

Vandalia Senior Center

May, 2024 Volume 12 Issue 5



Puzzlemania on Monday, May 6, Beginning at 12:45 p.m.

We are going to try out our first ever Puzzlemania event. Randall Residence of West Milton is sponsoring the snacks and prizes. Sign up in teams of 1, 2, or 3 people. If you don't want others to join your team, just X out the other lines. There are enough 300 piece puzzles for 15 teams. You will be in the dining room and art room. From 12:45 p.m. to 1:00 p.m., you will pick out a table, get a snack, listen to the guidelines, and go through preparations to start. Your team will have from 1:00 to 3:00 p.m. to complete the puzzle. If you need to listen to music, please bring ear buds so you will not disturb others.

Limit: 15 teams of 1, 2, or 3 people.

You Are Invited to One Lincoln Park on Thursday, May 23, from 11:30 a.m. to 1:30 p.m.

Do you like indoor house plants? Then Dana Chesser and Jonathan Carl would like to invite you to this event. The chef will prepare a lunch with 3 mini croissants with salad fillings, fruit cup, Basil Tomato soup, and dessert. Now and Zen DIY Studio will have a class on terrariums and house plants. Then you will choose a container, a plant, and accessories to build your own terrarium to take home. Now and Zen DIY Studio will have other items for sale also.



If you would like to tour the facility, just let Dana know that day. Deadline: May 16
Limit: 25 Directions: Take I-75 south to the Moraine exit. Turn left on N. Springboro Pike. Turn left on W. Dorothy Lane. Turn right on Shroyer Rd. Turn left on Isaac Prugh Way. Go to 590 Isaac Prugh Way and let the valet park your car.



You Are Invited to an Ice Cream Social on Fri., May 24, at 2:00 p.m.

The Senior Club Committee is inviting you to this event. You will get scoops of ice cream in a cup. Then choose from 3 syrups and 4 types of toppings to put on your ice cream. All of this is being supplied by JD Frozen Custard in Englewood where they make their ice cream daily. The committee will also have games for you to play. There will be a 50/50 and a raffle for a gift card. Sign up by going to box #3 in the hallway and follow the directions to pay \$5 which is less than the price in their store. Deadline: May 17

Lunch & Learn

Shelby Skilled Nursing Lunch & Learn on Tues., May 7, at Noon

Kristi Xavier from Shelby Skilled Nursing and Rehabilitation will bring your lunch. In honor of Memorial Day, Angie Hoschouer Berghius will present "Revolutionary War Soldiers". Woodland Cemetery has the distinction of having members of every war buried in the hallowed ground of the cemetery. Brave men such as Robert Patterson, Isaac Spinning, John Grimes, and others who served bravely in the Revolutionary War and later became prominent citizens of Dayton. Twenty of the 158 soldiers from that war rest at Woodland. You will hear their stories. Limit: 80

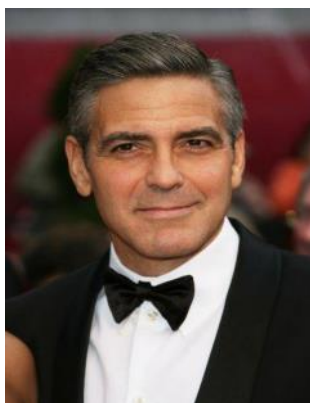


Stonespring Lunch & Learn on **Thurs.**, May 9, at **11:00 A.M.**

Sarah Mather from Stonespring will order your lunch. Mark Risley is with the Oakwood Historical Society. He is a speaker for U.D. Lifelong Learning and a retired aircraft dispatcher. He will use his background to present "The Great Flood of 1913". It was one of the most renowned natural disasters for Dayton. Mark will take a look at Dayton before, during, and after the flood through vintage photographs. He will talk about the rescue and recovery efforts and the long-term effects of this event. Limit: 75

Cypress Pointe Lunch & Learn on Friday, May 10, at Noon

Jessica Ward from Cypress Pointe will bring your food from their kitchen. Dr. Andrew Dyer from Take2Healthcare has lectured across the Miami Valley and is a regular host of the Saturday morning radio show, Take2Healthcare: Your Guide to Better Living on AM 1290 WHIO. Dr. Dyer will present "How to use foods, vitamins, and good habits to live healthy and well in an increasingly toxic world." This talk will explore natural options on how to get and stay healthy including utilizing diagnostic testing to determine your body's overall needs. Limit: 70



