

# Vandalia Senior Center

March, 2024 Volume 12 Issue 3

**Vandalia**<sup>ohio</sup>  
small city. big opportunity.



**I hope you were lucky enough to  
remember to renew your membership!**

**Veterans, Veterans' Spouses, and Veterans' Widows**

**Come meet with Master Sergeant Dave Weeks,  
USAF, retired. He will be at the center to meet with you  
one-on-one to talk about benefits that you may be enti-**



**...tled to and explain how to obtain those benefits. He  
will be at the center on Friday, March 8, and Friday,  
April 12, from 1:00 to 4:00 p.m. in the art room.  
If you would like to meet with Dave but cannot come  
in on those dates, contact Toni in the office. She will  
have Dave call you to work out a date and time.**

## **Can You Help Out?**

**The Senior Club Committee would like to plan some new and  
different social events in the evenings. They would like to have some  
members to help them with the planning and preparations. If you are  
interested, contact Toni in the office.**



## **The Nurses Are Back to Check Out Your Numbers**

**Nurses will be coming in on the first and third Tuesday every  
month from 11:00 a.m. to 12:00 p.m. to check your blood pressure  
and blood sugar numbers. They will be sitting by the fountains in the  
dining room as they did in 2023. The nurses will be here every month  
beginning in February and continuing through November.**



**March 5      Services will be provided by nurses from  
Montgomery County Public Health.**

**March 19     Services will be provided by nurses from  
Premier Health.**



**Public Health**  
Prevent. Promote. Protect.  
Dayton & Montgomery County

 Premier Health

## Lunch & Learn

### Bedrock At Home Lunch & Learn on **Monday**, March 4, at Noon

Lily Knopp from Bedrock at Home will provide your lunch. Lily is an exercise physiologist. She will present "The A to Zzzzz's for a Better Night's Sleep". Sleep is a basic necessity of life as important as food, air, and water. Come learn how to sleep better, how much sleep you need, and how to unplug before bed. Limit: 35



### Shelby Skilled Nursing Lunch & Learn on Tuesday, March 5, at Noon



Kristi Xavier from Shelby Skilled Nursing and Rehabilitation will bring your lunch. Dennis Turner, a U.D. Law Professor, will present "An Ohio Yankee in Winchester Courts". This talk is about the time that Dennis spent with British Barristers trying criminal cases. He will go through the cases as well as share other hijinks he experienced while partnered with a larger-than-life character, Barrister Geoffrey Still. Dennis will also share the similarities and contrasts between the British criminal system and the U. S. justice system. Limit: 80

### Cypress Pointe Lunch & Learn on Friday, March 8, at Noon

Jessica Ward from Cypress Pointe will bring your food from their kitchen. Paula Shoemaker from Woodland Cemetery will present "Inventors and their Inventions". This presentation explores the numerous inventors who rest peacefully at Woodland and how they impacted our lives with their inventions. In the early 1900s, Dayton became the invention capital of the United States, with the most patents per capita.

The city's influential inventions include the airplane, the cash register, the self-starting ignition for automobiles, the pop top beverage can, and more. Limit: 70



### Momentum Lunch & Learn on Tuesday, March 12, at Noon

Heather Fogle from Momentum Health will order your food. Joseph Helfrinch is returning to celebrate St. Patrick's Day with his stories and folk songs. Joseph plays several different instruments during this performance. Limit: 75

## Lunch & Learn

### Brookhaven Lunch & Learn on **Thursday**, March 14, at **11:00 A.M.**

Robin Kent will have Brookhaven's chef bring your meal. You worked most of your life to pay-off your home. Now a Bad Guy can come along and steal it away with fraudulent papers. What can you do? Come listen to Stacey Benson-Taylor, the Montgomery County Recorder. She has a free way for you to help protect yourself. You will get a booklet called "Exposing Deed Fraud". You can also enroll to get free alerts. Toni went online and found that both Miami County and Greene County have similar programs. Stacey will also talk about Transfer on Death Affidavits that bypass the Probate Court. Limit: 75



### Laurels Lunch & Learn on **Tues.**, March 19, at **Noon**

Jacquie Dalton from Laurels of Huber Heights will bring your food. Pat Holmes is the Family and Consumer Sciences Educator for the Ohio State University Extension for Montgomery County. Pat will talk about taking charge of your diabetes for the holidays. She will talk about how to support others who need to watch what they are eating. Pat will tell you ways to prepare holiday favorites that are both nutritious and delicious. She will also bring recipes for you to try out at home. Limit: 75

