

Vandalia Senior Center

April, 2024 Volume 12 Issue 4



The Center Needs a Van Tran Driver for Two Thursdays

Are you or someone you know interested in volunteering and helping people? Can you drive in all seasons of weather? Can you pick up a walker and put it in a vehicle? Can you carry groceries? Then come in and see Toni in the office at the Senior Center to learn more details. To become a Van Tran driver, you fill out an application. You have a doctor sign a form certifying that you are capable of driving others. The City of Vandalia will do a background check and a driving record check. If all goes well, then you ride with other Van Tran drivers until you know the procedures and are ready to start taking riders on your own. Our riders really appreciate this service!



An Invitation from the Vandalia-Butler High School

You are invited to dinner and to attend the high school musical. This year's musical is *Beauty and the Beast*. You are invited to attend on Friday, April 26. The pasta and salad dinner is sponsored by The Rotary Club and it is at 6:00 p.m. followed by the musical. Be sure to sign up and mark your calendar so you don't miss it.

From the Senior Center, turn left on Dixie. Go past the high school and turn left on Alkaline Springs. Turn left into the school parking lot. Enter through the front door and from there, you will be guided to the dinner.

Veterans, Spouses, and Widows

Come meet with Master Sergeant Dave Weeks, USAF, retired on Friday, April 12, from 1:00 to 4:00 p.m. in the art room. He will meet with you one-on-one to talk about benefits that you may be entitled to and explain how to obtain those benefits. If you cannot meet Dave on April 12, contact Toni in the office. She will have Dave call you to work out a date and time.



Lunch & Learn

Shelby Skilled Nursing Lunch & Learn on Tuesday, April 2, at Noon

Kristi Xavier from Shelby Skilled Nursing and Rehabilitation will bring your lunch. Dennis Turner, a law professor at U. D., is presenting "Tricks that Lawyers Play in the Courtroom". You didn't get to hear this one in January due to the snow. Have you ever thought that you could try a case better than the lawyers you have seen in the courtroom, in the movies, and on tv? If so, now is our chance to find out the tricks and skills that lawyers use in the courtroom. You will examine scenes from movies and tv shows, to try and determine what makes good trial lawyers so good. Limit: 80



Oasis Lunch & Learn on **Monday**, Apr. 8, at Noon

Those members who received their newsletters by mail have information about this lunch. Since those newsletters were printed and mailed, the City of Vandalia has decided to close buildings on April 8 because they are expecting a high volume of traffic due to the very rare total solar eclipse. You can read more about the eclipse on page 11. If you are interested in attending an eclipse event, turn to page 15 to learn about the three hour free event that will take place at the Vandalia Library on April 8.

Hearth & Home Lunch & Learn on Tuesday, April 9, at Noon

Rose Siddle from Hearth & Home will bring your lunch from their kitchen. For over 20 years, Matt Stanley has combined stand-up comedy with unexpected magic for a very entertaining show. He has been featured on NBC and FOX networks and he has opened for Master Illusionist David Copperfield. Members enjoyed his show last year. Matt has a different show for you this year. Since he is only charging the center one-fifth of his normal fee, there will be a container for tips at the end of the show. Limit: 100



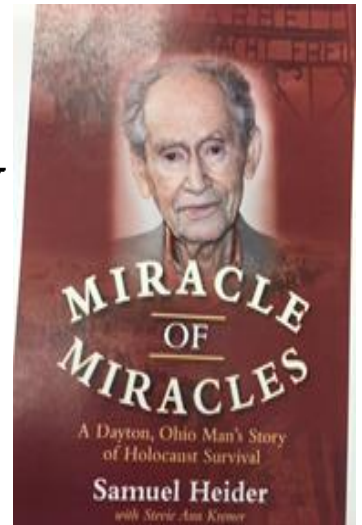
Stonespring Lunch & Learn on **Thursday**, April 11, at **11:00 A.M.**

Sarah Mather from Stonespring will order your lunch. Jim Charters, a volunteer with Carillon Park, will present a talk about John H. Patterson. Learn about the life and times of Patterson who founded NCR. He had the first "daylight factory" that also had landscaping outside. John was famous for how and why he fired employees. The Flood of 1913 actually helped John Patterson get out of the trouble that he was in. Find out the details about these and other parts of John's interesting life. Limit: 75