Springmeade Lunch & Learn on Tuesday, May 14, at Noon

Robin Shafer from Springmeade will order pizza for you. Cheri Brinkman, professor and author, will present "Hollywood on the Ohio". Unfortunately, George Clooney won't be able to attend but Cheri will be talking about him. Her talk is about the famous stars from stage and screen from southwest Ohio and northern Kentucky. Learn about the great film stars and directors from the silent era to modern day. This area has been a cradle of some truly remarkable performers. Limit: 75

Lunch & Learn

Laurels of Huber Heights Lunch & Learn on Tuesday, May 21, at Noon

Jacquie Dalton from Laurels of Huber Heights will bring your food. Lee Ann Rose is returning from Williamsburg, Virginia, by Zoom to present "Theodore Roosevelt". This is a performance in character and in costume as you can see from the photograph to the right. She will portray our 26th President who ushered our country into the 20th century. Limit: 75



Hearth & Home Lunch & Learn on Friday, May 24, at Noon



Rose Siddle from Hearth & Home of Vandalia will bring your lunch. Lori Horstman, a professor, a certified dementia specialist, speaker, and trainer, will talk about some causes of dementia and Alzheimer's disease. She will tell you ways to try to prevent having those conditions as well as how to improve if you have one of these diseases. Lori is a very knowledgeable speaker. You will want to hear what she has to say. Limit: 100

Momentum Health Lunch & Learn on Tuesday, May 28, at Noon

Jennifer Terriaco will have Chef Aaron from Momentum Health of Vandalia prepare lunch for you. Many of the places that helped make Dayton a center of innovation were lost to history while others survived and adapted, representing the City's spirit of revitalization. Join Andrew Walsh, the author of *Lost in Dayton*, as he discusses his book and explores the diverse sites that form Dayton's disappearing legacy through photographs. Limit: 75



Randall Residence of West Milton Lunch & Learn on Friday, May 31, at Noon

Becky Devor from Randall Residence of West Milton will bring your lunch from their kitchen. In the mailed newsletters, it says that The King's English will be playing. Then they realized the group was double booked. Joey D. arranged for his friends, Bobby D. and the Quartet to fill in for him. We will collect donations at the end to thank them. Limit: 75

Lunch & Learns and More

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



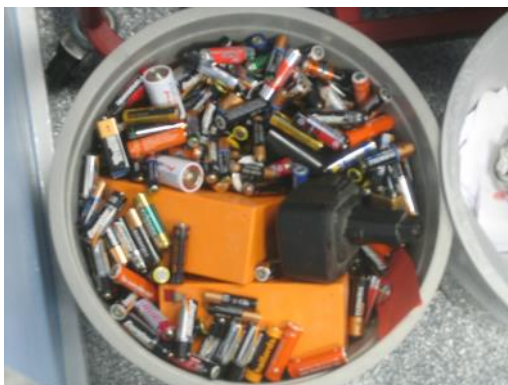
Sign up to eat out at Warped Wing Brewery & Smokery on Tuesday, May 14, at 5:00 p.m. It is located at 6602 Executive Blvd. in Huber Heights. Directions: From the Senior Center, turn left onto Dixie. Cross over I-70 and continue to the light at Little York Rd. Turn left onto Little York. After the tunnel, turn left onto Rip Rap Road which



turns into Taylorsville Rd. At the light, turn left onto Old Troy Pike. Shortly after crossing I-70, turn right onto Executive Blvd. Drive almost to Brandt Pike. Just before the Rose Music Center, you will see Warped Wing on your right.

Kitchen Drawers for Members

This set of three drawers is located right behind the coffee pot in the kitchen. The items in these drawers are for members to use. You are at a Lunch & Learn and you just tasted the food before the speaker began and it needs salt and pepper. Go to the top drawer where there are many salt and pepper shakers. You brought food to share with your group but forgot your utensils and plates. The top drawer has plasticware. The middle drawer has cups and napkins and the bottom drawer has plates to use.