### Hearth & Home Lunch & Learn on **Friday**, March 22, at **Noon**

Rose Siddle from Hearth & Home will bring your lunch from their kitchen. Chad Follick, the Fire Chief for the City of Vandalia, will discuss the local Hyper Reach Notification System, weather emergency preparedness, weather radios, Push notifications, and the outdoor weather warning system. Chad will also discuss tornados and the City's emergency operations plan. Even if you don't live in Vandalia, much of this information applies to you since you come to the Vandalia Senior Center and the Vandalia Rec Center. Limit: 100



### Troy Rehabilitation Lunch & Learn on **Monday**, Mar. 25, at **Noon**



Taylor Ries from Troy Rehabilitation will bring your lunch. Stacie Cornwell, PT, DPT, OCS, Astym Cert, is a physical therapist and the facility manager for Athletico. She knows that most of us have arthritis somewhere on our bodies. Stacie will talk about what you can do to help relieve your arthritis pain. Limit: 50

**\*\*\* More Lunch & Learns on page 4 \*\*\***



## Activities and Information

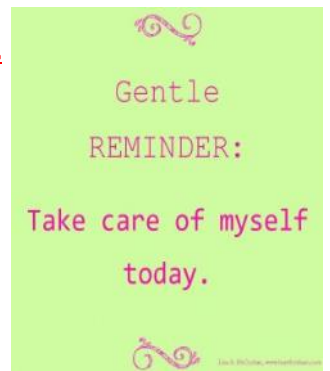
### Randall Residence of West Milton Lunch & Learn on Tuesday, March 26, at Noon



Gina Havenar from the new Randall Residence of West Milton will bring your lunch. Stephanie Dickerson and Michelle Beal from Ohio Family Tree are Mom's House Certified Senior Transition Specialists and Homebuyers. They will present "Embracing Change". They will present a step-by-step plan on where to start, from organizing belongings to addressing legal and financial aspects. They will share insights on maintaining independence while receiving necessary support. Discover valuable resources for downsizing and learn about care options. Embrace change with confidence! Limit: 75

### Seniors Helping Seniors Lunch & Learn on **Thurs., Mar. 28, at 11:00 A.M.**

Andrew Spatt from Seniors Helping Seniors will provide your lunch. Andrew will talk about techniques to manage a caregiver's self-care. He will talk about a process to ensure long-lasting harmony between the caregiver and the one needing assistance. This session will be enlightening for everyone. Limit: 75



### A Large Thank-you to Panera Bread

We want to thank Panera Bread on Miller Lane for going above and beyond for a January Lunch & Learn. They have outstanding customer service. Thank-you again!

### Vandalia Senior Center Travel Program

Some of you did not see the information on the second day trip since it was finalized after the mailed newsletters went out. Turn to page 12 for more travel information.

- June 13** In Cincinnati, you see the Sign Museum and the Union Terminal Museum. Lunch is on your own at the Findlay Market. Dinner on a BB Riverboat Cruise. \$198
- July 25** Eat lunch on your own at the Der Dutchman. Travel to Castle Noel in Medina, Ohio, for a guided tour through all the props from Christmas movies. Next shop on your own at Grandpa's Cheesebarn and Sweeties Chocolates in Ashland. Then enjoy shopping and eating on your own at Dublin's Bridge Park. \$180

Contact Travel Insured International directly at [www.travelconfident.com](http://www.travelconfident.com) or call 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



## Art & More

### Mixed Media Wall Art on Wednesday, March 6, at 1:00 p.m.

Candy Jones will give you kits with all the items on the sample. You will be doing a variety of techniques including acrylic painting, mixed media stencil painting, decoupage, distressing with a brush, applying textures, and using a glue gun. Cost: \$2 Limit: 12



### FREE Easter or Spring Card Making Class on Wednesday, March 13, at 1:00 p.m.

Toni Williams will have stickers, blank cards, cutouts, paper, and much more for you to design two cards between 1:00 and 3:00 p.m. All of the materials will be for spring or Easter. You will have all the tools you need to put your cards together. Limit: 12



### Diamond Art Projects on Friday, March 15, at 1:30 p.m.

In January, Mindy Shockey introduced Diamond Art.



