

Vandalia Senior Center

January, 2024 Volume 12 Issue 1



Time Is Running Out!

Renew Your Membership by January 31, 2024!

You can write a check to the City of Vandalia and mail it to the Vandalia Senior Center at 21 Tionda Drive South, Vandalia, 45377. For Vandalia residents, it is \$15 or \$25 for couples. Outside Vandalia, the cost is \$20 or \$35 for couples. If your address or phone number has changed, please send in the new information. You can also come in to renew, using cash, check, or a credit card.



Born in 1934: You are turning 90 in 2024. Your membership is free! Contact the office to continue to get your newsletter.

90+ and Lifetime Members: Contact the office to continue to receive your newsletter.

Vandalia Senior Center Travel Program



Now is the time to be planning what trips you will be taking in 2024. You have many to choose from. A trip needs to have a minimum of 30 paid deposit checks

for the trip to go. Money is returned if the trip is canceled.

Prime Tours has created two single day trips. The amount the bus companies are charging made the cost of the trips go way up.



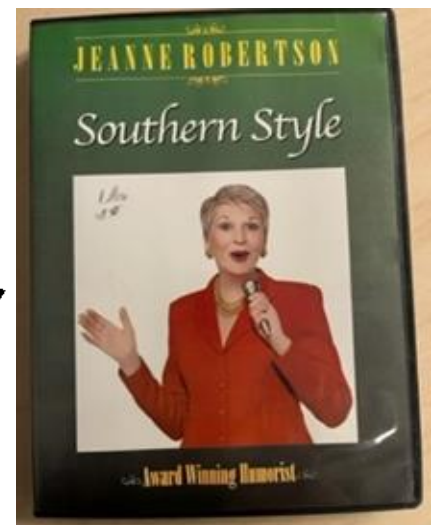
- | | |
|----------------|--|
| June 13 | Travel to <u>Cincinnati</u> to see the Sign Museum then have a guided tour of the Union Terminal Museum. You will have lunch on your own at the Findlay Market. End the day with dinner on a BB Riverboat Cruise. \$198 |
| TBA | Travel to <u>Medina, Ohio</u>, to visit Castle Noel, a Christmas museum. Eat lunch at the Der Dutchman and more. The company is still working on the details and pricing for this trip. |

In 2024, you will need to contact Travel Insured International directly to buy travel insurance. You can contact them by going to www.travelconfident.com or calling them at 1-855-376-2037. You pay for this insurance by credit card. To cover pre-existing conditions, you need to pay for insurance within two weeks of writing your deposit check. If the trip is canceled you will get a refund from the insurance company.

Lunch & Learn

Yana Lunch & Learn on **Monday, January 8, at Noon**

Misi Myers from Yana will provide your lunch. What is Yana? Misi will briefly explain what the word stands for and the unique service that her company provides. After that, we will celebrate the New Year as we have in the past with Jeanne Robertson, the award winning comedian. You will watch her DVD, called "Southern Style". She has fourteen funny stories to tell you that will take about an hour. Limit: 50



Momentus Health Lunch & Learn on Tuesday, January 9, at Noon



Allexus Rachelson from Momentus Health will have their chef create lunch for you. I found a very interesting documentary series that I want to share. It is called "Live to 100: Secrets of the Blue Zones". Author Dan Buettner travelled to communities where people live extraordinarily long and vibrant lives. In episode one, you will venture to Okinawa, Japan to learn their secrets. In episode two, you will visit a mountain village in Sardinia, Italy, and a suburban community in the United States to find out how they stay healthy. Come back on January 23 to see the other two episodes. There will be a handout each time. In total, the episodes will run about 1 hour and 20 minutes. Limit: 75

Cypress Pointe Lunch & Learn on Friday, January 12, at Noon

Jessica Ward from Cypress Pointe will bring your food. Ricki Huff, a former professor at Sinclair, will present "Our Early Food History". You may know the story of Squanto saving the Pilgrims from starvation. Is it true or a myth? Learn the story about the Spanish and the pig population explosion. You will be surprised at the diversity of food served to the members of the Continental Congress in Philadelphia. What were our ancestors drinking? Here's a hint. There were 141 distilleries in pre-revolutionary colonial America. Learn about what the European colonists ate and how they made their food. Limit: 70