Batteries Are No Longer Being Collected

The City of Vandalia is no longer collecting used batteries to take to recycling. So what now? I checked the EPA website. It says common alkaline and zinc-carbon batteries which include 9 Volt, AA, AAA, C, D and some button cells can go in your regular trash. Some button batteries and other single use batteries are made of lithium metal. They are commonly used in watches, hearing aids, car remotes, and medical devices. The EPA website

suggests you place each battery in a separate plastic bag or place electrical tape over the battery's terminals or around the entire button. For those, you need to go to the Earth911 website or call 1-800-CLEANUP (253-2687) to find out where they can be dropped off. Batteries Plus told me they take used batteries. They charge \$.99 per pound. The website also said some Lowe's and Home Depot stores will take rechargeable batteries.

Art



Ice Dying a Scarf Class on Thursday, May 2,
from 9:30 to 10:30 a.m. AND 3:00 to 4:00 p.m.

Yes, this is a two-part class on the same day. Cass Barth will take you through the steps to make an ice dyed scarf. You have to give the ice time to melt and go through the dye. Then you come back and rinse out the scarf. You will let it dry at home. Cost: \$15
Limit: 10

FREE Card Making Class on Wednesday, May 8, at 1:00 p.m.

You can make two cards between 1:00 and 3:00 p.m. There will be lots of scrapbook papers, stickers, stamps, and more with flowers, butterflies, and things with a summer theme. There will be lots of



equipment and other items to embellish your cards. (The card in the photo is just an idea.)
Limit: 12



FREE Flower Arranging Class on Wednesday, May 15, at 1:00 p.m.

Jessica Ward from Cypress Pointe will bring a variety of flowers, greenery, twine, ribbon, florist floral wrap, and vases. You will be making a bouquet with fresh flowers. Limit: 15

FREE Bird Decoration Class on Wednesday, May 22, at 1:00 p.m.

Candy Jones will take you through the steps to make this delightful bird. You will cut fabric with a bird template. Then you will use a template to cut a wing out of denim wide ribbon & burlap. Next you will attach the bird to watercolor paper with Mod Podge. Last you will use a glue gun to put on a button and a gemstone for an eye. Limit: 12



Ceramics Painting Class on
Friday, May 31, at 1:30 p.m.

Mindy Shockey, a ceramics vendor and a member, is bringing this cute patriotic gingerbread character for you to paint. You will be using her paints, brushes, and materials. Cost: \$8 Limit: 15



Movies

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

Movie on the First Friday, May 3, at 1:00 p.m.

In the movie, *Queen Bees*, fiercely independent senior Helen (Ellen Burstyn) agrees to temporarily move into a nearby retirement community while her house undergoes repairs. There she encounters a lusty widow (Ann Margret), cutthroat bridge tournaments, and a hotbed of bullying "mean girls," (Jane Curtin) and an interesting man (James Caan). PG-13 Comedy/Romance 1 hr. 40 min.



QUEEN BEES



Movie on the Third Friday, May 17, at 1:00 p.m.

Snacks by Jennifer Terriaco of Momentus Health

Trust me with the movie, *The Cokeville Miracle*, since it is a little different than what I normally show. This is a true story. On May 16, 1986, a disgruntled former town Marshall and his wife took the Cokeville Elementary School in the tiny town of Cokeville, Wyoming, hostage with their homemade bomb. The children in this small ranching community later told stories of divine intervention before and after the bomb went off. The miraculous events transformed the lives of hundreds of people, including those who witnessed angels and received heavenly help.

At the end of the movie, you will get to meet many of the children who are now adults with families of their own. PG-13 Mystery / Thriller 1 hr. 34 min.



Join the Games

There are members that will teach you some of the games. Come in on Tuesdays at 1:45 p.m. to learn to play Hand & Foot. Show up on Wednesdays by 12:30 p.m. to find out how to play Up & Down the River. You need to bring about 50 pennies with you. On Thursdays, you can learn Rummikub beginning at noon and Pinochle at 1:00 p.m. Join the Mah Jong group on Friday mornings at 9:00 a.m. to learn the game with tiles. If you know how to play poker, the poker group will show you some new kinds of Poker games. A dollar buys you 100 chips.

If you are already a bridge player whether you are interested in being a regular or a substitute, call the hosts listed on page 10. If you are interested in easy going party bridge, join the Tuesday morning group. If you want regular bridge, then talk to the host for the Wednesday afternoon group. If you play duplicate bridge, call Jim about the Thursday afternoon group.



