

Vandalia Senior Center

August, 2024 Volume 12 Issue 8



Enjoy a Performance by Jessica Michna

on Monday, August 26, at 12:30 p.m.

Every year Linda Ankney from Medigold sponsors an impressive historical performance by Jessica Michna. This year Jessica will portray Mary Ann Bickerdyke in "To Heal a Nation". During the American Civil War more soldiers would die from disease than their wounds. The care these men received often was worse than the illness itself. Neither side was prepared for the massive numbers of casualties. Many women in both the North and the South would step forward to act as nurses. Mary Ann Bickerdyke would distinguish herself during this period. She was beloved of the soldiers, who referred to her as "Mother Bickerdyke". In the Grand Review after the war, she would ride

alongside General Grant and her funeral was attended by hundreds of former soldiers.

Sign up to enjoy this wonderful portrayal. Limit: 100

Fall Bingo on Monday, August 26, at 2:00 p.m.

After the performance by Jessica Michna, there will be a fall bingo at 2:00 p.m. Toni Williams will be the bingo caller.

Another Ice Cream Social on Friday, August 30, at 2:15 p.m.

The Senior Club Committee decided the last social was so much fun that they would do it again! At the event, pick up your name tag in the hallway. You will



get a scoop of frozen custard with different syrups and toppings to choose from. This will be supplied by JD Frozen Custard in Englewood where they make their ice cream daily. There will also be a game, 50/50, and a raffle for gift cards. To join in, go to box #3 in the hallway and follow the direction to pay your \$5 which is less than the price at their store. Then sign your name on the list to show that you paid.

Lunch & Learn

Troy Rehabilitation Lunch & Learn on **Monday**, August 5, at Noon

Taylor Ries from Troy Rehabilitation will bring your lunch. Hock's Pharmacy that works with Pharm to Table asked Melody Hartzler and Raquel Kaiser from Pharm to Table to explain how it works. As we age, managing health with medications becomes more common, but this can lead to unintended nutrient depletions. Also nutrients can be depleted from our diet and lifestyle, even if we aren't on medications. This talk aims to educate seniors on how to intelligently select supplements to correct depletions. We'll explore the interaction between common medications and essential nutrients, providing practical advice to maintain optimal health through informed supplement choices. Limit: 50



P H A R M
— 10 —
T A B L E

Stillwater Skilled Nursing Lunch & Learn on Tuesday, August 6, at Noon



Shonica Bowermeister from Stillwater Skilled Nursing will provide your lunch. When St. Patrick's Day was on the calendar, all of the students from the Dwyer School of Irish Dance were in school. So we are going to enjoy some Celtic dancing six months later. There will be about 12 to 15 students presenting different dances for about 30 minutes. Some tables will be moved so the "stage" will be in the middle of the room so everyone can see better. Donations for the dance school can be given at the end of the program. Limit: 80

Stonespring Lunch & Learn on **Thursday**, August 8, at 11:00 A.M.

Sarah Mather from Stonespring will have your lunch delivered. Lori Rotterman is a Dayton Metro Library genealogy librarian and also serves as the Education chairman of the Montgomery County Chapter of the Ohio Genealogical Society. She will present "Genealogy Basics". Join us to learn about getting involved with researching your family history. This presentation will cover the basics of collecting your ancestor's information, how to keep track of what you find, and resources available to help you along your journey. Limit: 75



Cypress Pointe Lunch & Learn on Friday, August 9, at Noon

Jessica Ward from Cypress Pointe will bring your food from the Cypress Pointe kitchen. Rich Morrett and Scott Jacobs from the Vandalia Fire Department will show you how to use the AED that is at the Vandalia Senior Center. They will also take you through the basic steps of CPR. Limit: 70

Lunch & Learn

Springmeade Lunch & Learn on Tuesday, August 13, at Noon

Robin Shafer from Springmeade will order your pizza. How many of you have visited the Historical Society of Vandalia-Butler? It is one of Vandalia's best kept secrets and Historical Society members are working to make it become well-known feature. Linda Karns and Tonya Hittner, will tell you about Mary Hoottinger, a lifelong resident of Vandalia who donated her property to the Historical Society. You will learn about each of the buildings, including how the log cabin and the Brown School were moved to the Alkaline Springs Road property. You will learn about the water sales that have been taking place on the property since the 1890's. Learn about our work to preserve the history of our community. Limit: 75



