## **Vandalia Senior Center**



July, 2024 Volume 12 Issue 7



A Spectacular Show to Celebrate the Month of July

Linda Ankney with Medigold is sponsoring an exciting performance by the entertainer Brian Brenner on Monday, July 15, at 12:30 p.m. Brian will be performing his variety show. He will be singing oldies tunes, country songs, and music from the Las Vegas legends that you will enjoy. Cookies will be provided by Medigold. Limit: 100

This show will be followed by a bingo at 1:45 p.m. Linda Ankney with Medigold will be providing the prizes. Toni Williams will be calling the bingo.





#### **New Sign**

On May 21, a new sign was put on the front of our building. The previous sign had been up since the center was built in 1978.

#### Lunch & Learn

#### Stillwater Skilled Nursing Lunch & Learn on Tues., July 2, at Noon

Shonica Bowermeister from Stillwater Skilled Nursing will bring your lunch. Mike Williams is returning to present "George Remus: The King of the Bootleggers". America's first millionaire bootlegger was George Remus, a Chicago lawyer who had studied the weaknesses in the 18th Amendment and the Volstead Act. Remus moved to Cincinnati to set up his operations. He protected his business with a network of bribes that reached into the office of the U.S. Attorney General. He was taken down by



a handful of officials who refused to be bought. Remus returned from serving three years in prison in 1927 and gunned down his turncoat wife. He defended himself in court and secured an acquittal that stunned the nation. Mike Williams, teacher and local historian invites you to meet the real George Remus who some believe served as one of the models of *The Great Gatsby*. Limit: 80

#### Momentus Health of Vandalia Lunch & Learn on Tuesday, July 9, at Noon



Jennifer Terriaco will have the chef from Momentus
Health of Vandalia create and serve your lunch. Rich
Sommer from the Vandalia Police Department will discuss
how you can prevent fraud. This can be at your front door,
answering the phone, or whether you are out in the world.
Find out what tactics you can use to keep from being
scammed. Limit: 75

Hearth & Home of Vandalia Lunch & Learn on Wednesday, July 10, at 11:00 A. M.

Yes, this lunch is on a Wednesday starting at 11:00 a.m. Rose Siddle from Hearth & Home of Vandalia will have your lunch delivered. Jeff Pack who has owned Meadow View Growers since 2018 will bring a large selection of plants to talk about where to plant them and their care. He will also briefly discuss what it is like to run a large garden center. Limit: 100



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#### Lunch & Learn

Randall Residence of West Milton Lunch & Learn on Thursday, July 11, at 11:00 A. M.

Becky Devor of Randall Residence of West Milton along with Denise Moore and Jamie Brown from Ohio's Hospice will bring your lunch from their kitchen. Marty Gitlin from New Jersey was here in June sharing the funniest moments in film. This month the award-winning author and pop culture historian hosts this fun and enlightening presentation for all ages based on his book, A Celebration of Animation: The 100 Greatest Cartoon Characters in Television History". He is the only author to actually rank the greatest cartoon characters ever, such as Popeye, Bugs Bunny, Mickey Mouse, Scooby Doo, Snoopy,



and SpongeBob SquarePants. He will show funny cartoon snippets of characters from the past century and play trivia with you. Marty will explain the criteria he used to rank the best of the best and speak about their impact on American pop culture. He will have autographed and personalized copies of his book available for purchase after the event. Limit: 75



Jessica Ward from Cypress Pointe will bring your food from their kitchen. The King's English band is really coming this time. They have lots of lively music to share with you. Since they do not charge the center a fee, there will be a donation bowl out at the end to cover their expenses. Limit: 70



Tuesday, July 16, at Noon
Jacquie Dalton from
Laurels of Huber Heights will
bring your food. Darlene Rak
has been a Search & Rescue
Volunteer. She has retired
from that work but she still
trains dogs at the Dayton Dog
Training Club. Darlene also

has her dog, Winston, compete in scent work competitions. Jane usually comes also with her dog, Stormy. Darlene will talk about the training required for these different pursuits. Winston and Stormy will do some demonstrations of their abilities. Limit: 75



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#### Information



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

Sign up to eat out at the Ajave & Rye, a Mexican restaurant, on Tuesday, July 9, at 5:00 p.m. It is located at 2 N. Market St., in Troy. <u>Directions A:</u> From the Senior Center, turn X

right on Dixie. Continue on Dixie/CR 25A for 11 miles. This turns into S. Market St. Continue for .6

miles. Take the third exit in the roundabout and turn right onto W. Main St. and go 350 feet and turn right again.

