

Vandalia Senior Center

September, 2024 Volume 12 Issue 9



Are You Ready for Some Football?

The Vandalia-Butler High School has again invited you to enjoy a tailgate meal and a football game on Friday, September 6. You will eat at the old tennis courts at 6 p.m. then go to the game by 7 p.m. Our team is playing against Troy. If you are a Vandalia or Butler Township resident and



have a pass from the Board of Education, bring it with you. If you do not have a pass or are not a resident and you come to the tailgate, you will get into the game for free. You need to sign up on the bulletin board to attend the tailgate. **Deadline: August 30**

Directions: From the Senior Center, turn left onto Dixie. Just pass the Vandalia Library, turn left and continue back to the football stadium parking lot. Go to the old tennis courts near the Victory Bell for the tailgate. If the weather is questionable, go to door #9.

Come to the "Faux" Tailgate on Friday, September 27, at 5:00 p.m.

The "Faux" Tailgate sponsored by the Senior Club Committee will be inside so you don't have to think about the weather. Please arrive by 5:00 p.m. for the meal. Then the committee will have several games.

To come to this event, go to box #3 in the hallway between the office and the kitchen door. Follow the directions to pay \$10. Then sign your name on the list to show you paid.



MENU

Hot Dogs and Buns

Mustard, Mayonnaise, Ketchup, Relish

Potato Salad

Variety of Chips

Assortment of Cookies



Silver Activities Committee

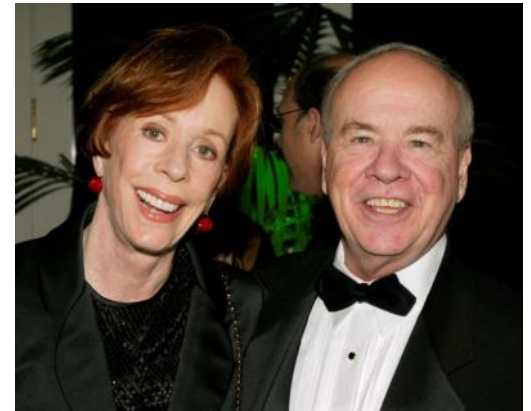
The Senior Club Committee is forming a Silver Activities Committee. Pat James and Dottie Ganter are co-chairing this group. They need members to join to help with planning, decorating, serving, and cleaning-up after events sponsored by the Senior Club Committee. Call Pat at 937-545-5519 to get more details or to volunteer to help the group.

Lunch & Learn

Stillwater Skilled Nursing Lunch & Learn on Tues., September 3, at Noon



Shonica Bowermeister from Stillwater Skilled Nursing will bring your lunch. The audience that enjoyed the performance of Bobby D. and the Quartet in May demanded that the group return. The band members play guitar, bass guitar, drums, saxophone, and sometimes a harmonica. Sign up to hear this group sing some of your favorite songs. We will take donations and tips at the end to cover their expenses. Limit: 80



Hearth & Home of Vandalia Lunch & Learn on Tuesday, September 10, at Noon

Rose Siddle from Hearth & Home of Vandalia will have your lunch delivered. Chuck Brecht will present the story of Tim Conway (1933-2019). Chuck has always enjoyed Tim Conway's impromptu comedy and he wants to share the joy it brings to him. This presentation will recap his

career but most importantly we will look back at many video clips like "Siamese Elephants" and the "Dentist". Limit: 100



Brookhaven Lunch & Learn on **Thursday**, September 12, at **11:00 A.M.**

Robin Kent from Brookhaven will have the chef from Brookberry bring and serve the meal. The King's English band is returning for an encore performance. Since the band does not charge the center a fee, there will be a donation bowl out at the back of the dining room after the program. Limit: 75

Cypress Pointe Lunch & Learn on Friday, Sept. 13, at Noon

Jessica Ward from Cypress Pointe will bring your food from their kitchen. Join Vandalia-Butler City Schools Superintendent, Rob O'Leary, and CFO/Treasurer, Eric Beavers, as they present the State of the Schools for an annual district update. Both District representatives will be available to answer questions after the presentation. Limit: 70



Lunch & Learn

One Lincoln Park Lunch & Learn on **Monday**, Sept. 16 at Noon

Dana Chesser and Jonathan Carl from One Lincoln Park will bring your food from their kitchen. Jonathan Carl, Retirement Counselor for One Lincoln Park, will talk about the importance of downsizing and how to approach it. He will share resources that can be used. Jonathan will talk about the places that you can talk your stuff. He will also discuss the process of selling things and what the options are for doing that. Limit: 50