Lunch & Learn

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

Jessica Ward from Cypress Pointe will bring your food from their kitchen. Stevie Kremer, a WSU professor and author, will share her book, *Miracle of Miracles*. She said as long as she has breath, it is her mission to share Samuel Heider's story. Stevie met Samuel in the summer of 2017 about the same time that he spoke at our Senior Center. Samuel was an ordinary Polish Jew who survived the extraordinary times of World War II though there were many events and multiple camps that could have taken his life. Sam was a resident of Butler Township who died in 2020 at the age of 95 but his miraculous story will live on through Stevie Kremer. Limit: 70



Complete Solutions Lunch & Learn on [Monday](#), April 15, at Noon



Scott and Michael Leonardi will order your food from Subway. Scott Leonardi will be talking about the costs of long term care and some ways to protect yourself from these costs. What is your biggest financial threat? Find out what a long term care policy should and should not do. For long term care, when should you use

Medicaid or an Annuity Based Long Term Care Plan, and/or the Pension Protection Act? How can you use Veteran's Benefits for long term care? These topics and more will be covered. At the end, they will be giving away three gas gift cards. Limit: 100

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

Jacque Dalton from Laurels of Huber Heights will bring your food. Allen Nelson from Next Steps Transitions will present "Senior Hacks". Allen will teach you strategies and tips for downsizing that will save you time and money including timelines and checklists. He will discuss how to put your belongings into categories in order to make decisions about what to keep, what to give away, what to donate, and what to throw away. Allen will talk about creative ways to repurpose some items. Limit: 75



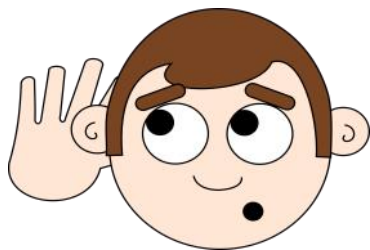
Bedrock At Home Lunch & Learn on [Monday](#), April 22, at Noon

Lily Knopp from Bedrock at Home will provide your lunch. Lily is an exercise physiologist. She will present ways to improve your balance and give you a handout of exercises to work on. None of us want to ever fall. Lily will talk about ways to prevent falling. Limit: 35

Lunch & Learns and More

Edward Jones Lunch & Learn on Tuesday, April 23, at Noon

Donna Bargo and Jordan Peterson will order your lunch. You will receive an Edward Jones Perspective booklet. Jordan will discuss some of the articles in the booklet and other financial topics. Limit: 25

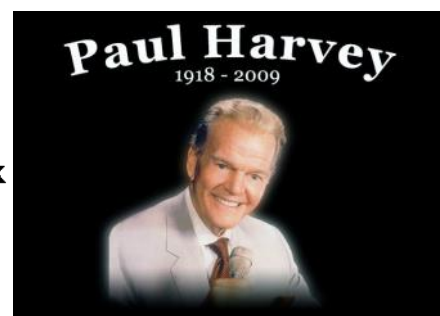


Affordable Hearing Lunch & Learn on Friday, April 26, at Noon

Sue Beven from the Affordable Hearing Store will provide your lunch. Sheila will talk about how various medications and vitamins can effect your hearing. Did you know that 70% of people with hearing loss have Tinnitus? Sheila will talk about the difference between aids that are over-the-counter versus getting a specialized hearing evaluation. She will explain the 65 Plus Plan Hearing Help for Seniors. Learn about these topics and more. Limit: 30

Randall Residence of West Milton Lunch & Learn on Tuesday, April 30, at Noon

Gina Havenar from the new Randall Residence of West Milton will bring your lunch. Do you remember the radio announcer Paul Harvey when you were growing up? Chuck Brecht, a presenter for U. D. Lifelong Learning, sure does. Chuck loved listening to his short common sense articles on numerous subjects of current events. He would build his stories and after giving a surprise ending would use the phrase "and that's the rest of the story". This presentation will be a compilation of subjects he discussed on his shows and how they relate to life today. This is not meant as a political discussion but a look back at how he simply viewed the world. Limit: 75



Let's Eat Out on the Second Tuesday of the Month

Sign up to eat out at Red Robin on Tuesday, April 9, at 5:00 p.m. It is located at 6404 Miller Lane. From the Senior Center, turn left on Dixie. Go to the sixth light, turn left onto Benchwood. At the next light, turn right and then left into the parking lot.