<u>Directions B:</u> Turn right onto Dixie then turn right on National Rd/Rt 40. Turn left onto 75 N. Then take exit 73 OH 55/Troy/Ludlow Falls. Turn right on W. Market St. and go 1.2 miles. Turn left on S. Market St. and go .6 miles. Take the third exit in the roundabout and turn right onto W. Main St. and go 350 feet and turn right again.

#### **Out of the Office**

There are no events scheduled during the last two weeks of July since Toni Williams will be gone the weeks of July 22 and July 29. The office will be closed during those days. You will need to pick up your August newsletter by July 19. Please hold all donations during these 2 weeks.



#### <u>Travel with Bob and Kathy Reed</u>



Bob and Kathy will have "office hours" on July 2, 16, and 18. They will be unavailable the weeks of July 7, 21, and 28. You can mail in deposits or drop them in drop box #4 in the hallway by the kitchen. They will not be returning phone calls during those 3 weeks.

#### **New Sponsors**

Abigail Hughes from Englewood Health & Rehab will be calling bingo on Tuesday, July 9. She also scheduled bingo dates in August through November. Mark Sharp with Heartland Hospice will be providing the birthday cakes for July.



#### **Art Class Reminders**



Many of our members are offering art classes each month. They spend many hours in preparation at home even before setting up at the center. They also spend their own money on supplies and equipment. When you sign up for an art class, please remember to attend the class. If you can't attend, please call a day in advance, if possible, so there is time to call a member on the back-up list.

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#### Art

FREE Card Making Class on Wednesday, July 3, at 1:00 p.m.

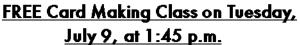
Toni Williams will have tables and tables of supplies and equipment for you to use to make two cards from 1:00 to 3:00 p.m. There will be stickers, stamps, paper, and more with a birthday theme, items with flowers, and many miscellaneous items that have not been out before. Come let your imagination create. Limit: 12



Stained Glass Picture Class on Friday, July 5, at 1:30 p.m.

Mindy Shockey will teach you how to make a faux stained glass picture. There will be different colors of tape to choose from. Learn how to do this easy craft. Cost: \$5

See Mindy's ceramic class on page 6.





Linda Karns and Kathy Dunn will teach you two very different techniques. Linda will lead you through making a shaped die cut card suitable for fall and Thanksgiving. You will also make this lovely slimline card using shades of purple accented with white to celebrate the beauty of butterflies. You will explore using a 3D embossing folder, a butterfly die cut, vellum, white ink, and Q-tips to finish the effect. Limit: 12



#### A Stitched Card Class on Wednesday, July 10, at 1:00 p.m.

Carol Magato will lead you through the techniques for making this beautiful and delicate stitched card. She will give you the pattern and the tool to poke the holes. Then you will use colored pencils to enhance the picture. The stitching will be done with 2 strands of embroidery thread. This class might take you clear up to closing time at 4:00 p.m. You will get to keep the tool. Cost: \$2 Limit: 8



#### **Movies**

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

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

In the movie, Irish Wish, Maddie puts her feelings aside to be a bridesmaid at the wedding in Ireland when the love of her life gets engaged to her friend. Days before the wedding, Maddie makes a spontaneous wish for true love on an ancient stone in Ireland. That wish magically alters her fate and Maddie wakes up as the bride-to-be. PG Comedy / Romance 1 hr. 34 min.