Lunch & Learn

Laurels Lunch & Learn on Tuesday, January 16, at Noon

Jacquie Dalton from Laurels of Huber Heights will bring your food. Dennis Turner, a U. D. law professor, will present "The Tricks Lawyers Play in the Courtroom". Have you ever thought that you could try a case better than the lawyers you have seen in the courtroom, in the movies, or on tv? If so, now is your chance to find out the tricks and skills that lawyers and barristers regularly use in the courtroom. We will examine scenes from movies, tv shows, and other video material to try and determine what it is that makes good trial lawyers so good. Limit: 75



Devoted Lunch & Learn on Tuesday, January 23, at Noon

Michael Leonardi from Devoted Health Insurance will provide your lunch. He will briefly talk about Devoted and how they are trying to create virtual Blue Zones. Then you will watch the last two episodes of "Live to 100: Secrets of the Blue Zones". In episode three, you will travel to Ikaria, Greece, and then to the Costa Rica's Nicoya Peninsula. In episode four, you will visit Singapore. You will also ponder the question, "Can we create new Blue Zones?" Limit: 100

Hearth & Home Lunch & Learn on Friday, January 26, at Noon

Rose Siddle from Hearth & Home will bring your lunch from their kitchen.

Master Sergeant Dave Weeks, USAF, retired, spoke at the Veteran's Lunch on November 6. He promised he would do a more in-depth presentation on Veteran's benefits including Aid and Attendance and

the process for obtaining benefits. Dave has been through the process himself as well as helping countless other veterans. He has worked with Montgomery County Veteran's Services and also personnel at the VA Hospital. If you are a spouse or widow, you will learn about benefits that you might have. If you have children and grandchildren who are veterans, come get information that you can pass along to them. Dave will stay around after his presentation for individual questions. Limit: 100



Lunch & Learns continued on page 4.

Activities and Information

Edward Jones Lunch & Learn on Tuesday, January 30, at Noon

Donna Bargo and Jordan Peterson will bring your lunch. Donna will give you a booklet called a Perspective. Jordan will discuss some of the topics in the booklet. He will also answer any financial questions that you might have. Limit: 25



Let's Eat Out on the Second Tuesday!

Sign up to eat out on Tuesday, January 9. Meet at Smokey Bones at 5:00 p.m. It is located at 6744 Miller Lane in Butler Township.



White Elephant Bingo on Tuesday, January 30, at 1:45 p.m.

One of your members thought of this in 2023 as a way to get rid of some of your unwanted Christmas presents. We had two White Elephant bingos in 2023 that everyone enjoyed so there will be two more in 2024. But you have some homework to do in order to attend.

HOMEWORK: You need to bring two unused items to this bingo. One item needs to be packaged so you can't see it. It will go on the front table. The other item will go on the regular table. Round One of the bingo will be only the wrapped White Elephant items. Then we will pause for everyone to unwrap what they picked. Round Two and Three will be the second item you brought in along with items that Toni Williams put on the table. Toni will be calling this bingo.



Collecting for the Homeless: Ending on January 31

One of our members volunteers at a soup kitchen that serves over 300 homeless people. Most are adults but there are some children. We are collecting everything warm for them, including winter hats, gloves, mittens, scarves, coats, socks, blankets, afghans, and sleeping bags. Please make sure the items are clean and in usable condition. They can not take clothes. Put your items in the boxes in the dining room.

Closures

The center will be closed on Monday, January 1, for New Year's Day. It will also be closed until noon on Tuesday, January 2. The building will be closed on Monday, January 15, for Martin Luther King Day.



Art & More



FREE Card Making Class on Wednesday, January 10, at 1:00 p.m.

Toni Williams will have tables of supplies laid out with everything you need to make two cards between 1:00 and 3:00 p.m. You can make winter cards or for Valentine's Day cards. The cards pictured are just ideas. Limit: 12

Diamond Bookmark Class on Friday, January 19, at 1:00 p.m.

