plan to join the excitement and attend the Senior Day Carnival on Tuesday, May 17, at the Vandalia Rec Center from 1:00 to 3:00 P.M. The Carnival will be fun for everyone that comes and each person will have multiple opportunities to win prizes. There will be lots of people, games, prizes, and snacks. There will be volunteers throughout the Rec Center to ensure you find your way around. This promises to be outstanding event!! Remember to sign-up at the Senior Center on the small bulletin board.

As of April 12, these sponsors have committed to support this event. Medigold has provided money to purchase snacks. Hocks will be supplying bottled water. The following sponsors will run one of the games and donate a prize: Friendship Village, Stonespring, Springmeade, Edward Jones, Genesis Troy Healthcare, Home Instead, Crossroads Rehab, Cottages of Clayton, Seniors Helping Seniors, Horizon Home Healthcare, Home State, and Brookhaven. These sponsors will be supporting the event by donating a prize: Cypress Pointe, Brookdale, Randall Residence, Comforcare, Your Errand Service, and Earzlink.

By April 12, many local businesses have also made donations to this event including: Panera, Chick-Fil-A, Domino's in Vandalia, Arby's in Vandalia, Frickers in Vandalia, Bunkers, Christy's, Katie's Hallmark, Jan's Flowers, Taco Bell in Vandalia, Airline Dairy Crème, Dayton Dragons, Fazolio's, Red Lobster, Dixie Stop, Golden Corral, Hooters, Chipotle, Skyline Chili, Hocks, and McAllister's Deli. A complete list of all the sponsors and local businesses that made donations by May 10, will be in the June newsletter.

Remember the deadline to sign up is Friday, May 13, so we have time to make final preparations. I hope you can join us at the Carnival!!

Directions: After leaving the Senior Center, turn left on Dixie Drive, and travel to the second stop light. Turn right onto Stonequarry Road. The Vandalia Rec Center will be on your right before you reach Peter's Pike. You can enter through the front or side entrance.

*****To further celebrate May, Older American's Month, the photograph albums from past years will be out in the dining room at the Senior Center all month.*****

Stonespring Presents John Coals at the May 3 Lunch & Learn



John Coals spoke to our group in February. Since he is still assisting at Ken's Pharmacy, he agreed to return for "Part 2: Food Is Medicine". Be sure to sign up if you plan to attend this noon lunch. We have had some very large numbers at the lunches lately. The deadline to sign up is Friday, April 29.

Also on May 3: "Protecting Your Estate from Nursing Home Costs"

This seminar is presented by Michael J. Millonig, Attorney At Law. He practices law in Centerville. Michael has been certified as an Elder Law Attorney since 1998. He will be talking about the new Federal legislation affecting Medicaid. The Medicaid transfer rule has drastically changed and there are new restrictions on Medicaid annuities. Michael will be discussing insurance for nursing home care, asset preservation strategies, Medicaid eligibility, Medicaid Trusts, Medicaid Annuities, and the risks of gifting to children. He will be here on Tuesday, May 3, from 2:00 to 3:30 p.m. Sign up if you plan to attend so there will be enough handouts. Both events on May 3 are open to the public.



Take Control of Your Chronic Pain



Sign up to attend the Chronic Pain Management Workshop presented by the Area Agency on Aging. This six week workshop begins on Thursday, May 19 through Thursday, June 23. The group will be meeting in the card room from 10:00 a.m. to 12:30 p.m. This workshop is for you and/or your care giver if you answer yes to one or more of the following questions.

1. Do you have long-term pain or care for someone living with chronic pain?
2. Are you looking for better ways to manage pain symptoms?
3. Do you feel limited in your daily activities?
4. Do you feel tired, alone, or fearful because of your health or the health of your loved one?

This class needs to have at least ten people to hold the class with a maximum of twenty participants. The deadline to sign up is Thursday, May 12. There is no charge for those 60 or older. If you are under age 60, you need to pay \$20 at session #1. Those who complete the workshop will receive a free copy of the book, *Living a Healthy Life with Chronic Pain* and the *Moving Easy Program* CD. If you attend at least four sessions, including the final session on June 23, you will be entered in the drawing for a \$25 Visa gift card.