This month she is bringing a variety of small projects for you to choose from. She will have everything that you need to complete a project. Cost: \$5 Limit: 20

### Ceramic Class on Fri., Mar. 22, at 1:30 p.m.

Mindy Shockey, a ceramics vendor and a member, is bringing two choices to paint for Easter. You will be using her paint and her brushes and materials. Limit: There are 22 bunnies with signs and 15 sets of 3 peeps (the larger ones in the photo). Cost: \$8



### Come Join the Super Sewers

Do you like to sew? Do you know how to use a sewing machine? Come join the Super Sewers. The group meets every Tuesday from 9:00 a.m. to 11:45 a.m. Come in and talk to Darby Harris who runs the group. You don't need to bring anything. Everything is here including the sewing machines. The group makes machine sewn quilts and other items.

## Movies

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

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

In the movie, *A Beautiful Life*, Elliott, a young fisherman with an extraordinary voice, gets the opportunity of a lifetime when he is discovered by the successful and well-known music manager Suzanne. Suzanne soon pairs Elliott with her divorced daughter and music producer, Lilly. On his way to stardom, the struggles of his past threaten not only his big break, but also his budding love for Lilly. PG-13 Romance / Musical 1 hr. 39 min.



Movie on the Third Friday, March 15, at 1:00 p.m.

Snacks by Heather Fogle of Momentum Health



In the movie, *Change in the Air*, a beautiful, mysterious, beguiling woman named Wren Miller moves into a friendly but very curious neighborhood. The longer Wren lives near there, the more that odd things start happening, and the quiet neighborhood is awakened. People are brought face to face with their secrets and themselves. PG Drama / Comedy 1 hr. 33 min.

Let's Eat Out on the Second Tuesday

Sign up to eat out on Tuesday, March 12. Meet at La Fiesta at



5:00 p.m. It is located at 8331 North Main in the Randolph Plaza shopping center in Clayton. From the Senior Center, turn left on S. Dixie. Go to the second light and turn right on Stonequarry Rd. When it dead ends, turn left on Dog Leg. Turn right on Little York. When it dead ends, turn left onto Meeker Rd. At the Buckhorn, turn right onto Heathcliff Rd. Turn left on N. Main and turn right into Randolph Plaza.

Answers to the Lucky Match on page 11

- |          |             |       |             |          |          |          |
|----------|-------------|-------|-------------|----------|----------|----------|
| 1. G     | 2. M, R, X  | 3. H  | 4. J        | 5. K     | 6. L     | 7. A     |
| 8. N     | 9. Z        | 10. O | 11. AA      | 12. B    | 13. E    | 14. P, W |
| 15. C, Q | 16. M, R, X | 17. S | 18. I       | 19. V    | 20. C, Q | 21. F    |
| 22. D    | 23. T       | 24. Y | 25. M, R, X | 26. P, W | 27. U    |          |