Have you tried a new decorating project with "diamond" art? Mindy Shockey will take you through the simple steps to create this shimmering bookmark. Cost \$5 Limit: 20



FREE Card Making Class on Tuesday, January 23, at 1:45 p.m.

Kathy Dunn and Linda Karns will be starting 2024 with alcohol ink cards.

Linda's card will be a birthday card. Choose your favorite alcohol ink colors to apply onto the "lava" holographic paper.

Then complete the card with a happy birthday die cut and balloons. It will be simple but stunning.

Kathy's card will be a note card for a friend. Choose your favorite alcohol ink colors to apply to the yupo paper. Complete the card with a decorative frame die cut and the word friend. Finish it off with some sparkly gems. Limit: 12



Valentine Ceramics Class on Friday, January 26, at 1:00 p.m.

Mindy Shockey is returning to teach a second class in January. You will use her supplies and follow her instructions to paint this double ceramic or a large heart decoration. Her cost is \$15 for either one. Limit: 25



Movies

Remember to sign up for each movie so we have the correct amount of snacks and treats.

Movie on the First Friday, January 5, at 1:00 p.m.

In the movie, *On a Wing and a Prayer*, a family is returning home from a funeral. A pilot of a private plane offers to fly them home. Unfortunately, the pilot dies during the flight and passenger Doug White is forced to try to fly the plane. He has only had one flying lesson and it didn't go well. How will he get this plane on the ground and avoid the approaching storm? Will his family survive? This film is based on the 2009 true story of Doug White who was flying in a King Air 200 plane. Be sure to watch the postscript after the movie to see the photos and meet Doug. PG Drama/Mystery 1 hr. 42 min.



Movie on the Third Friday, January 19, at 1:00 p.m.

Snacks by Alexus Rachelson of Momentus Health



In the movie, *Long Story Short*, Teddy is a procrastinator. It takes him years to ask his girlfriend to marry him. They go to the cemetery to Teddy's father's grave to tell him the news. A strange woman gives him a tin can as a wedding gift with instructions not to open it until his tenth wedding anniversary. Teddy wakes up the morning after his wedding to discover he's jumping forward to the next year of his life every few minutes. Watching his future flash before his eyes, he must make every second count if he's going to win back the woman he loves when things begin to go so wrong. How will he get his future to quit flashing by so quickly?

R Romance / Comedy 1 hr. 34 min.



Winter Closings Policy Reminder

If the Vandalia Schools are closed for weather, the Senior Center will be closed. The Hotline is only updated when cancellations have been made. [937-552-2200](tel:937-552-2200).

Twice As Many

Two employees of the City's building maintenance staff designed and made beautiful bookshelves for the center. Now we can house more than twice as many books and puzzles in the card room/library.