October Bazaar

That "Help Wanted" sign can come down. We would like to thank and congratulate Irma Stamps and Judy Weeks for agreeing to co-chair this year's October Bazaar for the Senior Club. There will be an organizational meeting in June. You can start thinking about what you can do to help with this year's bazaar that will be held on Saturday, October 1.



The Political Science Class Has Ended But the Summer History Speaker Series Has Begun!

This May through August series is open to the public.

Monday, May 2, at 1:00 p.m.: Jim Revelos, a manager at Esther Price, will be here to talk about the history of the company. He will also show a fifteen minute film. Of course, he said he would bring some samples!



Monday, May 9, at 1:00 p.m.: Chuck Johnson takes you on an historical journey through the Charles F. Kettering Research Laboratory in Yellow Springs, where he worked for “Boss Kett” himself as a senior research assistant in the 1950s. Much of the information is from Chuck’s personal life and not published in biographies.



Monday, May 16, at 1:00 p.m.: Stephen Grismer from the Dayton Police History Foundation will share the story of John Dillinger in the Dayton area, including robberies, romance, and arrest. Did you know that Dillinger’s first bank holdup was in New Carlisle? In September, 1933, he was arrested in Dayton.



Monday, May 23, at 1:00 p.m.: Dick Cummings will give a presentation on Dayton’s forgotten toy industry. He will tell you about the important role that toys played in the manufacturing and entrepreneurial history of the Miami Valley. Mr. Cummings will provide an overview of the many local companies that were in the toy business, identify what they made, and show examples of these toys. Dick Cummings is a co-author of the book, *The History of Dayton, Ohio, Toy Makers*.



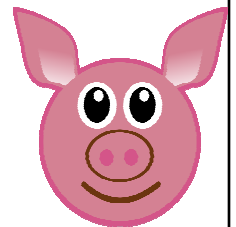
Learn How to do Iris Folding and Make this Card

Iris folding is a simple and inexpensive way to decorate a card. This class will be taught by Toni Williams on Thursday, May 12, beginning at 1:30 p.m. Please bring a pencil, scissors, and Scotch or similar tape. Please pay \$1 in class to help cover the cost of materials for the card. This class is limited to 15 members. Stop by the office to see this card and other examples of iris folding.



It’s Dinner Theatre Time Again!

Last November, the Reader’s Theatre presented plays after the first potluck. Another group will be presenting a Trilogy of short, humorous plays about Crime and Punishment: **BANK ROBBERY** (a crime), **TRIPLE NEGATIVE** (an interrogation), and **TWELVE ANGRY PIGS** (a jury deliberation). These plays will be presented right after the potluck on Friday, May 6. You can sign up to attend the potluck or come about 6:45 p.m. to just watch the plays.



Potluck and Catered Dinner Policy

The center has a policy that people can come three times and then we hope that they will decide to join as members. Otherwise, they need to stop coming. The policy for potlucks and catered dinners is the same. Non-members may attend three times. Non-members need to join after three visits in order to continue to come to the center.



This and That

Vandalia Library: 496-8960

New books available at the library!

James Patterson *Woman of God*
Sandra Brown *Sting*
Stuart Woods *Smooth Operator*
Danielle Steel *Rushing Waters*
Tracie Peterson *Beauty Ruined*

New movies available at the library!