Movie on the Third Friday, July 19, at 1:00 p.m. Snacks by Jennifer Terriaco of Momentus Health

The movie, *The Boys in the Boat*, tells the inspirational true story from the height of the depression. In 1936, young Joe Rantz is a poor engineering student at the



University of Washington, living in an abandoned car with barely enough to eat, with no job and tuition due in two weeks. Fellow struggling student Roger Morris tells Joe the rowing team comes with jobs and boarding. Despite not being rowers, they make the UW junior varsity team in a special year for coach Al Ulbrickson, who is under pressure to beat rival Cal and try for the 1936 Olympics. Joe and Roger are just happy to have a dorm room, steady food, and

gladly mop floors for tuition but the coach needs to fulfill his dream and he pushes the team

hard to achieve it. Come watch this very dramatic true story unfold. Directed by George Clooney.

PG-13 Sports/Drama/History 2 hr. 4 min.

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

Mindy Shockey, a ceramics vendor and a member, is bringing these whimsical stacked scarecrows to get you ready for fall. The scarecrows are approximately 10 1/2" H X 5" W. You will be using her paints, brushes, and materials. Cost: \$15 Limit: 15



30
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2:00
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#### **Exercise & Information**

**NEW BOOKS at the Vandalia Library** 

The Summer Pact by Emily Giffin

Between Friends and Lovers by Shirlene Obuobi

The Lost Bookshop by Evie Woods

Summer Romance by Annabel Monaghan

The Rom-Commers by Katherine Center

**NEW MOVIES at the Vandalia Library** 

Madame Web

Lisa Frankenstein

Land of Bad

Anatomy of a Fall

American Star



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.



SUPER SUPER SENIORS Independent - engaged - connected

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 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., July 18, at 11:00 a.m. to Noon

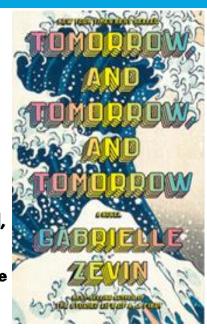
Tom Underwood from the Vandalia Public Library will answer questions about your phone, tablet, and other devices. Sign up to come to Tech Thursday and Tom will do his best to find the answers for you. It'll be first come, first served but feel free to stay - you may learn something new!

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#### Information

#### Vandalia Senior Center Book Club

The Book Club will meet on Tuesday, July 2, to discuss the book, Tomorrow, And Tomorrow, and Tomorrow by Gabrielle Zevin. This is the story of two friends who are often in love, but never lovers. They come together as creative partners in the world of video game design. Together they borrowed money, begged favors, and, before even graduating college, they have created their first blockbuster named *Ichigo*. Not even twenty-five years old, Sam and Sadie, are brilliant, successful, and rich, but these qualities won't protect them from their own creative ambitions or the betrayals of their hearts where success brings them fame, joy, tragedy, duplicity, and a kind of immortality.



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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 July 2. Nurses from Premier Health Premier Health will be here on July 16.

#### Information for You on Tuesday, July 16

Mary Hairston from the Area Agency on Aging will be in the dining room at the same time as the Premier Health nurses. She will be here from 11:00 a.m. to noon giving out information about programs and services that the Area Agency on Aging has for seniors.



#### Answers to the Seashell Questions On Page 11

1. L 2. I 3. N 4. H 5. O

6. M 7. K 8. Q 9. S 10. J

11. E 12. T 13. G 14. R 15. F

16. D 17. P 18. U 19. C 20. B

21. A

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#### Information

#### **Bridge Hosts**

Tuesday bridge at 9:45 a.m. is hosted by Mary Ann Heckman 937-216-1235 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, July 2, at 1:45 p.m. Limit: 48
- Abigail Huges from Englewood Health & Rehab will call bingo on Tuesday, July 9, at 1:45 p.m. Limit: 48
- 3. Mark Maudlin from Maudlin Senior Care Solutions will call bingo on Friday, July 12, at 1:45 p.m. Limit: 48
- 4. Toni Williams will call bingo for the game sponsored by Medigold on Monday, July 15, at 1:45 p.m. Limit: 48
- Shonica Bowermeister from Stillwater Skilled Nursing will call bingo on Tuesday, July 16, at 1:45 p.m. Limit: 48
- 7. Courtney Peck & Shelli Jackson from Randall Residence of Tipp City will call bingo on Wed., July 17,at 1:30 p.m. Limit: 48

Celebrate July Birthdays on Wednesday, July 17, at 1:00 p.m.