*****There are so many craft classes they are listed on pages, 4, 5, 6, and 9.*****

FREE: Flower Arranging Class on Wednesday, April 3, at 1:00 p.m.

Gina Havenar Heintz from Randall Residence of West Milton will have a variety of flowers for you to make an arrangement. Bring a vase or get one from under the free tables or get one from Gina. Limit: 15



Art

Flow Art Class on Friday, April 5, at 1:00 p.m.

Mindy Shockey would like you to try out Flow Art. You use paint that has had a special fixative added to it. You pour it onto canvas in a tray. Then it needs to dry for three days. You can come back to pick it up on Tuesday, April 9, or later that week. Cost: \$5 Limit: 10



Diamond Art Class on Fri., April 5, at 2:00 p.m.

Mindy Shockey has all the diamonds now separated and the gnome keychains are now ready to create. Or you can choose to make a heart keychain. There are 10 hearts and 22 gnomes. Cost: \$5



Silk Scarf Class on Thursday, April 11, at 12:30 p.m.

Cass Barth, a member, has been painting silk scarves for a long time. She says you don't need any artistic talent to do this. The silk will be on a wooden frame while you paint and until the paint dries. It is according to the weather if the scarf will dry in time for you to take it home or if you will need to return to pick it up. Due to the cost of the paints and the silk, the class cost is \$15. Limit: 10



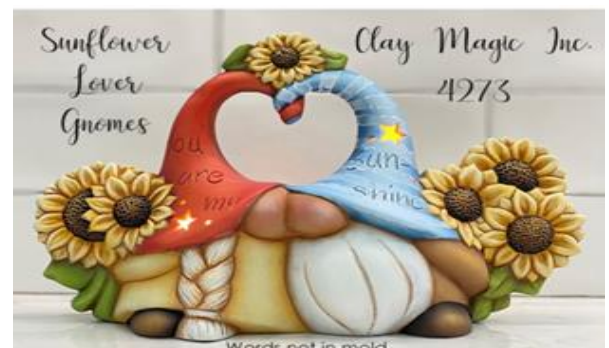
Essential Oils Class on Wednesday, April 17, at 1:00 p.m.



Christine Jordan with Red Lotus Essences will present "Your Aromatherapy Medicine Chest". What 3 essential oils should every home have? Which eucalyptus is good for the respiratory system and safe for children? What essential oil can promote healing and reduce the chance of infection in burns and cuts? Which essential oils can help promote a deep restful sleep? In this class, you will learn how to begin to create your own personal aromatherapy medicine chest. You will create a scent strip with the different oils on it to take home along with handouts. Cost: \$3 Limit: 20

Ceramics Class on Friday, April 19, at 1:30 p.m.

Mindy Shockey, a ceramics vendor and a member, has a wonderful double ceramic with a light for you to paint. You will be using her paints, brushes, and materials. Cost: \$15 Limit: 20



*****More art classes on page 6 and 9.*****

Movies

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

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

Snacks by Taylor Ries from Troy Rehabilitation

Many of you signed up for this movie in January but a snow day canceled it. Let's try it again! In the movie, *Long Story Short*, Teddy is a procrastinator. It takes him years to ask his girlfriend to marry him. 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. He must make every second count if he's going to win back the woman he loves when things begin to go so wrong. **R Romance/Comedy 1 hr. 34 min.**



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

Snacks by Heather Fogle of Momentus Health

This movie is a true story where all the events can be verified. The movie, *The Hill*, tells the amazing journey of the life of Rickey Hill (Colin Ford) and his family. Rickey was the son of a travelling pastor (Dennis Quaid) that was challenged to keep food on the table. Even as a young boy, Rickey had dreams of becoming a major league baseball player but he had a degenerative spinal condition. Find out how he overcame his handicap to try out for a legendary major league scout.