The Big Short
The Hateful Eight
Brooklyn
The Letters
The Night Before

First Movie: Friday, May 13, at 1:00 p.m. with snacks

By Chris Leydig from Genesis Troy Healthcare

In the movie, *Daddy's Home*, stepfather, Brad Whitaker (Will Ferrell) is hoping for his stepchildren to love him and treat him like a dad. All is going well until the biological father, Dusty Mayron (Mark Wahlberg) shows up, then everything takes a toll. His stepchildren start putting him second and their father first, and now Dusty will have to learn what being a good dad is. The two men battle to win the affections of the family. **Rated: PG-13 Runs: 1hr. 36 min.**



Second Movie: Friday, May 20, at 1:00 p.m. with snacks

By Kelly Lundqvist from Crossroads Rehab

Three separate but parallel stories of the U.S mortgage housing crisis of 2005 are told in the movie, *The Big Short*. Michael Burry, a physician turned hedge fund manager, has traded office attire for shorts and bare feet. He believes that the US housing market is built on a bubble that will burst. Burry proceeds to bet against the housing market with the banks, who are more than happy to accept his proposal for something that has never happened in American history. The banks believe that Burry is a crackpot and are confident in that they will win the deal. **Rated: R Run time: 1 hr. 10 min.**



Blooming Into Spring with Quilling Techniques

Sheryl Scott will return on Wednesday, May 11, at 9:30 a.m. to teach you how to quill flowers and insects such as dragonflies and butterflies and other new techniques.

These could be added to a card you already have or make a picture or create a new card. If you have been to previous classes, please bring your pins, board, tweezers, slotted tool, small glue jar, and tacky glue, if you have it. Everyone needs to bring a ruler and scissors. Pay \$5 in class.



Mah Jong Group

This group will be continuing on Friday, May 20, at 10:00 a.m. The games will be played in the dining room. You no longer need to sign up, just show up to learn and play. You might want to come to the \$2.50 breakfast right before this group at 9:00 a.m. The breakfast is made by Debra Burdick from Seniors Helping Seniors. Pay \$2.50 in the office.



This and That

Bridge Hosts

Tuesday bridge at 10:00 is hosted by Dona Fleischman. 898-3103
Wednesday bridge at 12:30 is hosted by Bob Dufala. 339-7297
Thursday duplicate bridge at 12:00 is hosted by Jim Danks. 667-3780



"Take Me Out to the Ball Game!"

The Dayton Dragons have reserved seats in section 104 behind first base for the Vandalia Senior Center for the 7:00 p.m. game on Saturday, June 25, against the South Bend Cubs. Pick up a form at the Senior Center to fill out and pay \$12 in the office to attend this game. The deadline for purchasing tickets is Friday, May 20. You can pick up your tickets in the office after Memorial Day.

You Are Invited to the High School Memorial Reception and Program

For the thirty-seventh year, the Vandalia-Butler High School will present the annual Memorial Program. We would be proud to have you attend this special event. This program will be held on May 20. Preceding the ceremony, we will hold a reception for all guests beginning at 12:30 pm in the Banquet Facility. The actual ceremony will begin promptly at 1:30 pm at the Student Activity Center and end at approximately at 2:45 pm. If you know of any military personnel who are currently serving, please invite them to join us as our honored guests.



There is no need to RSVP. We appreciate, though, your checking in upon arrival with Mrs. Kathy Baker in the Banquet Facility before the program. Guest parking will be in the lot on the south side of the Student Activity Center. Enter through the south SAC doors. You will be in the South Foyer. Turn left heading west until you arrive at the first hallway, then turn left again. The Banquet Facility will be on your right.

Groups at the Center

Krafty Bloomers: If you need a floral saddle for a gravestone or an in the ground arrangement, contact Cynthia at 580-1074.

Paint In Group: This group meets every Wednesday at 1:30 p.m. They are still looking for more painters and those drawing with colored pencils to join the group. Bring your own project and supplies. The group helps each other with support and advice on creating artwork.



Spiritual Group: This non-denominational group meets the second and fourth Wednesdays at 1:30 p.m. in the back of the art room. They are continuing to discuss Psalms.

Art Appreciation: This group meets on the second and fourth Tuesdays at 1:30 p.m. in the dining room. On May 10, they will be discussing Cinco De Mayo. They will also meet on May 24.



Close Knits: If you want to learn to knit or crochet or need a refresher course, call Cynthia at 580-1074. You can also join this group every other Tuesday morning at 9:00 a.m.