| MON                                                                              | TUES                                                                                                                                                                                                               | WED                                                                                                                                               | THUR                                                                                                                                                   | FRI                                                                                                                                                                       |
|----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |                                                                                                                                                                                                                    |                                                                                                                                                   |                                                                                                                                                        | <b>1</b><br>Mah Jong 9:00<br>Colored Pencils 9:30<br>Exercise 10:00<br>Poker 1:00<br><b>Movie 1:00</b>                                                                    |
| <b>4</b><br><b>Lunch &amp; Learn 12:00</b><br>Hand & Foot 12:30                  | <b>5</b><br><b>Travel 9:00-12:00</b><br>Super Sewers 9:00<br>Bridge 9:45<br>Golden Qi 10:00<br>BP & Sugar Check 11-12<br><b>Lunch &amp; Learn 12:00</b><br>Hand & Foot 1:40<br>Book Club 1:40<br><b>Bingo 1:45</b> | <b>6</b><br>Hula Hooping 9:30<br><b>Exercise 11:00</b><br>Bridge 12:15<br>Up & Down the River 12:30<br><b>Mixed Media</b><br><b>Wall Art 1:00</b> | <b>7</b><br><b>Travel 9:00-12:00</b><br>Duplicate Bridge 11:45<br>Art Group 12:00<br>Pinochle 1:00<br><b>Bingo 1:00</b><br>Rummikub 1:00               | <b>8</b><br>Mah Jong 9:00<br>Colored Pencils 9:30<br>Exercise 10:00<br><b>Lunch &amp; Learn 12:00</b><br>Poker 1:00<br><b>Veteran's Benefits 1-4</b><br><b>Bingo 1:45</b> |
| <b>11</b><br>Hand & Foot 12:30                                                   | <b>12</b><br><b>Travel 9:00-12:00</b><br>Super Sewers 9:00<br>Bridge 9:45<br>Golden Qi 10:00<br><b>Lunch &amp; Learn 12:00</b><br>Hand & Foot 1:40<br>Art Appreciation 1:40<br><b>Let's Eat Out 5:00</b>           | <b>13</b><br>Hula Hooping 9:30<br>Exercise 11:00<br>Bridge 12:15<br>Up & Down the River 12:30<br><b>Card Making 1:00</b>                          | <b>14</b><br><b>Lunch &amp; Learn 11:00</b><br>Duplicate Bridge 11:45<br>Art Group 12:00<br>Pinochle 1:00<br>Rummikub 1:00                             | <b>15</b><br>Mah Jong 9:00<br>Colored Pencils 9:30<br>Exercise 10:00<br>Poker 1:00<br><b>Movie 1:00</b><br><b>Diamond Art 1:30</b>                                        |
| <b>18</b><br>Hand & Foot 12:30                                                   | <b>19</b><br>Super Sewers 9:00<br>Bridge 9:45<br>Golden Qi 10:00<br>BP & Sugar Check 11-12<br><b>Lunch &amp; Learn 12:00</b><br>Hand & Foot 1:40<br><b>Bingo 1:45</b>                                              | <b>20</b><br>Hula Hooping 9:30<br><b>Exercise 11:00</b><br>Bridge 12:15<br>Up & Down the River 12:30                                              | <b>21</b><br><b>Tech Talk 11:00</b><br>Duplicate Bridge 11:45<br>Art Group 12:00<br>Pinochle 1:00<br>Rummikub 1:00                                     | <b>22</b><br>Mah Jong 9:00<br>Colored Pencils 9:30<br>Exercise 10:00<br><b>Lunch &amp; Learn 12:00</b><br>Poker 1:00<br><b>Ceramics 1:30</b>                              |
| <b>25</b><br><b>Lunch &amp; Learn 12:00</b><br>Hand & Foot 12:30                 | <b>26</b><br><b>Travel 9:00-12:00</b><br>Super Sewers 9:00<br>Bridge 9:45<br>Golden Qi 10:00<br><b>Lunch &amp; Learn 12:00</b><br>Hand & Foot 1:40<br>Art Appreciation 1:40                                        | <b>27</b><br>Hula Hooping 9:30<br>Exercise 11:00<br>Bridge 12:15<br>Up & Down the River 12:30<br><b>Birthdays 1:00</b><br><b>Bingo 1:30</b>       | <b>28</b><br><b>Travel 9:00-12:00</b><br><b>Lunch &amp; Learn 11:00</b><br>Duplicate Bridge 11:45<br>Art Group 12:00<br>Pinochle 1:00<br>Rummikub 1:00 | <b>29</b><br>Mah Jong 9:00<br>Colored Pencils 9:30<br>Exercise 10:00<br>Poker 1:00                                                                                        |

## Exercise & Information

### NEW BOOKS at the Vandalia Library

*The Underground Library* by Jennifer Ryan

*True North* by Andrew Graff

*One Moment* by Becky Hunter

*The Foxhole Victory Tour* by Amy Lynn Green

*Fish Out of Water* by Katie Ruggle

### NEW MOVIES at the Vandalia Library

*Indiana Jones and the Dial of Destiny*

*My Big Fat Greek Wedding 3*

*A Haunting in Venice*

*Expend4bles*

*The Creator*

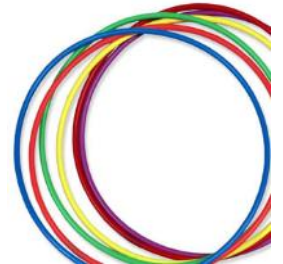


### FREE Golden Qi Class on Tuesdays at 10:00 to 10:45 a.m.

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 Wednesdays from 11:00 to 11:45 a.m.

Robin Kent with Brookhaven will be leading a seated exercise class on two Wednesdays 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. On the other two Wednesdays, the class will be led by a member.