PG Drama /Religion /Sports 2 hrs. 6 min.



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

This class will introduce you to clean and simple cards. They are usually white with few layers and a single stamp. Color is usually minimal. These cards appear very elegant.

Linda Karn's card uses a lattice



die and a coneflower die. There will be a choice of messages. Kathy Dunn's card uses 3 die cuts to form the package for a simple but striking birthday card. A sentiment for the inside will be available or you can leave it blank to add your own sentiments. Limit: 12****Next p.9**

MON	TUES	WED	THUR	FRI
1 Vandalia Fire Dept. Using Dining Room 9:00-10:30 Hand & Foot 12:30 	2 Travel 9:00-12:00 Super Sewers 9:00 Bridge 9:45 BP & Sugar Check 11-12 Lunch & Learn 12:00 Hand & Foot 1:40 Book Club 1:40 Bingo 1:45	3 Hula Hooping 9:30 Exercise 11:00 Bridge 12:15 Up & Down the River 12:30 Flower Arranging 1:00	4 Travel 9:00-12:00 Tech Talk 11:00 Duplicate Bridge 11:45 Art Group 12:00 Rummikub 12:00 Pinochle 1:00 Bingo 1:00	5 Mah Jong 9:00 Colored Pencils 9:30 Exercise 10:00 Poker 1:00 Movie 1:00 Flow Art 1:00 Diamond Art 2:00
8 CLOSED The City of Vandalia Is closing buildings on this day because of the large volume of traffic that is expected due to the eclipse.	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 Exercise 11:00 Bridge 12:15 Up & Down the River 12:30	11 Travel 9:00-12:00 Lunch & Learn 11:00 Duplicate Bridge 11:45 Art Group 12:00 Rummikub 12:00 Silk Scarf Class 12:30 Pinochle 1:00	12 Mah Jong 9:00 Colored Pencils 9:30 Exercise 10:00 Lunch & Learn 12:00 Poker 1:00 Veteran's Benefits 1-4 Bingo 1:45
15 Branson trip meet at Vandalia Rec Center Check in: 10:30 am Lunch & Learn 12:00 Hand & Foot 12:30	16 Super Sewers 9:00 Bridge 9:45 Golden Qi 10:00 BP & Sugar Check 11-12 Lunch & Learn 12:00 Hand & Foot 1:40 Bingo 1:45	17 Hula Hooping 9:30 Exercise 11:00 Bridge 12:15 Up & Down the River 12:30 Essential Oils 1:00	18 Tech Talk 11:00 Duplicate Bridge 11:45 Art Group 12:00 Rummikub 12:00 Pinochle 1:00	19 Mah Jong 9:00 Colored Pencils 9:30 Exercise 10:00 Poker 1:00 Movie 1:00 Ceramics 1:30
22 Lunch & Learn 12:00 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 Exercise 11:00 Bridge 12:15 Up & Down the River 12:30 Birthdays 1:00 Bingo 1:30	25 Travel 9:00-12:00 City in Dining Room Noon to 4:00 p.m. Duplicate Bridge 11:45 Art Group 12:00 Rummikub 12:00 Pinochle 1:00	26 Mah Jong 9:00 Colored Pencils 9:30 Exercise 10:00 Lunch & Learn 12:00 Poker 1:00 Pressed Flower Lantern 1:45
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			

Exercise & Information

NEW BOOKS at the Vandalia Library

Summer Swap by Sarah Morgan
The House of Broken Bricks by Fiona Williams
The Library of Borrowed Hearts by Lucy Gilmore
The Roads We Follow by Nicole Deese
For the Love of Summer by Susan Mallery

NEW MOVIES at the Vandalia Library

The Creator
The Marvels
Hypnotic
The Holdovers
Eileen

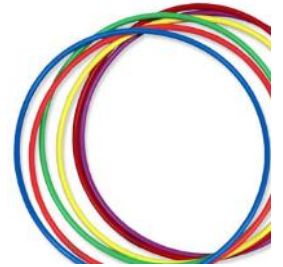


FREE Golden Qi Class on Tuesdays at 10:00 to 10:45 a.m.