Dates

Where to Put Donations

Drop Off These Donations in the Office: paper plates, dessert plates, napkins, 8 oz. drink cups and Styrofoam cups, stamps, fabric, batting, Mason Jars, flowers, greenery, vases, pillar candles, ribbon, baskets, other flower arranging accessories, rubber stamps, stamp pads, scrapbook paper, paper punches, cardstock, tape runners, stickers, and other card making items

Put These Donations Under the Coat Rack: cell phones, used batteries, pop tabs, box tops, fronts of greeting cards, and eyeglasses

Put These Donations on the Shelves in the Card Room: books, jigsaw puzzles, and movies

Put These Donations in the Food Pantry Barrel in the Art Room: food, household supplies, and personal care supplies



Summer and Fall Registration for Sinclair

Anne Holaday will be coming on Monday, Thursday, May 5, from 12:30 p.m. to 2:00 p.m. You can register for both summer and fall classes at this time. Summer courses begin the week of May 16 and continue through the week of August 7.

SAVE THE DATE: Tournament and Lunch at Friendship Village

We will have a corn hole tournament with Huber Heights and other activities to choose from at Friendship Village on Thursday, July 28. Lunch will be provided. All the details will be in the June newsletter. You can begin signing up after the June newsletter comes out.



Superior Choice

Natasha Wilkinson, RN, has formed a new company called Superior Choice in the Clayton area. This is a non-medical in home care business. She will be calling bingo on Wednesday, May 11, at 12:30 p.m.



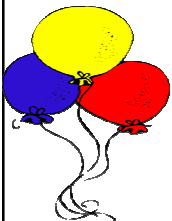
New Gutters

On Monday, April 4, the City of Vandalia had new gutters put on the Senior Center.



Senior Day at Hara Arena

This event at Hara Arena is on Friday, May 27, from 9:30 a.m. to 1:00 p.m. There will be vendors, entertainment, prizes, and lunch at this event. The tickets will go on sale as soon as they arrive in April. There will be a flyer in a stand on the white table in the dining room to let you know when the tickets are available. The tickets will cost \$2 each. You can buy them in the office. The deadline for buying a ticket is May 10.



May 3

Holly Dethardt from Stonespring will provide a Lunch & Learn at noon. John Coals will present "Part 2: Food Is Medicine". At 2:00 p.m., Michael Millonig will present "Protecting Your Estate From Nursing Home Costs".