Heartland Hospice 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.

<u>Leave in the Office:</u> We are low on drinks, need liters of pop (Coke and Diet Coke, orange, Sprite or 7up, root beer, etc.) and other drinks, 12 to 18 oz cold cups (summer colors appreciated), seasonal napkins, non-refrigerated individual creamers, individually labeled flavored teas, art supplies, greenery, new greeting cards, and items for the free tables.

<u>Boxes in the hallway under the coat rack and by the white board:</u>

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.

<u>Card Room/Library</u>: Leave books and puzzles on the fireplace for the librarian to put away.

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#### Seashells



When you think about summer, the beach might come to mind. When you think about a beach, you think of seashells.
What do you know about them?



1. Why are shells categorized as composite materials?	_ <b>A</b> .	mussels, oysters, scallops,
2. How do creatures construct their shells?		pipis,& clams
3. How many layers are a shell made of?	B.	From environment & its food
4. About how many kinds of shells are there?	C.	100s to 1000s of years
5. What do seashells have to do with soil?	D.	Conchology
6. Why do some seashells have ridges and spikes?	E.	Western Australia
7. How do you know how old a shell is?	F.	Sanibel Island & Captiva
8. What was the oldest living marine organism?	G.	For engineering purposes
9. How does the venomous sea snail help us?		100,000
10.In ancient times, where were shells used as money?	I.	The mantle, a thin layer of
11. Where is Shell Beach (74' x 32') covered in shells?	ı	flesh, connects the mollusk
12.How are seashells in toothpaste?		to its shell.
13. Why do shells have pretty colors and patterns?	J.	China, India, Arabia, Papua
14. What is a rare form of limestone made of shells called?	_	New Guinea
15.Where can you find the biggest shells?	K.	Growth rings like a tree
16.What do you call the study of mollusk shells?	L.	Mineral: calcium carbonate
17. For thousands of years, why have people in Japan, Tibet	,	Biological: protein & chitin
and the Caribbean drilled holes in seashells?	M.	Protection from predators
18.How have shells been used throughout history?	N.	3: smooth inner layer,
19.How long can shells last?		chalky middle layer, &
20.What decides a shell's color?		rough outer layer
21. What lives inside of shells?	0.	Calcium carbonate:
Check your answers on page 9.		soil conditioner
	P.	Make musical instruments
	Q	. Ming the clam lived near
		Iceland for 507 years!

T. Calcium carbonate: cleaning abrasive

S. Part of medicine for pain, diabetes, and more

U. Art, jewelry, ceremonies, Architectural decoration, construction

R. Coquina

	T	ravel

Check in at VRC at 10:30 a.m.

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

June 13

July 25	Day trip to <u>Castle Noel</u> , a Christmas Museum and more, in <u>Medina</u> , Ohio, area \$180 Need many more people to go.				
October 16-19		rs, 3 nights \$1049 pp \$100 deposit			
	•	ys, 3 nights \$1544 pp \$1884 single \$100 deposit			
	•	heck to Diamond Tours.			
August 17-24	•	ty, and Ottawa in Canada: ***You need a passport			
		7 nights \$1445 pp \$1744 single \$100 deposit			
	• •	can be added to the waiting list.			
October 7-11		k Dutch Country: 5 days, 4 nights \$860 pp \$1009			
		leed many more people to go.			
2025: Grand A		ny at 1-800-423-0247			
January 11-20		slands/Antigua: \$2,773 to \$3,277 depending on			
•	•	per person Need passport			
Aug. 27-Sept. 6	-	Rail: \$4,711 to \$5,841 depending on cabin for db			
	\$350 per pp deposit	• •			
Flyers are i	n the holder by the can	d room door. Information is on the trayel bulletin			
<del>-</del>	<del>-</del>	je at <u>https://vandaliaohio.org/503/Travel.</u> You			
		ior Center or drop it in box #4 in the hallway by the			
<del>-</del>		You also need to fill out the form at the bottom of			
•	•	ent. You need to fill out the additional information			
. •	urs that is attached to t				
Roh R	eed's Office Hours	Tuesdays and Thursdays: 9 a.m. to Noon			
		-9692 and leave a voicemail.			
7		ough Friday from 9 a.m. to 4 p.m.			
		Name of Roommate:			
Cell phone:		Email:			
_					
•		Phone number:			

Day trip to Cincinnati, Ohio \$198 \*\*This trip is going.