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.



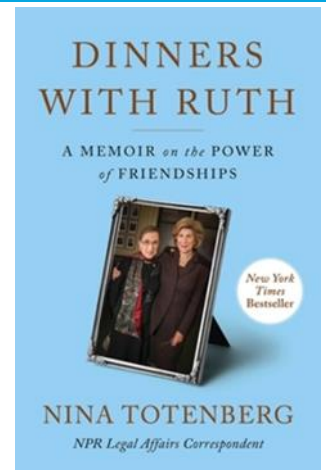
Tech Talk on the First & Third Thurs., April 4 and 18, at 11:00 a.m. to Noon

Tom Underwood from the Vandalia Public Library will answer questions about your phone, tablet, and other devices. Sign up to come to Tech Thursday and Tom will do his 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, April 2, at 1:40 p.m. to discuss, *Dinners with Ruth: A Memoir on the Power of Friendships* by Nina Totenberg. Celebrated NPR correspondent Nina Totenberg delivers an extraordinary memoir of her personal successes, struggles, and life-affirming relationships, including her beautiful friendship of nearly fifty years with Supreme Court Justice Ruth Bader Ginsburg.



FREE: Pressed Flower Lantern Class
on Friday, April 26, at 1:45 p.m.

Courtney Peck and Betty Devor from Randall Residence will help you make a pressed flower lighted lantern. They will have a candle for you to put inside the "lantern". Limit: 10



DANGER! DANGER!

Well, it has finally happened!
Earlier this year, 75



members signed up for a Lunch & Learn with 10 as back-ups. About 8 members canceled. The sponsor knows that often 5 to 20 of you don't show up for the lunches so the sponsor only ordered 50 sandwiches. The problem was 65 of you showed up! We had to scramble to figure out what to do. Please, please, please show up when you sign up unless you are sick. Write the dates on your calendar. Also some of you are arriving long after the serving is finished and want lunch. Most of the sponsors leave once the presentation begins and they often take the extras with them. Please arrive on time.



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 through November. Nurses from Montgomery County Public Health will be here on April 2. Nurses from Premier Health will be here on April 16.



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

 Premier Health

Information

Bridge Hosts

Tuesday bridge at 9:45 a.m. is hosted by Linda Wright.

937-898-6025

Wednesday bridge at 12:15 p.m. is hosted by Sandi Baylor.

937-694-2643

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, April 2, at 1:45 p.m. Limit: 48
2. Tambi Spirk and Nikki Waldron from Brookdale will bring food and call bingo on Thursday, April 4, at 1:00 p.m. Limit: 48
3. Mark Maudlin from Maudlin Senior Care Solutions will call bingo on Friday, April 12, at 1:45 p.m. Limit: 48
4. Brandie Lovato from Stillwater Skilled Nursing will call bingo on Tuesday, April 16, at 1:45 p.m. Limit: 48
5. Sam Stidham from Patient's Choice will call bingo on Wednesday, April 24, at 1:30 p.m. Limit: 48

Celebrate March Birthdays on Wed., April 24, at 1:00 p.m.

Momentum Health of Vandalia 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: liters of pop (especially Coke and Diet Coke), unopened jigsaw puzzles, cold drink cups (16 to 18 oz.) (spring colors welcomed), spring & summer napkins, non-refrigerated individual creamers, individually labeled flavored teas, art supplies, greenery, greeting cards, and items for the free tables.