MON	TUES	WED	THUR	FRI
<p>2 Exercise 10:30/11:30 Lunch 12:00 Canasta 12:30 History speaker 1:00 Krafty Bloomers 1:00</p> <p>Sinclair Spring Classes End</p>	<p>3 Super Sewers 9:00 Bridge 10:00 Lunch & Learn 12:00 DbI Deck Pinochle 1:00 Michael Millonig 2:00</p>	<p>4 Exercise 10:30/11:30 Lunch 12:00 Bridge 12:30 Bid Euchre 1:00 Reader's Theatre Rehearsal in Dining Room 1:30</p>	<p>5 Trivia 11:00 Bridge 12:00 Painting 12:00 Sinclair registration 12:30-2:00 Pinochle 1:00 DbI Deck Pinochle 1:00 Bingo 1:00</p>	<p>6 Colored Pencils 9:00 Strength training 10:30 Scrabble 12:30 Poker 1:00 Reader's Theatre Dress Rehearsal in Dining Room 1:30 POTLUCK 6 PM DINNER THEATRE</p>
<p>9 Lunch 12:00 Canasta 12:30 History speaker 1:00 Books N Stuff 3:15</p>	<p>10 Close Knits 9:00 Bridge 10:00 Lunch & Learn 12:00 DbI Deck Pinochle 1:00 Art Appreciation 1:30</p>	<p>11 Quilling 9:30 Lunch 12:00 Bingo 12:30 Bridge 12:30 500 1:00 Paint In Group 1:30 Spiritual Group 1:30</p>	<p>12 Bingo 11:45 Bridge 12:00 Pinochle 1:00 DbI Deck Pinochle 1:00 Iris folding 1:30</p>	<p>13 Colored Pencils 9:00 Scrabble 12:30 Poker 1:00 Movie 1:00</p>
<p>16 Exercise 10:30/11:30 BP Check 11:45-12:45 Lunch 12:00 Canasta 12:30 History speaker 1:00 Krafty Bloomers 1:00</p> <p>Sinclair Summer Classes Begin</p>	<p>17 Super Sewers 9:00 Bridge 10:00 DbI Deck Pinochle 1:00 SENIOR DAY CARNIVAL 1:00-3:00</p>	<p>18 Exercise 10:30/11:30 Rob & John 11:00 Lunch 12:00 Bridge 12:30 Bid Euchre 1:00 Paint In Group 1:30</p>	<p>19 Chronic Pain Class 10-12:30 Earzlink 10:30 Penny Auction 11:00 Bridge 12:00 Painting 12:00 Pinochle 1:00 DbI Deck Pinochle 1:00</p>	<p>20 Colored Pencils 9:00 \$2.50 breakfast 9:00 Mah Jong 10:00 Strength training 10:30 Scrabble 12:30 Poker 1:00 Movie 1:00 Memorial Program 12:30 POTLUCK 6 PM</p>
<p>23 Exercise 10:30/11:30 BP Check 11:45-12:45 Lunch 12:00 Canasta 12:30 History speaker 1:00 Books N Stuff 3:15</p>	<p>24 Close Knits 9:00 Bridge 10:00 Lunch & Learn 12:00 DbI Deck Pinochle 1:00 Art Appreciation 1:30</p>	<p>25 Exercise 10:30/11:30 Lunch 12:00 Bridge 12:30 500 1:00 Birthdays 1:00 Paint In Group 1:30 Bingo 1:30 Spiritual Group 1:30</p>	<p>26 Chronic Pain Class 10-12:30 LCR Games 11:00 Bridge 12:00 Painting 12:00 Pinochle 1:00 DbI Deck Pinochle 1:00</p>	<p>27 Colored Pencils 9:00 Senior Day at Hara Arena 9:30-1:00 Farmer's Market Vendor's Meeting 10:00 Scrabble 12:30 Poker 1:00</p>
<p>30</p> <p>MEMORIAL DAY</p> <p>CLOSED</p>	<p>31 Super Sewers 9:00 Bridge 10:00 DbI Deck Pinochle 1:00</p>			

- May 5 Erin Terry from Cypress Pointe will have trivia at 11:00 a.m. Tambi and Mark Spirk from Brookdale will call bingo at 1:00 p.m.
- May 6 **The Reader's Theatre will have a dress rehearsal in the dining room from 1:00 to 3:00 p.m. Please do not enter during the rehearsal. Go through the kitchen to get drinks. The potluck is at 6:00 p.m. followed by the dinner theatre about 6:45 p.m.**
- May 10 Erin Terry from Cypress Pointe will have a Lunch & Learn at noon. She will talk about "Understanding Finances".
- May 11 **Natasha Wilkinson from Superior Choice will be calling bingo at 12:30 p.m.**
- May 12 Erin Terry from Cypress Pointe will call bingo at 11:45 a.m.
- May 13 **Chris Leydig from Genesis Troy will bring snacks for the movie at 1:00 p.m. Lisa Lewber will have individual drop-in Veteran's conferences from 1:00 to 3:00 p.m.**
- May 16 Phyllis Strine from Montgomery County Public Health will do BP checks and sugar readings from 11:45 a.m. to 12:45 p.m.
- May 18 **Rob and John from the Vandalia Public Library will give help with electronics from from 11:00 a.m. to 12:30 p.m. in the card room.**
- May 19 The Area Agency on Aging begins their Chronic Pain Management Classes in the card room from 10:00 a.m. to 12:30 p.m. Amber Holley from Cottages of Clayton will have a penny auction at 11:00 a.m.
- May 20 **Debra Burdick from Seniors Helping Seniors will serve a \$2.50 full course breakfast at 9:00 a.m. Please pay in the office. Kelly Lundqvist from Crossroads Rehab will bring snacks for the movie at 1:00 p.m. The potluck will be at 6:00 p.m.**
- May 24 Brian Addis from Edward Jones will bring a Lunch & Learn at noon. He will talk about "Four Investment Strategies to Put Time on Your Side".
- May 25 **Pam Hall from Friendship Village will bring cakes to celebrate May birthdays. Connie Ruiz from Randall Residence will call bingo at 1:30 p.m.**
- May 26 Amber Holley from Cottages of Clayton will host the LCR games at 11:00 a.m.
- May 27 Amy Cotterman will have the Farmer's Market Vendor's Meeting in the dining room at 10:00 a.m.