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#### Please Support our Generous Sponsors!!

# A CONSULTATION is Waiting for You!

#### 3 Facts to Know:

- 1. Medicaid pays for long-term care <u>only</u> 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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# We commow we have with

#### 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**

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(937) 898-5841 🕓



Blue Advantage Gold Certified

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

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### Parks & Recreation



July Spotlight: SilverSneakers® BOOM Muscle on Wednesdays @ 7:30 am with Julie

Come check out July's free fitness class with Julie. This class includes sports-inspired exercises that improve upper and lower body conditioning, focusing on different muscle groups during "blocks," which are groups of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength.



#### **NEW Classes at the VRC:**

POUND- A full-body cardio jam session inspired by drumming. Using Ripstix®, lightly weighted exercise drumsticks, you'll sweat, sculpt and ROCK your body and mind Gym Side B on Thursdays @ 7:15pm

Generation POUND- is a youth-oriented program that fuses movement and music to improve focus, coordination, physical fitness, and teamwork skills. By combining exercise and interactive activities, kids will learn new ways to explore movement, embrace their creativity and ROCK OUT- ultimately building strength, confidence, and self awareness.

Price: Free for youth members & \$3.00 for drop in.

Thursdays 6:30pm-7pm on the gym side B.

Twin Night w/Spittin' Image—July 18th, from 7:00pm-9:00pm

Double the laughter, double the joy — our Twin Night is here to multiply the fun! Expect twice the excitement, twice the energy, and double the memories as Spittin' Image performs music and comedy at this event! There will be

food, caricature drawings and a twinning contest, so dress up identical with someone to the event.

It's time to double up on the fun and create memories that are twice as nice!

Fee: Free entry event

Location: Vandalia Art Park Address: 256 E Alkaline Springs Rd, Vandalia, Ohio 45377

Music: Spittin' Image: Classic Country & Rock and Comedy

Vandalia Summer Splashtacular—July 19th, from 11:00am-2:00pm
The Vandalia Parks & Recreation Department and the Vandalia Fire
Department are teaming up to provide a supersoaking time! Come
dressed to get wet, embrace the splash, and let the aquatic adventures

unfold. There will be a food truck and Kona Ice on-site. This is a free drop-in event, there will not be set times for each activity. Ages: All ages welcome

Location: Vandalia Sports Complex Soccer Field Side

#### Parks & Recreation Information



STAR SPANGLED CELEBRATION - JULY 3!

The City of Vandalia and Butler Township Star Spangled Celebration will return this summer, thanks to Beau Townsend Ford & Lincoln; Beau Townsend Nissan; Smedley's Chevrolet; Joseph Airport Toyota and Hyundai; Pickrell, Schaeffer and Ebeling Attorneys, Minster Bank, and Digital Cowboy Computers. We are pleased to have such great community business support for the 2024 Star Spangled Celebration.

The event will be held on Wednesday, July 3, 2024, at the Vandalia Sports Complex from 7:00 pm -10:00 pm. Pulse will provide entertainment with a variety of classic rock music. They will take the stage at 7:00pm and play until the fireworks begin at 10:00 pm. There will be a variety of food vendors with plenty of great food.

Parking fills-up quickly, so if you want to park at the Sports Complex, you should arrive no later than 8:00pm. Come celebrate our country's independence with your friends!

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**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

Vandalia Senior Club

2024 Committee:

President Cathy Nortman

985-201-6747

Vice President Iris Siebert

937-454-1583

Treasure Kay Lowe

937-409-8300

**Dottie Ganter** Secretary

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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Contact Info: 937-832-1800 Englewood, Ohio 45322 store5355@theupsstore.com

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- Postage Stamps

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