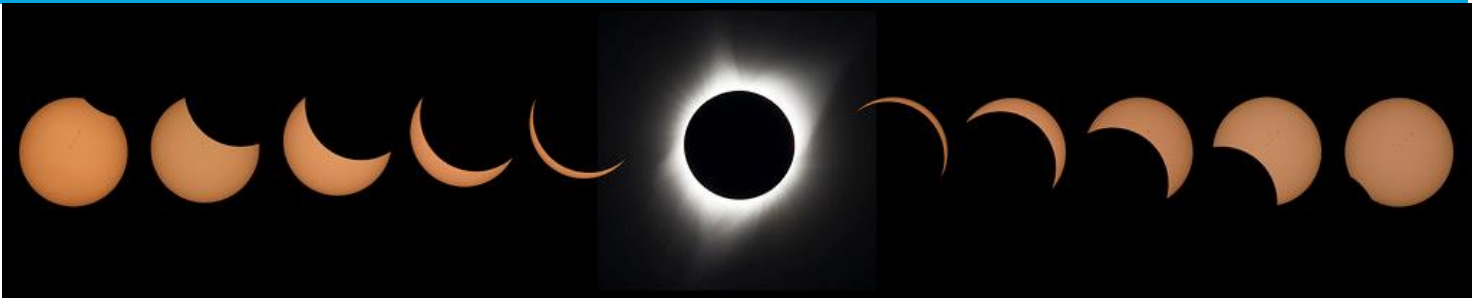
Boxes in the hallway under the coat rack and by the white board:

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





Were you at the Vandalia Senior Center on August 21, 2017, when Jessica Michna was portraying Eleanor Roosevelt? Just as she finished, about half of the audience rushed out the doors to view the solar eclipse. We could only see part of the total eclipse here in Ohio on that date. Your next chance to view a total solar eclipse in our area is Monday, April 8, 2024. According to NASA, the full eclipse will begin here between 3:08 p.m. and 3:10 p.m. It will last for two minutes and 43 seconds. It is a rare event for Ohio to be able to view a total solar eclipse. The last time that Ohio could see a total solar eclipse was in 1806. The next chance to view a total solar eclipse in Ohio is 2099!!

According to NASA's website, between the years 2001 and 2100, there will be 67 total solar eclipses. For nearly all of them, you would need to travel to another continent to view them. The solar eclipse happens when the moon moves directly in front of the sun, darkening the sky. It makes stars and planets visible and reveals the sun's outer atmosphere.

Except for the few minutes of the total eclipse, the sun can do damage to your eyes if you look at it directly. You need to be wearing special purpose solar filtered glasses that have the ISO 123/2-2 international standard for approved viewing. There are many watch events in the area, including the Air Force Museum, Boonshoft, SunWatch, and several libraries, including the Vandalia Public Library. The event at our local library is sponsored by the Vandalia Rec Center and runs from 1:00 to 4:00 p.m. Turn to page **15 for more information about this event.**



In 2010, the Book Club decided to take a field trip to the Thurber House in Columbus. The Thurber House is a non-profit literary arts center and museum located in the former home of humor writer and cartoonist James Thurber.



Travel

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

- May 5 to 7 Tulip Festival in Holland, Michigan: This trip is going!
June 13 Day trip to Cincinnati, Ohio \$198
July 25 Day trip to Medina, Ohio, area \$180
October 16-19 West Virginia: 4 days, 3 nights \$1049 pp \$100 deposit
December 15-18 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 15-20 Branson Show Extravaganza: This trip is going. You are combining with a group from Sandusky. Check-in at VRC: 10:30 a.m.
June 3-7 Mackinac Island: 5 days, 4 nights \$833 pp \$1012 single final payment due March 27
July 8-12 Chicago: 5 days, 4 nights \$787 pp \$936 single final payment due May 1
August 17-24 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 7-11 Lancaster Show Trip & Dutch Country: 5 days, 4 nights \$860 pp \$1009 single \$100 deposit

NEW: 2025: Grand American Tours: Call Sherilee at 1-800-423-0247

January 11-20 Labadee/US Virgin Islands/Antigua: \$2,773 to \$3,277 depending on cabin Deposit \$550 per person Need passport

Aug. 27-Sept. 6 Alaska Cruise, Land & Rail: \$4,711 to \$5,841 depending on cabin for dbl \$350 per pp deposit Need passport

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.