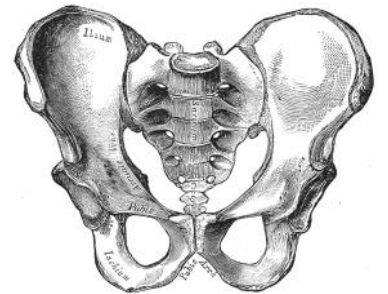
Complete Solutions Lunch & Learn on Monday, August 19, at Noon



Scott and Michael Leonardi will provide your lunch. They will talk about upcoming and current unknowns to be aware of as a retiree to be sure you have your ducks in a row. These topics will include "The Pension Protection Act" which can provide EXTRA benefits on OLD Annuities for long term care if you act now. "The Jobs and Tax Act" that changed inherited IRA's for children and the upcoming tax effects. Lastly, possible new Medicare and prescription drug changes for 2025. At the end of the program, they will give away some gas cards. Limit: 100

Laurels of Huber Heights Lunch & Learn on Tuesday, August 20, at Noon

Jacquie Dalton from Laurels of Huber Heights will bring your food. Whenever incontinent supplies appear on the free table, they disappear quickly so there are members with concerns. There are also many who don't want to have a problem. We will not know if you are attending this program because you have a concern or because you want to avoid having a problem. Jamie Compton with Premier Health is a pelvic health physical therapist. She wants to give you a better understanding of pelvic floor function and dysfunction. Jamie wants you to be aware that there is therapy available to help if there is a concern. Limit: 75



Seniors Helping Seniors Lunch & Learn on Thurs., Aug. 22, at 11:00 A.M.

Andrew Spatt from Seniors Helping Seniors will bring your lunch. Andrew will present the importance of mental health and what to do about caring for yourself. There will be several key points shared on how to care for your mind and body for a more long-lasting quality of life. Limit: 75

Information

Hearth & Home of Vandalia Lunch & Learn on Friday, August 23 at Noon

Rose Siddle from Hearth & Home of Vandalia will bring your food from their kitchen. Historical researcher, Hannah Wiest, will be arriving in her "underpinnings" which are the underwear items of the 1880s. Step back with Hannah to the late 19th century and uncover the surprising practicality of everyday clothing. From corsets, aprons, drawers, and frock coats, 1880s clothing systems worked to make life easier for our ancestors. Watch a "get-ready-with-me" demonstration as Hannah dresses in a reproduction ensemble complete with proper undergarments as she discusses how gender, class, occupation, and weather effected people's clothing choices. Limit: 100



Edward Jones Lunch & Learn on Tuesday, August 27, at Noon

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

Medicare Resource Center Lunch & Learn on **Thursday**, August 29, at **11:00 A.M.**

Paul Fulghum from the Medicare Resource Center will provide your lunch. Paul will talk about "Medicare Prescription Drug Saving Secrets". The Medicare Prescription Drug Program (Part D) is often underutilized and rarely reaches its maximum potential because enrollees haven't been taught how to use it to their benefit. Our workshop teaches you the secrets to optimizing your Part D plan and avoid hitting the dreaded donut hole. Limit: 75



Randall Residence of West Milton Lunch & Learn on Friday, August 30, at Noon



Becky Devor from Randall Residence of West Milton will bring your lunch from their kitchen. Nenita Lapitan is the Senior Manager of Aullwood Audubon Center & Farm. First, Nenita will highlight some of the history of Aullwood that you might not know. Second, she will share how Aullwood would like to engage the local communities in actions that will reverse the decline of the bird populations. Nenita will discuss plants that would help birds and other pollinators thrive and increase their population. Limit: 100

Out of the Office

Toni Williams will be gone the weeks of July 22 and July 29. The office will be closed. Those of you who pick up your newsletter need to get it by July 19. Please hold all donations during these 2 weeks.



Art

Pumpkin Class on Wed., Aug. 7, at 1:00 p.m.

Debbie Millhouse, a member, will take you through the steps to make a cute decorated pumpkin. Cost: \$5 Limit: 12



Stitched Card Class on Monday, August 12, at 12:30 p.m.