### 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, March 21, at 11:00 a.m. to Noon

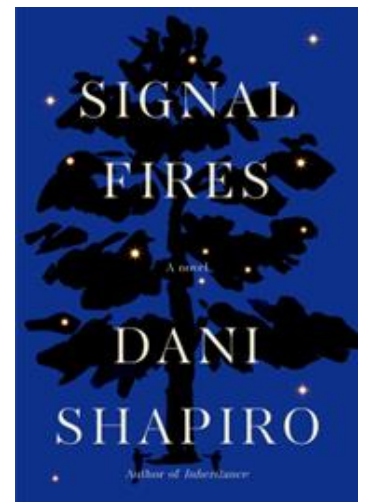
Tom Underwood from the Vandalia Public Library will answer questions about your phone, tablet, and other devices. Come to Tech Thursday and they will do their best to find the answers for you. It'll be first come, first served but feel free to stay - you may learn something new!



## Travel Information

### Vandalia Senior Center Book Club

The Book Club will meet on Tuesday, March 5, to discuss the book, *Signal Fires* by Dani Shapiro. In this story, Ben Wilf, a retired doctor, and ten-year-old Waldo Shenkman, sit under an oak tree pointing out constellations. Waldo doesn't realize it but he and Ben have met before. And they will again, across time and space. This neighborhood is full of secrets. An impulsive lie begets a secret—one which will forever haunt the Wilf family. The Shenkmans, who move into the neighborhood years later, bring secrets of their own. Spanning fifty years, on a street—and in a galaxy—where stars collapse and stories collide, these two families become bound in ways they never could have imagined.



### 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).

### AARP Tax Locations

The locations listed below are the ones that have offered tax services in the past. It has not been verified that they are doing taxes this year. When you go to a tax appointment, you must take last year's tax return, a photo ID, your social security card, proof of medical insurance, and any documents showing your sources of income.



- |                                                          |                   |
|----------------------------------------------------------|-------------------|
| 1. Huber Heights Senior Center: 6428 Chambersburg Rd.    | 937-233-9999      |
| 2. Earl Heck Community Center: 201 N Main St., Englewood | 937-836-5929      |
| 3. Tipp Senior Center: 528 N. Hyatt St., Tipp City       | 937-667-8865      |
| 4. West Milton Library: 560 S. Main St., West Milton     | 937-698-5515      |
| 5. Lathrem-Kettering Senior Center: 2900 Glengarry Drive | 937-296-2480      |
| 6. New Carlisle Public Library: 111 E. Lake Ave.         | 937-845-3601      |
| 7. Fairborn Senior Center: 325 N. Third, Fairborn        | 937-878-4141      |
| 8. Beavercreek Senior Center: 3868 Dayton-Xenia Rd.      | 937-426-6166      |
| 9. Partners in Hope: 180 E. Race St., Troy               | 937-335-0448      |
| 10. Troy Library: 419 W Main St., Troy                   | 937-339-0502 x112 |
| 11. Troy Senior Center: 134 N Market St., Troy           | 937-335-2810      |

## Information

### Bridge Hosts

Tuesday bridge at 9:45 a.m. is hosted by Barb Weikert. 937-715-9303  
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. Taylor Ries from Troy Rehab will call bingo on Tuesday, March 5, at 1:45 p.m. Limit: 48
2. Tambi Spirk and Nikki Waldron from Brookdale will bring food and call bingo on Thursday, March 7, at 1:00 p.m. Limit: 48
3. Mark Maudlin from Maudlin Senior Care Solutions will call bingo on Friday, March 8, at 1:45 p.m. Limit: 48
4. Brandie Lovato from Stillwater Skilled Nursing will call bingo on Tuesday, March 19, at 1:45 p.m. Limit: 48
5. Becky Devor from Randall Residence will call bingo on Wednesday, March 27, at 1:30 p.m. Limit: 48

### Celebrate March Birthdays on Wed., March 27, at 1:00 p.m.

Randall Residence of West Milton will provide the birthday cakes. Please sign up if you have a birthday. We will take a group photo then everyone will sing to the birthday people. Everyone can 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:** unopened jigsaw puzzles, cold drink cups (16 to 18 oz.) (spring colors welcomed), seasonal napkins, non-refrigerated individual creamers, 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



Near St. Patrick's Day, people will talk about the "luck of the Irish". Toni looked up what has been considered lucky over the centuries by different groups. Answers on page. 6.