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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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(937) 898-5841

Ford Blue
BeauTownsend Advantage
Gold Certified

- ✓ 7-Year, 100,000-Mile Limited Powertrain Warranty
- ✓ 1-Year, 12,000-Mile Limited Comprehensive Warranty
- ✓ Financing as low as 1.9% APR
- ✓ 172-Point Inspection Vehicle History Report

Parks & Recreation

April Spotlight: FREE Hip Hop Zumba classes on Wednesdays @ 6:30pm with Annie

Come check out April's free fitness class with Annie. Annie brings great energy to the room and gives a great workout while dancing. Come out on Wednesday evenings in April to try Hip Hop Zumba!



ZUMBA

Climbing Wall Auto Belay are now open!

Do you have a grandchild looking to have some fun climbing or even better yet, do you want to try and climb our rock wall? We have new Auto Belay systems on the rock wall making the wall open when the VRC is open!

Fee: Free— VRC members; \$2.50— Residents; \$3.50 —Non-residents

Fee is for unlimited number of climbs!! Speak to the fitness staff to complete a waiver and for information to climb.

Free Wall Night- April 16th from 5:00pm-7:00pm

Every month we offer a free climb day for everyone to come and check out the wall.

Come on in for a great exercise and mix it up by climbing the wall!

VRC Fitness Studio open for VRC patrons!

The VRC Fitness Studio is now open to VRC patrons! Check at the fitness desk for the schedule of when the studio will be available to use during the day. The studio offers more space to get in a workout that doesn't involve a machine. Equipment in the studio is available for use. Take advantage of the quiet space and use the mirrors to make sure your form is spot on!



Superhero Costume Fun Run— April 27th from 12:00pm-4:00pm

Come on out for the Superhero run that is a 1.3-mile fun run where the runners, dressed as their favorite superheroes will run to stations and complete their superhero missions to save the city. Stations like adding to their costumes, completing fitness challenges, using their superpower challenge and more.

Ages: All Ages

**Fee: Free— VRC Members; \$10— Residents;
\$15 Non-residents**

Location: VRC Outdoor Track Area



Parks & Recreation Information

Vandalia Solar Eclipse Experience– Monday April 8th– 1:00pm-4:00pm

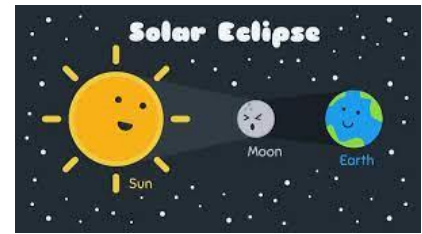
Get ready to witness the cosmos put on its own celestial show! Join us for our solar eclipse experience, where the sun takes center stage, dons its favorite cosmic accessories, and leaves you in awe. There will be solar-themed activities, food, free solar viewers to see the eclipse and more! It's a stellar spectacle you won't want to miss!

Fee: Free Entry Event

Location: Dayton Metro Library - Vandalia Branch

Address: 330 S Dixie Dr, Vandalia, Ohio 45377

Questions? Contact Aaron Messenger at: amessenger@vandaliaohio.org



Rose for Mom Contest

Do you have a granddaughter or grandson that would want to nominate their mom? Tell us in 200 words or less why your Mom is the greatest Mom in the world!

There will be three general winners in each division 1st-5th grade.

All winners will be contacted by Monday, April 29.

Contest Rules:

- Essay must be 200 words or less and submitted in child's handwriting.
- There will only be one winner per family.
- Entry blanks and essays must be submitted to the Vandalia Recreation Center's Front Desk no later than Friday, April 19.
- Only one essay per child.
- All entrants must be a resident of Vandalia or Butler Township.



Pottery Painting: Birdhouses and Story Time w/ The Purple Paintbrush

Monday, April 29th– 6:00pm-7:30pm

Join Kristin Bailey of Purple Paintbrush for another fun evening of pottery painting in the Art Park! Birdhouses will be available for pickup 2-3 weeks after the event at Vandalia Recreation Center.

Ages: All ages welcome

Fee: \$27 per family (parents can assist, however an additional birdhouse will need to be purchased at the time of registration if multiple people would like to paint a birdhouse, birdhouses will not be available to purchase at the event)

Location: Vandalia Art Park



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 985-201-6747
Vice President	Iris Siebert 937-454-1583
Treasure	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 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.

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