MON	TUES	WED	THUR	FRI
1 CLOSED FOR NEW YEAR'S DAY 	2 CLOSED UNTIL NOON Hand & Foot 1:40	3 Hula Hooping 9:30 Exercise 11:00 Bridge 12:15 Up & Down the River 12:30	4 Travel 9:00-12:00 Duplicate Bridge 11:45 Art Group 12:00 Pinochle 1:00 Bingo 1:00 Rummikub 1:00	5 Mah Jong 9:00 Colored Pencils 9:30 Exercise 10:00 Poker 1:00 Movie 1:00
8 Lunch & Learn 12:00 Hand & Foot 12:30	9 Travel 9:00-12:00 Super Sewers 9:00 Bridge 9:45 Golden Qi 10:00 Lunch & Learn 12:00 Hand & Foot 1:40 Art Appreciation 1:40 Let's Eat Out 5:00	10 Hula Hooping 9:30 Bridge 12:15 Up & Down the River 12:30 Card Making 1:00	11 Travel 9:00-12:00 Duplicate Bridge 11:45 Art Group 12:00 Pinochle 1:00 Rummikub 1:00	12 Mah Jong 9:00 Colored Pencils 9:30 Exercise 10:00 Lunch & Learn 12:00 Poker 1:00 Bingo 1:45
15 CLOSED FOR MARTIN LUTHER KING DAY 	16 Travel 9:00-12:00 Super Sewers 9:00 Bridge 9:45 Golden Qi 10:00 Lunch & Learn 12:00 Hand & Foot 1:40 Bingo 1:45	17 Hula Hooping 9:30 Bridge 12:15 Up & Down the River 12:30	18 Travel 9:00-12:00 Tech Talk 11:00 Duplicate Bridge 11:45 Art Group 12:00 Pinochle 1:00 Rummikub 1:00	19 Mah Jong 9:00 Colored Pencils 9:30 Exercise 10:00 Poker 1:00 Movie 1:00 Diamond Bookmark 1:00
22 Hand & Foot 12:30	23 Travel 9:00-12:00 Super Sewers 9:00 Bridge 9:45 Golden Qi 10:00 Lunch & Learn 12:00 Hand & Foot 1:40 Art Appreciation 1:40 Card Making 1:45	24 Hula Hooping 9:30 Bridge 12:15 Up & Down the River 12:30	25 Travel 9:00-12:00 Duplicate Bridge 11:45 Art Group 12:00 Pinochle 1:00 Rummikub 1:00	26 Mah Jong 9:00 Colored Pencils 9:30 Lunch & Learn 12:00 Exercise 10:00 Poker 1:00 Heart Ceramic 1:00
29 Hand & Foot 12:30	30 Travel 9:00-12:00 Super Sewers 9:00 Bridge 9:45 Golden Qi 10:00 Lunch & Learn 12:00 Hand & Foot 1:40 White Elephant Bingo 1:45	31 Hula Hooping 9:30 Bridge 12:15 Up & Down the River 12:30 Birthdays 1:00 Bingo 1:30		

Exercise & Information

NEW BOOKS at the Vandalia Library

First Lie Wins by Ashley Elston

The Bullet Swallower by Elizabeth Gonzalez James

From Dust to Stardust by Kathleen Rooney

Never Too Late by Danielle Steel

The Princess of Las Vegas by Chris Bohjalian

NEW MOVIES at the Vandalia Library

Fast X

Air

River Wild

Past Lives

Meg 2: The Trench

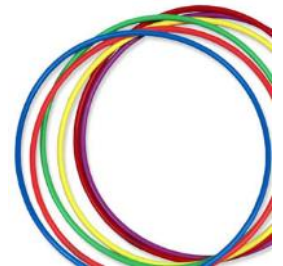


FREE Golden Qi Class on Tuesdays at 10:00 to 10:45 a.m.

Vevia Enix will teach Golden Qi which is a seated form of Tai Chi. This exercise improves balance, reduces joint pain, increases calmness, improves reasoning abilities, helps your memory, and improves the quality of your life. This class can be taken by anyone.

FREE Hula Hoop Class on Wednesdays at 9:30 to 10:30 a.m.

Come and see how hula hooping can improve your health, your spine, your balance, and cardiovascular system. It can lower blood pressure, reduce stress, and cholesterol levels. These hoops are what the pros use in the gyms and rehab centers. If you want to try out hula hooping, call before coming so the group can bring in extra hula hoops.



FREE Exercise Class on the First and Third Wednesdays at 11:00 a.m.

Robin Kent with Brookhaven will be leading a seated exercise class on the first and third Wednesdays each month at 11:00 a.m. right after the hula hoop class. Robin holds a 5th degree black belt in Tae Kwon Do and takes kickboxing. She has taught aerobics, and dance.

FREE Exercise Class on Fridays from 10:00 to 10:45 a.m.

This chair exercise class is being led by Bill Kistner, a member. They might use the weights and exercise bands that are here at the center. Bill will use some of the exercises he has learned from previous instructors to help guide the Friday class.



Tech Talk on the Third Thursday, January 18, at 11:00 a.m. to Noon

Tom Underwood from the Vandalia Public Library will answer questions about your phone, tablet, and other devices on January 18. Come to Tech Thursday and they will do their best to find the answers for you. It'll be first come, first served but feel free to stay - you may learn something new! Please sign up.