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Greetings from sunny Florida. Almost time to return to freezing Ohio ☺

4/26 - Jason Coleman - Der Dutchman in Plain City, Oh - Check in 9:30 am - depart 10:00 am

4/28 - 5/8 - Croatia & Slovenia

5/18 - Mystery Tour - check in 8:00 am - depart 9:00 am

6/2 - 6/8 - New York - Sold Out - check in 7:30 am - depart 8:00 am from Vandalia Rec Center at 1111 Stonequarry Rd. Final payment was due 3/26. Five persons have not made final payment as of 4/10

6/13 - Lennon Sisters - Columbus, Oh - \$89 pp - 30 seats available, please pass the word. We may have to cancel this unless we have additional people sign up.

7/07 - Ron Retzer - \$69 pp - 7 seats available

8/14 - 8/20 - Branson, Mo - \$595 pp - Need to resell 4 spots in order to refund deposits to those that want to cancel - pass the word please

8/24 - Mystery Tour - SOLD OUT

9/07 - The Four Freshman - Columbus, Oh - \$89 pp—10 seats available

9/12 - 9/16 - Pigeon Forge - \$479 pp - need at least 14 people to sign up for the tour to go

10/07 - Mystery Tour - SOLD OUT

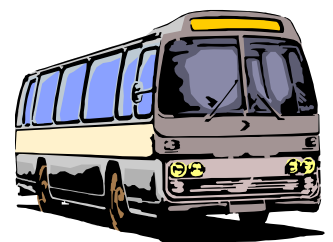
10/10 - 10/13 - Asheville, NC & Biltmore Estate \$399 pp - Six seats available

12/1 - Ron Retzer & Friends - \$69 pp - 10 seats available

Reminder: Once you sign up for a tour, please mark your calendar when payment is due as well as check in and departure times. Thank You!

Happy Traveling!

Liz Syska
937-260-0776
lizsyska0@gmail.com



VANDALIA SENIOR CENTER
21 Tionda Dr. South
Vandalia, OH 45377

<http://vandaliaohio.org/recreation/senior-center/>

OPEN: Monday through Friday 9 - 4

Coordinator: Toni Williams

twilliams@vandaliaohio.org

Phone: 937-898-1232

Fax: 937-665-0796

DATED MATERIAL: PLEASE DO NOT DELAY

*~~ MEMBERSHIP ~~
Age 55 or older
Younger spouses
are welcome!*

Vandalia Senior Club
2016 Committee:

Chair	Donna Shirley 898-3765
Co-Chair	Iris Seibert 454-1583
Treasurer	Pat Grimes 238-0527
Secretary	Frieda Schmidt 667-3408
Travel Director	Liz Syska 260-0776
Catered Dinners	Shirley Greene 585-415-3220
Entertainment	Beve Kaser 898-1939
Kitchen	Shirley Stipek 890-9616

Your annual membership fees helps offset some of the costs of programming and support for the Senior Center.

The 2016 fees are:

Vandalia Resident: \$15 single-\$25 dual

Non Resident: \$20 single-\$35 dual

****A resident is defined as someone who pays**

City of Vandalia property taxes.

Membership for anyone over 90 is free but
you must notify the office.