MON	TUES	WED	THUR	FRI
		1 Hula Hooping 9:30 Exercise 11:00 Bridge 12:15 Up & Down the River 12:30	2 Travel 9:00-12:00 Part 1: Ice Dyeing 9:30 Tech Talk 11:00 Duplicate Bridge 11:45 Art Group 12:00 Rummikub 12:00 Pinochle 1:00 Bingo 1:00 Part 2: Ice Dyeing 3:00	3 Mah Jong 9:00 Colored Pencils 9:30 Exercise 10:00 Poker 1:00 Movie 1:00
	6 Hand & Foot 12:30 Puzzlemania 12:45	7 Super Sewers 9:00 Bridge 9:45 Golden Qi 10:00 BP & Sugar Check11-12 Lunch & Learn 12:00 Hand & Foot 1:40 Book Club 1:40 Bingo 1:45	8 Hula Hooping 9:30 Exercise 11:00 Bridge 12:15 Up & Down the River 12:30 Card Making 1:00	9 Travel 9:00-12:00 Lunch & Learn 11:00 Duplicate Bridge 11:45 Art Group 12:00 Rummikub 12:00 Pinochle 1:00
13 Hand & Foot 12:30	14 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	15 Hula Hooping 9:30 Exercise 11:00 Bridge 12:15 Up & Down the River 12:30 Flower Arranging 1:00	16 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	17 Mah Jong 9:00 Colored Pencils 9:30 Exercise 10:00 Poker 1:00 Movie 1:00
20 Hand & Foot 12:30	21 Travel 9:00-12:00 Super Sewers 9:00 Bridge 9:45 Golden Qi 10:00 BP & Sugar Check11-12 Lunch & Learn 12:00 Hand & Foot 1:40 Bingo 1:45	22 Hula Hooping 9:30 Exercise 11:00 Bridge 12:15 Up & Down the River 12:30 Bird Decoration 1:00	23 Travel 9:00-12:00 Event at One Lincoln Park 11:30—1:30 Duplicate Bridge 11:45 Art Group 12:00 Rummikub 12:00 Pinochle 1:00	24 Mah Jong 9:00 Colored Pencils 9:30 Exercise 10:00 Lunch & Learn 12:00 Poker 1:00 Ice Cream Social 2:00
27 CLOSED FOR MEMORIAL DAY	28 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	29 Hula Hooping 9:30 Exercise 11:00 Bridge 12:15 Up & Down the River 12:30 Birthdays 1:00 Bingo 1:30	30 Travel 9:00-12:00 Duplicate Bridge 11:45 Art Group 12:00 Rummikub 12:00 Pinochle 1:00	31 Mah Jong 9:00 Colored Pencils 9:30 Exercise 10:00 Lunch & Learn 12:00 Poker 1:00 Ceramics 1:30

Exercise & Information

NEW BOOKS at the Vandalia Library

Dead Tired by Kat Ailes

The Lady with the Dark Hair by Erin Bartels

Just for the Summer by Melody Carlson

Seven Summers by Paige Toon

Life and Otter Miracles by Hazel Prior

NEW MOVIES at the Vandalia Library

Color Purple, the musical

Freelance

Next Goal Wins

Anyone But You

Ferrari

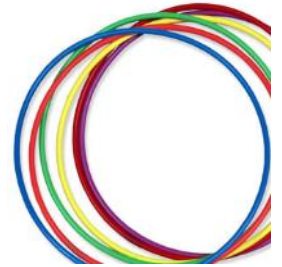


FREE Golden Qi Class on Tuesdays at 10:00 to 10:45 a.m.

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 some of the 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 Bill Kistner.

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.



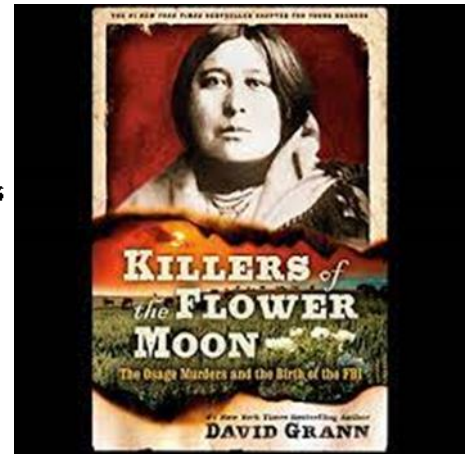
Tech Talk on the First & Third Thurs., May 2 and 16, at 11:00 a.m. to Noon

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!