Carol Magato will lead you through the techniques to make another dramatic kaleidoscope stitched card. She will give you the pattern and the tool to poke the holes. The stitching will be done with 2 strands of embroidery thread. This class might take you to closing time at 4:00 p.m. You will get to keep the tool. Cost: \$2 Limit: 8 plus 4 returning stitchers



Essential Oils Class on Tuesday, August 13, at 1:45 p.m.

Christine Jordan from Red Lotus Essences will show you how to mix a stress blend using essential oils. Cost: \$5 Limit: 15



Beaded Ornament Classes on Thursday, August 15 AND Thursday, August 29, at 12:30 p.m.

Carol Magato will teach you simple beading techniques so you can bead around an ornament. It will take two class times to complete your project but you only pay the fee one time.

Cost: \$5 Limit: 6

Ceramics Class on Friday, August 23, at 1:30 p.m.

Mindy Shockey, a ceramics vendor and member, is bringing these cute Halloween characters for you to paint. Each character is about 7" tall and 4" or 5" wide. You will be using Mindy's paints, brushes, and materials.

Cost: \$5 each character Limit: 15



Movies

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

Movie on the Third Friday, August 16, at 1:00 p.m.

Snacks by Jennifer Terriaco of Momentus Health

In the movie, *The Magic of Ordinary Days*, Olivia (Keri Russell) is studying to become an archeologist. She finds herself pregnant out of wedlock. Her father arranges for her to marry a lonely farmer (Skeet Ulrich) in rural Colorado. Follow one woman's journey of resilience, courage, and self-discovery amidst the turmoil of World War II. PG Romance/Drama 1 hr. 38 min.



Mason Jar Centerpiece Class on Wednesday, August 21, at 1:00 p.m.

Jessica Ward from Cypress Pointe will bring the materials to make a pretty Mason Jar centerpiece ready for summer. Limit: 15

FREE Fall Collage Class on Tuesday, August 27, at 1:45 p.m.

Candy Jones will provide the paper and different sets of embellishments to design a

12" x 12" fall collage. The frame is not included. You will create your own layout. You will be using some distressing techniques on both paper and wood embellishments. Limit: 12



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

Sign up to eat out at the Rip Rap Roadhouse, at 6024 Rip Rap Rd. in Huber Heights, on Tuesday, August 13, at 5:00 p.m. Leave enough room for a walk to the Rip Rap Shake Shack just behind the Roadhouse for dessert.



Directions: From the Senior Center, turn left onto Dixie.

Turn left at the light at Little York Rd. Go over 75 and through the narrow tunnel. Curve to the right where it turns into Rip Rap Road. Turn left on Fishburg and it is on your left.

You Are Invited to a Tailgate and Football Game on Friday, September 6

Sign up to watch Vandalia-Butler Schools play against Troy. Tailgate at 6 p.m. and game at 7 p.m. There will be more details in the September newsletter.