Travel Information



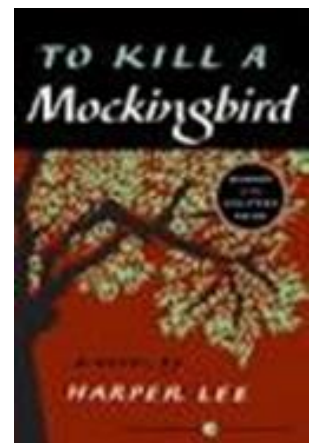
2024 Trips with Diamond Tours

Make out your deposit checks to Diamond Tours for these trips .

- April 15 to 20** Branson Show Extravaganza: You will see six fabulous shows, visit historic downtown Branson, and enjoy shopping, attractions, and dining at Branson Landing. 6 days, 5 night \$824 pp \$1004 single \$100 deposit Due December 22
- June 3 to 7** Mackinac Island: You will tour Mackinaw City, have a carriage tour of Mackinac Island, a boat ride through the Soo Locks, sight seeing in Sault Sainte Marie, visit Mackinaw Crossings, and tour Colonial Michilimackinac. 5 days, 4 nights \$833 pp \$1012 single \$100 deposit
- July 8 to 12** Chicago: You will visit the Museum of Science and Industry, 360 Chicago, take a guided tour of Chicago along with the famous "Magnificent Mile", go on a skyline cruise, visit the Navy Pier and Field Museum of Natural History, and have dinner entertainment. 5 days, 4 nights \$787 pp \$936 single \$100 deposit
- August 17 to 24** Montreal, Quebec City, and Ottawa in Canada: There will be a local guide with you for a tour of each city. You will visit the Notre Dame Basilica, Montreal's Underground City, Ottawa's Parliament Hill, St. Joseph's Oratory of Mt. Royal, and enjoy a narrated cruise on the St. Lawrence River. *****You need a passport for this trip!** 8 days, 7 nights \$1445 pp \$1744 single \$100 deposit
- October 7 to 11** Lancaster Show Trip & Dutch Country: Take a guided tour of Lancaster, Philadelphia, and enjoy the Amish Experience. You will see a show at the Magic and Wonder Theater, "Daniel", and "Jacob's Choice". You will visit the Kitchen Kettle Village. 5 days, 4 nights \$860 pp \$1009 single \$100 deposit

Vandalia Senior Center Book Club

The Book Club will not be meeting on January 2. They will return on February 5 to discuss the book, *To Kill a Mockingbird* by Harper Lee.



Information

Bridge Hosts

Tuesday bridge at 9:45 a.m. is hosted by Dona Fleischman. 937-898-3103
Wednesday bridge at 12:15 p.m. is hosted by Judy Laughter. 937-677-3267
Thursday bridge at 12:00 p.m. is hosted by Jim Danks. 937-667-3780



Bingo and Other Games



1. Tambi Spirk and Nikki Waldron from Brookdale will bring food and call bingo on Thursday, Jan. 4, at 1:00 p.m. Limit: 48
2. Mark Maudlin from Maudlin Senior Care Solutions will call bingo on Friday, January 12, at 1:45 p.m. Limit: 48
3. Brandie Lovato from Stillwater Skilled Nursing will call bingo on Tuesday, January 16, at 1:45 p.m. Limit: 48
4. Toni Williams will call a White Elephant bingo on Tuesday, January 30, at 1:45 p.m. Limit: 48
5. Becky Devor from Randall Residence will call bingo on Wednesday, January 31, at 1:30 p.m. Limit: 48

Celebrate December Birthdays on Wed., January 31, at 1:00 p.m.

Friendship Village will provide the birthday cakes. Please sign up if you have a November birthday. We will take a group photo then everyone will sing to the birthday people. Everyone at the center may have a piece of cake but the birthday people get their cake first!



Donations Needed

*****Please give ALL donations to Toni.** Some items can be used by the center.

Leave in the Office: drinking cups (8 to 16 oz.) Coke, Coke, Diet Coke, and diet drinks, non-refrigerated individual creamers, seasonal napkins, individually labeled flavored teas, art supplies, greenery, new greeting cards, and items for the free tables.

Boxes in the hallway under the coat rack and by the white board: used batteries (not in containers or bags), pop tabs, used greeting cards, cell phones, glasses, cancelled stamps (be sure to leave a 1/4" border around the stamps), food for the Vandalia Food Pantry barrel and for Cares4Kids box.