Information

Vandalia Senior Center Book Club

The Book Club will meet on Tuesday, May 7, to discuss the book, *Killers of the Flower Moon* by David Grann. In the 1920s, the richest people per capita in the world were members of the Osage Nation in Oklahoma. After oil was discovered beneath their land, the Osage rode in chauffeured vehicles, built mansions, and sent their children to study in Europe. Then, one by one, the Osage began to be killed off. This was just the beginning, as more and more Osage were dying under mysterious circumstances, and many of those who dared to investigate the killings were themselves murdered. As the death toll rose, the newly created FBI took up the case, and the young director, J. Edgar Hoover, turned to a former Texas Ranger named Tom White to try to unravel the mystery. White put together an undercover team, including a Native American agent who infiltrated the region, and together with the Osage began to expose one of the most chilling conspiracies in American history.



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The Nurses Want 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. The nurses will be here every month through November. Nurses from Montgomery County Public Health will be here on May 7. Nurses from Premier Health will be here on May 21.



This photo was taken in 2010. It was time for a luau with palm trees hanging from the ceiling. Everyone attending the dinner was wearing a lei and most had on brightly colorful shirts for the special occasion.



Information

Bridge Hosts

Tuesday bridge at 9:45 a.m. is hosted by Darilynn Whittemore. 937-776-4686

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, May 2, at 1:00 p.m. Limit: 48
2. Taylor Ries from Troy Rehab will call bingo on Tuesday, May 7, at 1:45 p.m. Limit: 48
3. Mark Maudlin from Maudlin Senior Care Solutions will call bingo on Friday, May 10, at 1:45 p.m. Limit: 48
4. Brandie Lovato from Northwood will call bingo on Tuesday, May 21, at 1:45 p.m. Limit: 48
5. Shelli Jackson & Courtney Peck from Randall Residence of Tipp City will call bingo on Wed., May 29, at 1:30 p.m. Limit: 48

Celebrate May Birthdays on Wed., May 29, at 1:00 p.m.

Randall Residence of West Milton will provide the birthday cakes from their kitchen. Please sign up if you have a birthday. We will take a group photo then everyone will sing "Happy Birthday". Everyone gets a piece of cake but the birthday people get theirs 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), seasonal 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:

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



Hummingbirds

Hummingbirds are very interesting birds. The tiniest ones, Bee Hummingbirds, weigh less than an ounce and are only 2 inches long. These birds can fly in any direction, even backwards. They can hover in midair when sipping nectar from brightly colored flowers. Hummingbirds can beat their wings about 70 beats per second which can produce a buzz often audible to human ears. With all of this zooming around, they must eat at least half of their body weight each day to replace the calories they use. That means eating constantly from sunrise to sunset while visiting about 1,000 flowers in a day.



Hummingbirds fly solo not in flocks when traveling. Many hummingbirds start arriving in our area by late April. Many experts advise to put food out for them about two weeks before their expected arrival. Do not use red dye in a feeder but the birds are attracted to the color red. If your feeder isn't red then attach red labels or stickers to attract them. You can make a sugar water mixture for them. Mix 1 part white sugar with 4 parts water.

A habitat that offers food, water, shelter, and security attracts hummingbirds.

1. These birds love water especially moving water such as a sprinkler hose or a water fountain. This is perfect for them to take a bath.
2. Hummingbirds like shade. Shrubs, dwarf trees, and vines give them places to shelter.
3. The hummingbirds need space between plants to give them enough room to hover and then to move from flower to flower.
4. These birds do not have a keen sense of smell. They rely on bright colors to find their food. They like anything red especially. Tubular flowers tend to produce the most nectar. They are attracted to many annuals, including cleomes, impatiens, and petunias. Below is a list of perennials that attract hummingbirds. It is better to choose varieties that are in red and orange shades.

beard tongue
columbine
foxglove
pincushion flower
scarlet trumpet honeysuckle

bee balm
coral bells
iris

butterfly bush
daylily
larkspur
red-hot poker
summer phlox

catmint
desert candle
lily
scarlet sage
verbena

clove pink
flowering tobacco
lupine
soapwort
pentas



Travel

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

- May 5 to 7 Tulip Festival in Holland, Michigan: Meet at the VRC. Check in: **6:30 a.m.**
June 13 Day trip to Cincinnati, Ohio \$198 **This trip is getting close to going.
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.