MON	TUES	WED	THUR	FRI
				
			1 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	2 Mah Jong 9:00 Colored Pencils 9:30 Exercise 10:00 Poker 1:00
5 Lunch & Learn 12:00 Hand & Foot 12:30 Bingo 1:45	6 Travel 9:00-12:00 Super Sewers 9:00 Bridge 9:45 Golden Qi 10:00 BP & Sugar Check 11-12 Lunch & Learn 12:00 Hand & Foot 1:40 Book Club 1:40 Bingo 1:45	7 Hula Hooping 9:30 Exercise 11:00 Bridge 12:00 Up & Down the River 12:30 Euchre 1:00 Pumpkin Class 1:00	8 Travel 9:00-12:00 Lunch & Learn 11:00 Duplicate Bridge 11:45 Art Group 12:00 Rummikub 12:00 Pinochle 1:00	9 Mah Jong 9:00 Colored Pencils 9:30 Exercise 10:00 Lunch & Learn 12:00 Poker 1:00 Bingo 1:45
12 Stitched Card 12:30 Hand & Foot 12:30	13 Travel 9:00-12:00 Super Sewers 9:00 Bridge 9:45 Golden Qi 10:00 Lunch & Learn 12:00 Hand & Foot 1:40 Essential Oils 1:45 Bingo 1:45 Let's Eat Out 5:00	14 Hula Hooping 9:30 Exercise 11:00 Bridge 12:00 Up & Down the River 12:30 Euchre 1:00	15 Travel 9:00-12:00 Tech Talk 11:00 Duplicate Bridge 11:45 Art Group 12:00 Rummikub 12:00 Beaded Ornament Part 1 12:30 Pinochle 1:00 Bingo 1:00	16 Mah Jong 9:00 Colored Pencils 9:30 Exercise 10:00 Poker 1:00 Movie 1:00
19 Lunch & Learn 12:00 Hand & Foot 12:30	20 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	21 Hula Hooping 9:30 Exercise 11:00 Bridge 12:00 Up & Down the River 12:30 Euchre 1:00 Centerpiece Class 1:00	22 Lunch & Learn 11:00 Duplicate Bridge 11:45 Art Group 12:00 Rummikub 12:00 Pinochle 1:00	23 Mah Jong 9:00 Colored Pencils 9:30 Exercise 10:00 Lunch & Learn 12:00 Poker 1:00 Ceramics 1:30
26 Hand & Foot 12:30 Jessica Michna 12:30 Performance Fall Bingo 2:00	27 Travel 9:00-12:00 Super Sewers 9:00 Bridge 9:45 Golden Qi 10:00 Lunch & Learn 12:00 Hand & Foot 1:40 Fall Collage 1:45	28 Hula Hooping 9:30 Exercise 11:00 Bridge 12:00 Up & Down the River 12:30 Euchre 1:00 Birthdays 1:00 Bingo 1:30	29 Travel 9:00-12:00 Lunch & Learn 11:00 Duplicate Bridge 11:45 Art Group 12:00 Rummikub 12:00 Beaded Ornament Part 2 12:30 Pinochle 1:00	30 Mah Jong 9:00 Colored Pencils 9:30 Exercise 10:00 Lunch & Learn 12:00 Poker 1:00 Ice Cream Social 2:15

Exercise & Information

NEW BOOKS at the Vandalia Library

Maria: A Novel of Maria Von Trapp by Michelle Moran

Resorting to Romance by Jennifer Shirk

The Last Caretaker by Jessica Strawser

In a League of Her Own by Kaia Alderson

The Next Best Fling by Gabriella Gamez

NEW MOVIES at the Vandalia Library

Drive-Away Dolls

Dune: Part 2

Waikiki

Sleeping Dogs

One Life

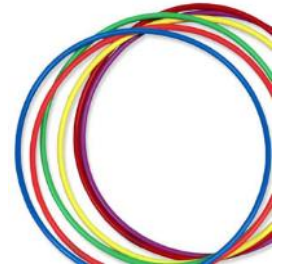


FREE Golden Qi Class on Tuesdays at 10:00 to 10:45 a.m.

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 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.



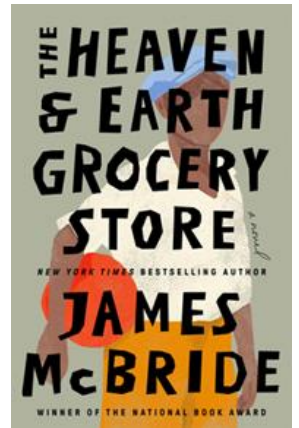
Tech Talk on the First & Third Thurs., August 15, at 11:00 a.m. to Noon

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, August 6, at 1:40 p.m. to discuss the book, *Heaven and Earth Grocery Store* by James McBride. In 1972, when workers were digging the foundations for a new development, they didn't expect to find a skeleton at the bottom of a well. Who the skeleton was and how it got there were long-held secrets kept by the residents of Chicken Hill, the dilapidated neighborhood where immigrant Jews and African Americans lived side by side and shared ambitions and sorrows. When the truth is finally revealed about what happened and the part the white establishment played in it, it shows us that even in dark times, it is love and community—heaven and earth—that sustain us.



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

The Nurses Want to Check Out Your Numbers

Nurses will be coming in on the first and third Tuesday from 11:00 a.m. to 12:00 p.m. to check your blood pressure and blood sugar numbers. The nurses will be here every month through November. They will be sitting by the fountains in the dining room. Nurses from Montgomery County Public Health will be here on August 6. Nurses from Premier Health will be here on August 20.



Premier Health

Travel with Bob and Kathy Reed

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.



Project Read

Every 12 to 18 months the Vandalia Senior Center needs to donate books to Project Read when the shelves become overloaded. Our librarian, Judy Dils, along with several helpers boxed up the books that have been here a long time and were the least likely to be read. Project Read came to pick up the books on June 5.