On the fireplace in the card room/library: books, movies, and jigsaw puzzles



The month of January was named after the Roman god Janus who was a protector of gates and doorways. Janus is pictured with two faces, one looking into the past and the other into the future.

This year instead of a New Year's resolution, think about what makes you happy and decide to do more of that in 2024.

Some New Year's Traditions: Noise

1. In ancient Thailand and in colonial America, guns were fired to frighten off demons and ring in the New Year.
2. In China, firecrackers got rid of the forces of darkness.
3. Italians let their church bells peal. The Swiss beat drums and we use party horns.

Some New Year's Traditions: Food and Drink

1. In the southern United States, they eat black-eyed peas and pork for good fortune.
2. The Dutch enjoy anything ring shaped to symbolize coming full circle and good fortune.
3. The Irish enjoy pastries called Bannocks.
4. In India and Pakistan, rice promises prosperity.
5. The Swiss drop dollops of whipped cream on the floor and leave them there. This symbolizes the richness of the new year.
6. Wassail is served in parts of England for good health.
7. A spiced "hot pint" is the Scottish version of wassail. They drink to prosperity.
8. In Holland, toasts are made with hot, spiced wine.

Some New Year's Traditions: Gifts

1. New Year's Day was once a time to swap presents.
2. Gifts of gilded nuts and gold coins marked the start of the year in Rome.
3. Eggs, a symbol of fertility, were exchanged by the Persians.
4. Early Egyptians traded earthenware flasks.
5. In Scotland, coal, shortbread, and silverware were exchanged for good luck.



In 2006, this crew served root beer floats to the seniors. In the left photo, Joe and Nita Myers along with Joan Denman are working in the kitchen. Jenni Miller, Helen Lawson, and Mary Herman are the lunch servers in the photo on the right.



Travel

Prime Tours

Be sure to write your check to Prime Tours.

- May 5 to 7** **Tulip Festival in Holland, Michigan:** You will visit the Windmill Island Gardens, Nelis Dutch Village, Veldheer Tulip Gardens, and the Frederik Meijer Gardens & Sculpture Park. You will have a guided tour of Holland, Michigan. 3 days, 2 nights \$889 pp \$1079 single \$100 dep. Due by December 22
- October 16 to 19** **West Virginia:** Enjoy the changing colors of the fall leaves. You will also tour the Beckley Exhibition Coal Mine, Greenbrier Bunker, the Potomac Eagle, Fallingwater, and Kentuck Knob. 4 days, 3 nights \$1049 pp \$100 deposit
- December 15 to 18** **New York City:** Enjoy all the dazzle of the decorated city along with the Rockettes Christmas Spectacular, a behind the scenes tour at Radio City Music Hall, and a walking tour in Central Park. You will visit The Statue of Liberty, Ellis Island, the 9/11 Memorial and museum, the Edge outdoor sky deck, and the Chelsea Market. 4 days, 3 nights \$1544 pp \$1884 single \$100 deposit



Flyers are in the holder by the card room door. Information is on the travel bulletin board and on the senior center web page at <https://vandaliaohio.org/503/Travel>.

You can mail your check to the Vandalia Senior Center or drop it in box #4 in the hallway by the kitchen. You also need to fill out the form at the bottom of this page and include it with your payment.

Bob Reed's Office Hours: **Tuesdays 9 a.m. to Noon Thursdays: 9 a.m. to Noon**
Or call 937-313-9692, Monday through Friday from 9 a.m. to 5 p.m. Leave a voicemail.

Name: _____ **Name of Roommate:** _____

Cell phone: _____ **Email:** _____

Trip Destination: _____

Emergency contact—Name: _____ **Phone number:** _____

Please Support our Generous Sponsors!!

**FOR
RENT**

Contact Toni Williams for information
about putting an ad on this page. It
can be a one-fourth or one-half page.



WHAT MAKES US DIFFERENT?