- |                                             |                                                              |
|---------------------------------------------|--------------------------------------------------------------|
| 1. seven ____                               | A. United States                                             |
| 2. bamboo ____                              | B. Pagans                                                    |
| 3. eight ____                               | C. Europe, North America                                     |
| 4. acorns ____                              | D. Thailand                                                  |
| 5. albatross, a large seabird ____          | E. Buddhists                                                 |
| 6. endless knot and lotus flower ____       | F. Korea                                                     |
| 7. barn star ____                           | G. Japan, Greece                                             |
| 8. chimney sweep ____                       | H. China, Japan                                              |
| 9. lady bug beetles ____                    | I. Ancient India                                             |
| 10. dream catcher ____                      | J. Ancient Scandinavia                                       |
| 11. fish ____                               | K. Sailors                                                   |
| 12. bird or flock flying right to left ____ | L. Hinduism and Buddhism religions                           |
| 13. a monk passing by ____                  | M. China                                                     |
| 14. four-leaf clovers and shamrocks ____    | N. Many parts of the world, especially weddings              |
| 15. horseshoe ____                          | O. Native American                                           |
| 16. jade ____                               | P. Ireland                                                   |
| 17. pig ____                                | Q. Europe, North America                                     |
| 18. pythons' eyes ____                      | R. China                                                     |
| 19. rabbit's foot ____                      | S. China and Germany                                         |
| 20. wishbone ____                           | T. Ireland and Scotland                                      |
| 21. swallow, the bird ____                  | U. 1950s U. S.                                               |
| 22. white elephant, the animal ____         | V. North America, England, Wales                             |
| 23. white heather ____                      | W. Ireland                                                   |
| 24. keys ____                               | X. China                                                     |
| 25. dragons, horses, goldfish ____          | Y. Greece                                                    |
| 26. rainbows ____                           | Z. Germany, Italy, Poland, Russia, Turkey,<br>Brazil, Serbia |
| 27. fuzzy dice ____                         | AA. China, India, Japan, Hebrews, ancient Egypt              |



This photo was taken in the art room on March 18, 2011. Toni assumes this is part of the Vandalia Senior Center line dancing performers.





## Travel

**Prime Tours:** Be sure to write your check to Prime Tours.

**May 5 to 7** Tulip Festival in Holland, Michigan: 3 days, 2 nights \$889 pp \$1079 single \$100 dep. Final payment due February 10. This trip is going!

**June 13** Day trip to Cincinnati \$198

**July 25** Day trip to Medina, Ohio, area \$180

**October 16 to 19** West Virginia: 4 days, 3 nights \$1049 pp \$100 deposit

**December 15 to 18** New York City: 4 days, 3 nights \$1544 pp \$1884 single \$100 deposit

**Diamond Tours:** Be sure to write your check to Diamond Tours.

**April 15 to 20** Branson Show Extravaganza: 6 days, 5 night \$824 pp \$1004 single \$100 deposit Final payment due February 8. This trips is probably going.

**June 3 to 7** Mackinac Island: 5 days, 4 nights \$833 pp \$1012 single \$100 deposit

**July 8 to 12** Chicago: 5 days, 4 nights \$787 pp \$936 single \$100 deposit

**August 17 to 24** Montreal, Quebec City, and Ottawa in Canada: \*\*\*You need a passport for this trip! 8 days, 7 nights \$1445 pp \$1744 single \$100 deposit  
This trip is going!

**October 7 to 11** Lancaster Show Trip & Dutch Country: 5 days, 4 nights \$860 pp \$1009 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 or give it to Bob Reed in person. You also need to fill out the form at the bottom of this page and include it with your payment. You need to fill out the additional information form for Prime Tours that is attached to the trip sheet.

**Bob Reed's Office Hours:** Tuesdays and 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!!

### A CONSULTATION is Waiting for You!

#### 3 Facts to Know:

1. Medicaid pays for long-term care only once your assets have been nearly depleted.
2. Medicaid Planning helps you qualify for financial aid sooner — preserving your assets for your family.
3. Planning can help you receive care in a place of your choice — *even in your home*.

**Lovett & House** has helped *thousands* of Ohio families with Medicaid planning in many counties. Attorney George Lovett is a “certified expert in estate planning, trusts, and probate law” by the Ohio State Bar Association.