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. Tambi Spirk and Nikki Waldron from Brookdale will bring lunch and call bingo on Thursday, August 1, at 1:00 p.m. Limit: 48
2. Abigail Hughes from Englewood Health & Rehab will call bingo on Monday, August 5, at 1:45 p.m. Limit: 48
3. Taylor Ries from Troy Rehab will call bingo on Tuesday, August 6, at 1:45 p.m. Limit: 48
4. Mark Maudlin from Maudlin Senior Care Solutions will call bingo on Friday, August 9, at 1:45 p.m. Limit: 48
5. Antoinette Adams from Sienna Woods will call bingo on Tuesday, August 13, at 1:45 p.m. Limit: 48
6. Jessica Ward from Cypress Pointe will call bingo on Thursday, August 15, at 1:00 p.m. Limit: 48
7. Shonica Bowermeister from Stillwater Skilled Nursing will call bingo on Tuesday, August 20, at 1:45 p.m. Limit: 48
8. Toni Williams will call a Fall bingo on Monday, August 26, at 2:00 p.m.
9. Amber Tate from CareCore at Mary Scott will call bingo on Wednesday, August 28, at 1:30 p.m. Limit: 48



Celebrate August Birthdays on Wednesday, August 28, at 1:00 p.m.

Momentum Health of Vandalia 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.

Put in Office: seasonal napkins, non-refrigerated individual creamers, individually labeled flavored teas, art supplies, greenery, new greeting cards, free table items.

Ohio became a state 221 years ago on March 1, 1803. It was 27 years after the U.S. declared its independence and 16 years after Delaware became the first state. States and cities need to make laws but sometimes some of those laws make you say "Huh??" The following are REAL laws in the State of Ohio.

1. Cleveland: It is illegal to catch mice without a hunting license.
2. Bay Village: It is illegal to walk a cow down Lake Road near Lake Erie.
3. Ohio: It is against the law to kill a housefly within 160 feet of a church without a license.
4. Cleveland: Women shall not wear patent leather shoes in public. This was to keep men from seeing up the women's dresses by looking at the reflection on the shoes.
5. Ohio: In 2023, a law was made that you cannot dye or color rabbits, chicks, or ducks. You also cannot sell, raffle, or give them away.
6. Marion: You cannot eat a donut while walking backwards on a street.
7. Cleveland: It is illegal to leave gum in public places.
8. Columbus: It is illegal to sell Corn Flakes on Sunday.
9. North Canton: It is illegal to roller skate without telling the police.
10. Fairview Park: It is illegal to honk your horn "excessively".
11. Toledo: It is illegal to throw a snake on anybody.
12. Oxford: It is illegal to drive around the town square more than 100 times.
13. Oxford: It is illegal to spit on the sidewalk.
14. Youngstown: You cannot ride on the roof of a taxi cab.
15. Ohio: It is illegal to get a fish drunk.
16. Bexley: The town does not allow slot machines in outhouses.
17. Ohio: It is illegal to fish for whales on a Sunday.
18. Ohio: It is illegal for more than 5 women to live in a house.
19. Coshocton: It is illegal to make "Yo' Mama" jokes at a shopping center.
20. Akron: Posting signs at swimming pools is illegal.
21. Ohio: You must honk when you pass another car.
22. Lowellville: You can't use your house to store rags or junk.



Travel

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

July 25 Day trip to Castle Noel, a Christmas Museum and more, in Medina, Ohio, area \$180 **This trip had to be cancelled.**

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.

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! **You can be added to the waiting list.**

October 7-11 Lancaster Show Trip & Dutch Country: 5 days, 4 nights \$860 pp \$1009 single \$100 deposit **Need many more people to go.**

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 Bob at 937-313-9692 and leave a voicemail.

Please only call Monday through Friday from 9 a.m. to 4 p.m.

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

Call (937) 667-8805 Now!