We love Vandalia ! We understand
community is everything. Since 1976
we have tried to support our seniors
with top notch service and sales

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- ✓ Financing as low as 1.9% APR
- ✓ 172-Point Inspection Vehicle History Report

Parks & Recreation

Vandalia-Butler Veterans Banner Program

The Vandalia-Butler Veterans Banner Program, a community partnership between the Vandalia-Butler Chamber of Commerce, the City of Vandalia, and Butler Township, provides residents of the Vandalia-Butler community an opportunity to recognize those who have served in the United States Armed Forces and pay tribute to our Veterans.

Commemorative banners may be purchased and displayed on the decorative light poles along Dixie Drive, designated as Veterans Parkway, from Elva Court (near Butler High School) south to Stop Eight Road. The banners are installed each May, before Memorial Day weekend, and remain displayed until after Veterans Day, (November 11) each fall.

The Vandalia-Butler Chamber of Commerce is accepting applications for the second round of banners, to be displayed in 2025-2026. For more information you can visit <https://www.vandaliabutlerchamber.org/> or just scan the QR code.



Thanks to all of our brave men and women that have served or are serving in the United States Armed Forces. We owe our freedom to you and are forever grateful!!



VANDALIA RECREATION CENTER
INSURANCE BASED MEMBERSHIPS

The Vandalia Recreation Center is a certified facility for: Silver Sneakers®, Forever Fit®, Prime®, Silver&Fit®, Active&Fit®, OPTUM®, PeerFit®, and GlobalFit®. These insurance based benefits offer zero fee memberships or very low cost annual fees. Most Insurance sponsored programs offer the zero fee VRC membership. Consider contacting your medical health insurance provider to see if you may have this fitness benefit, it could be the healthiest thing you've ever done! There are several health insurance companies that offer this benefit to person's 18-100 years of age. Our front desk staff can easily verify if you are eligible for Tivity-Silver Sneakers / Prime by providing your birthdate and zip code. Feel free to stop in or call 937-415-2340 to discuss this valuable benefit! If you are age 55+, your insurance based membership includes many free fitness classes as well !!



To view the Senior Group Fitness schedule just scan the QR code!

Or you can visit:

<https://vandaliaohio.org/236/Recreation-Center>



Already have a membership at the VRC with your insurance? Don't forget to renew your pass in January!

A COUPLE OF ACTIVITIES AT THE REC!

Pickleball— throughout the week, the Rec Center offers Senior Pickleball (55 and older) on its 3 indoor courts. It is free for VRC Members, \$3 to drop-in, and Senior Fitness Punch Cards are also accepted. Days/Times:

Monday/Wednesday/Friday from 11:30am-2:00pm

Tuesday/Thursday from 10:30am-12:30pm.

Cornhole— Come on in and toss a few bean bags with us! No partner is needed. Join a great group of fellow cornhole enthusiasts in a fun environment! Check out what it's like to toss top-of-the-line professional bean bags! Free for Rec Center Members or \$3 Drop-In fee or Senior Fitness Punch Card accepted. Day/Time: Wednesdays from 12:00-3:00pm.

If you have any questions about Pickleball or Cornhole, feel free to contact the Rec Center's front desk at 937-415-2340. Here's to a HEALTHY AND HAPPY 2024!!

VANDALIA SENIOR CENTER

21 Tionda Drive South
Vandalia, Ohio 45377

Open; Monday through Friday

9:00 a.m. to 4:00 p.m.

Coordinator: Toni Williams

twilliams@vandaliaohio.org

Phone: 937-898-1232

Fax: 937-665-0796

[https://vandaliaohio.org/341/
Senior-Center](https://vandaliaohio.org/341/Senior-Center)

Vandalia Senior Club

2023 Committee:

President	Cathy Nortman 985-201-6747
Vice President	Iris Siebert 937-454-1583
Treasurer	Kay Lowe 937-409-8300
Secretary	Dottie Ganter 937-898-7286

DATED MATERIAL: DO NOT DELAY

--MEMBERSHIP--

Age 55 or older

Younger Spouses are welcome!

The 2023 fees for members 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 to continue to get the newsletter.

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

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Englewood, Ohio 45322

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- Postcards
- Graphic Design
- Yard Signs
- Laminating
- Binding
- Envelope Printing
- Canvas Printing
- Magnets/Stickers
- Direct Mail Services
- & SO MUCH MORE!