- June 3-7 Mackinac Island: 5 days, 4 nights \$833 pp \$1012 single
This trip is VERY close to going. Final payment is **due now.
July 8-12 Chicago: 5 days, 4 nights \$787 pp \$936 single final payment due **May 8**
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 Amy 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 4 p.m.** Leave a voicemail.

Name: _____ Name of Roommate: _____

Cell phone: _____ Email: _____

Trip Destination: _____

Emergency contact—Name: _____ Phone number: _____

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Parks & Recreation

May Spotlight: FREE Cardio Splash classes on Wednesdays @ 6:30pm with Linda

Come check out May's free fitness class with Linda. Use the resistance of the water to improve cardiovascular fitness, endurance, and strength. Depending on your level you can choose to either be in the deep area or shallow area of the pool during class. Come out on Wednesday evenings in May to try Cardio Splash!



Free Wall Night– May 14th, 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 great exercise and mix it up by climbing the wall!

Thank you to our 2024 Youth Sport Sponsors!

Please consider supporting our generous sponsors!

Steve Reed State Farm Insurance

Blue Knight Roofing & Restoration

Kendall Electric

Monnin's Fruit Farm

Christy's Family Pizzeria

Heeter Plumbing

Skateworld Of Vandalia

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Bunkers

Quick Lane Tire & Auto Center

Collins Vision Care

Serene Moments MedSpa

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VFW 9582

Sound Financial Solutions

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Rush Truck Centers – Dayton

Frickers

Warehouse 4

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Cooper's Blacktop

Daytime Exteriors Roofing, Siding, & Gutters

Airline Dairy Creme

Abbey Credit Union

Choice One Engineering

JYG Innovations

Johnson Electric

*A BIG Thanks
to our Sponsors!*

Vandalia Sweet Treats Fest– Saturday, May 11, from 4:00pm-8:00pm

Indulge your sweet tooth in a symphony of flavors at our Sweet Treats Fest! Satisfy your cravings with a decadent array of treats that will transport your taste buds to a sugary wonderland. From heavenly cakes to delightful pastries, this event is a sugar-coated celebration where every bite is a blissful escape into a world of confectionery delight. There will be non-food vendors, live music, and other activities for you to enjoy!

Fee: Free entry event

Location: Vandalia Sports Complex

Sponsored by: Monroe Federal



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May is VRC Mental Health Month

Your mental health is valuable, so spend time investing in yourself with the VRC to celebrate Mental Health Month in May! The VRC offers a supportive space where individuals can explore resiliency, mindfulness, and emotional balance. Together, we will embark on a month-long journey towards learning about mental health, fostering connections, empowerment, and the tools to navigate life's challenges with strength!



Programs Available:

- 1. Mental Health QR Code Scavenger Hunt:** From Wednesday, May 1 through Wednesday, May 15, there will be QR codes hidden in the parks. Scan the QR code to complete submission for each park. Listed are the parks that the QR codes will be in: Helke Park, Art Park, Sports Complex Playgrounds, Jeffers Park, Robinette Park, Victory Park
- 2. Youth Mental Health 101 with ADAMHS:** Wednesday, May 8, from 6:00 - 7:30 pm. To register, please email Aaron Messenger at: amessenger@vandaliaohio.org. You must register for this session by Tuesday, May 7.
- 3. During the whole month of May, if you are participating in a group fitness class, each paying customer can bring an additional person as a guest at no charge.**
- 4. Entry into Luther's Jungle and Ricky's Tiny Tikes will be free on Thursdays during the month of May.**
- 5. Climbing the rock wall on Tuesday, May 14, and Tuesday, May 18 will be free of charge.**
- 6. Premier Health Mental Health Session:** Wednesday, May 22, from 5:30pm – 6:30pm at the VRC. This session will be an introduction to mental health with an adult-focus. To register, please email Aaron Messenger at: amessenger@vandaliaohio.org.

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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