Lovett & House

Tipp City Troy Dayton Kettering Fairborn Eaton Springfield Sidney

MediGold
Medicare made *easy*®

Linda Ankney
Sales & Marketing
Representative

3100 Easton Square Place
Suite 300
Columbus, Ohio 43219

PHONE: 937-602-1580
EMAIL: lankney@trinity-health.org

 [Facebook.com/MediGold](https://www.facebook.com/MediGold)
MediGold.com



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 
(937) 898-5841 

 **Blue
Advantage
Gold Certified**
 **Beau Townsend**
BTFFORD.com

- ✓ 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

NEW Group Fitness Classes at the VRC:

Step & Strength w/ Corina- Enjoy some upbeat, high intensity cardio step mixed with strengthening weight circuits to create the perfect full body workout.

Tuesdays @ 6:30am– Fitness Studio



Yoga w/ Corina- Bring your Yoga mat! Yoga uses postures to enhance flexibility. Yoga can reduce stress, provide mental relaxation, and provide focus.

Thursdays @ 6:30am-Fitness Studio

LIFT w/ Corina- Are you ready for a challenge?! A full body class incorporating weights and bodyweight with the intention to build strength and tone all muscle groups. Low impact and adaptable to all fitness levels

Thursdays @ 4:30pm– Fitness Studio

Boots in the Park Shindig w/ Ryan Mundy– August 15th, from 7:00pm-9:00pm

Saddle up for a rootin' tootin' good time at our Boots in the Park Shindig! Dust off those boots and grab your cowboy hats as we two-step into a night of down-home fun with music provided by Ryan Mundy. From the twang of country tunes to other country themed activities, this event will be a yeeshawin' hoedown throwdown. Dress up in your favorite country attire and enjoy a night full of fun!

Fee: Free entry event

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

Music: Ryan Mundy: Country



Soccer Referee Information

Do you have a grandchild looking to earn some extra money?

Soccer referee may be the job for them! Training is available at no cost.

If you are interested, contact Jeff Kreill at jkreill@vandaliaohio.org or 937-415-2339.

MUST be 14 years old by August 19, 2024.

Food Truck Wednesdays

Stop by the Vandalia Recreation Center during the summer for Food Truck Wednesday! We will have a different food truck on specific Wednesdays for you to enjoy. Each Food Truck Wednesday runs from 11:00 am-1:00 pm

August 7th– KK's Grubb Hubb

August 14th– El Buen Taco Truck



National Night Out– August 6th, from 6:00pm-8:00pm

The Vandalia Division of Police is celebrating National Night Out at the Vandalia Sports Complex. We will have food, hayrides, raffles, and entertainment. Children participating in a bike safety education program and receiving a proper helmet fitting will receive a free helmet while supplies last.

For more information, call 937-415-2272

Fee: Free entry event

Location: Baseball Concession Area at the Vandalia Sports Complex.



fit

Doggy Pool Paw-ty– September 2, from 6:00pm-8:00pm

Paws and splash – it's time for our Doggy Pool Paw-ty! Dive into the canine coolness as furry friends take the plunge into a poolside paradise on the last day of the Cassel Hills Pool season. From enjoying pup cups to other dog related activities, this event is a howlin' good time of all things doggy.

Fee: Free for VRC Members, Cassel Hills Pool Members, and Residents, \$5.00 per dog for Non-Residents

Location: Cassel Hills Pool– 1061 Taylorsview Dr., Vandalia, OH 45377

Registration: Drop-in event; no registration needed

Rules:

1. All dogs must display a valid license.
2. All dogs must have proof of current rabies vaccinations.
3. Dogs must be on a 6' leash when not in water.
4. An adult must accompany their dogs at all times while they are out of the water.
5. Owners will be responsible for cleaning up after their dogs.



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.

PRINTED BY:

THE UPS STORE 
PRINT
and Business Services

UPS Store 5355
893 S. Main St.
Englewood, Ohio 45322

Contact Info:
937-832-1800
store5355@theupsstore.com

CONTACT US TODAY!

WHAT WE CAN DO FOR YOU:

- Packing Services
- Notary
- Faxing
- Mailboxes
- Document Shredding
- Moving Supplies
- Document Scanning
- UPS Shipping
- USPS Shipping
- Freight Services
- International Shipping
- Overnight Shipping
- Pack & Ship Guarantee
- Postage Stamps
- Digital Printing
- Copying Services
- Banners & Posters
- Business Cards
- Postcards
- Graphic Design
- Yard Signs
- Laminating
- Binding
- Envelope Printing
- Canvas Printing
- Magnets/Stickers
- Direct Mail Services
- & SO MUCH MORE!