[www.lovettlawoffice.com](http://www.lovettlawoffice.com)

**Call (937) 667-8805 Now!**

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Questions? Call (937) 898-2273



### 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

#### CONTACT US

1020 West National Rd

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# Parks & Recreation

## Wall Of Honor

**Congratulate our three latest wall honorees over the age of 60 who have climbed the wall.**

**Rod Childs climbed the wall at the age of 84!**

**Marycarol Gee climbed the wall at the age of 74!**

**Carol Cross climbed the wall at the age of 82!**

**Be the next to get honored and be added to the Wall of Honor for climbing the rock-wall. If interested contact Josh Berry Fitness Coordinator @ [Jberry@vandaliaohio.org](mailto:Jberry@vandaliaohio.org).**



## March Spotlight: FREE Zumba classes on Mondays @ 08:30am-09:15am with Lindsay

**Come join Lindsay and party with this upbeat aerobic class put to modern Latin and non-Latin music. Zumba Circuit is an interval style class that uses Zumba routines and weight training exercises. Zumba in Motion combines cardio and weight intervals set to motivating music routines! All Senior Fitness Classes are free for all those 55 years of age and older.**

## FREE Senior Pickleball

**Come join us for one of the fastest-growing sports in the country, where great play and great people come together.**

**M/W/F 11:30am-2:00pm & T/Th 10:30am- 12:30pm**

**Pickleball skills and drills- T/Th 10:00am-10:30am**

## Insurance Membership Incentive Program

**Visit the VRC at least 10 times each month and you will automatically be entered in a drawing to win a \$50 Gift Card!**

**The VRC accepts the following Insurance programs:**

**Tivity Health, ASH Fit, and OPTUM Health. Program Sponsored by:**

**Edward Jones**<sup>®</sup>  
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## Parks & Recreation Information

### **Adult Easter Egg Hunt**– Friday, March 22nd– 8:00pm

Time for the adults to relive their childhood egg hunt! Participants will meet in the VRC Gymnasium no later than 7:45pm to check in. The egg hunt will start promptly at 8:00pm. Please bring a flashlight to this event. Eggs will contain candy, raffle tickets and gift cards. After the egg hunt is over, everyone will meet back in the VRC Gymnasium to count eggs and begin the raffle.

**Ages:** 21 and Older

**Fee:** \$15 Resident / VRC Member; \$20 Non-Resident

**Location:** Vandalia Sports Complex; Meet in Vandalia Recreation Center

**Registration Deadline:** You must be registered for this program by Wednesday, March 20. Walk-ins will not be accepted.

### **Vandalia Paws in the Park Easter Party**– Saturday, March 16th– 11:00am-1:30pm

**NEW!** Bring your dog out to Helke Park and have a barkin' good time! We will have egg hunts, dog vendors, dog costume contest, food truck and pictures with the Easter Bunny!

**Fees:** Free Event! \$10 per dog for the egg hunt

**Location:** Helke Park

**Time:** Events runs from 11:00am-1:30pm

**Registration Deadline:** If you want to participate in the egg hunt, you must be registered by Wednesday, March 13.

**Notes:** Please bring your own basket and/or bag for the event. All dogs must always remain on their leash. When a dog touches an egg with its nose, their handler will be able to pick up the egg and put it in a basket. All the eggs contain dog treats or other prizes for the dog.



### **Vandalia Easter Eggstravaganza**

Bring the family out and have an "egg"cellent time at the Vandalia Easter Eggstravaganza! We will have egg hunts, baby goat petting zoo, arts & crafts, face painting, vendors, games, activities, food trucks, Easter bunny photo area, and more! Make sure to bring your own basket for the egg hunts

**Fee:** Free entry event

**Location:** Vandalia Sports Complex on the Soccer Field Side

**Easter Egg Hunt Times:** 11:00am & 1:00pm

**Easter Egg Hunt Ages:** For ages 10 and under

**Groups:** 2 and younger, 3-4, 5-6, 7-8, 9-10



## 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

#### 2024 Committee:

|                |                               |
|----------------|-------------------------------|
| President      | Cathy Nortman<br>985-201-6747 |
| Vice President | Iris Siebert<br>937-454-1583  |
| Treasure       | Kay Lowe<br>937-409-8300      |
| Secretary      | Dottie Ganter<br>937-898-7286 |

## DATED MATERIAL: DO NOT DELAY

--MEMBERSHIP--

Age 55 or older

Younger Spouses are welcome!

The 2024 fees for members are:

Vandalia Residents \$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.

PRINTED BY:



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[store5355@theupsstore.com](mailto:store5355@theupsstore.com)

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