Laurels of Huber Heights Lunch & Learn on Tuesday, September 17, at Noon



Jacquie Dalton from Laurels of Huber Heights will bring your food. Jennifer Lorenzetti is the Administrator & Curator of the McGuffey House and Museum at Miami University. Jennifer will present "Educating the Early West: Learning to Read in America". Starting from the time European settlers made a home in what would be the United States, learning to read went from a specialized skill intended for religious instruction to a key to understanding and communicating in different ways. This talk will explore what we can learn from the various tools for reading instruction and what that might tell us today. Limit: 75

Affinity Hospice Lunch & Learn on **Thursday**, Sept. 19 at **11:00 A.M.**

Travis Bryant and Tyler Vassar from Affinity Hospice will provide your lunch. Sam Octerwisch is a music therapist who works for Affinity Hospice. He is going to bring his collection of musical instruments to show you how he works with hospice patients. There will be some audience participation. Sam will also demonstrate heartbeat therapy. Limit: 75



Grace Brethren & Mill Ridge Village Lunch & Learn on **Monday**, September 23, at Noon

Mark Spirk from both Grace Brethren and Mill Ridge Village will bring your lunch from their kitchen at Grace Brethren. Hope Taft, the former First Lady of Ohio, is returning to give a two-part talk. One part will be about her dad, Matt Rothert Sr. who was a small business owner in Arkansas and also a coin collector. Hope will tell the story of how her dad got a change made to all of the paper money that everyone carries. The second part of the talk will be about her daughter, Anna Taft, and her foundation the Tandana Foundation. Anna conceived the idea of a foundation in 1998 after she taught English to people in Ecuador. The Tandana Foundation now serves people in Ecuador and Mali. Limit: 75



Information

Ohio's Hospice Lunch & Learn on Tuesday, September 24, at Noon

Denise Moore and Jamie Brown from Ohio's Hospice will bring your lunch. Stacey Benson-Taylor, the Montgomery County Recorder, is returning as the audience requested when she was here in March. She will talk about Right of Survivorship, Affidavit of Beneficiary, freezing your credit, how to check on your deed, and the FAN System used to protect your deed. Limit: 75



Stonespring Lunch & Learn on **Thursday**, Sept. 26, at **11:00 A.M.**

Sarah Mather from Stonespring will order your food. Lee Ann Rose is returning by Zoom from Williamsburg, Virginia. She will be portraying one of her favorite characters, Grace Banker. Grace was the Chief Operator of the US Signal Corps women in World War I. She responded to an advertisement for girls who could speak both French and English to work for a new group of telephone operators under Gen. John J Pershing. While working in Coblenz, Banker received the

Distinguished Service Award. However, on her return home Banker and her thirty-three fellow "Hello Girls" were not considered soldiers. Limit: 75

Trinity Health Lunch & Learn on Friday, September 27, at Noon

Joseph Forcina from Trinity Health will bring your lunch. Erica Hayes from Medicare Resource Center will talk about her services. Katherine Watson from the Centerville Washington Township Library will present "Jim Key: The World's Smartest Horse". Jim's mother had been nursed back to health by a former slave, Doc Key. In 1889, she had a colt with crooked legs that could barely walk but Doc decided to keep him and teach him. Hear the remarkable story of a horse who could debate politics, count, spell, and act the part of a prankster. Doc Key promoted the message to be kind to animals. Limit: 35



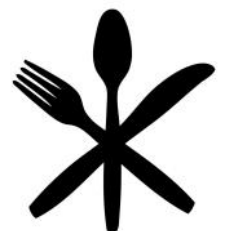
Let's Eat Out on the Second Tuesday of the Month

Sign up to eat out at Young's Jersey Dairy on Tuesday, September 10, at 5:00 p.m. It is located at 6880 Springfield Xenia Rd., in Yellow Springs.

Directions: From the center turn right onto Dixie then right onto National. Take 75 S then 70 E. Take exit 52A for US 68 S. Go 5.2 miles.



Directions: From the center turn right onto Dixie then right onto National/Rt. 40. Follow Rt. 40 past Taylorsville Park and across the bridge. Continue until US 68 S. Go right onto 68 S. Cross over W. Jackson Rd. and look for Young's Jersey Dairy.



Art

Stick Wreath on Wednesday, September 4, at 1:00 p.m.

Courtney Peck from Randall Residence of Tipp City will bring the supplies to make this stick wreath. The jumbo sticks are on a 6" foam wreath so the final wreath will probably be about 12" in diameter. Limit: 12



FREE Card Making Class on Wednesday, Sept. 11, 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, rubber stamps, paper, and more with a fall, Halloween, and Thanksgiving theme. The card on the left is an idea. Come let your imagination create. Limit: 12

Ceramics Class on Friday, September 20, at 1:30 p.m.

Mindy Shockey, a ceramics vendor and a member, is bringing this sweet double set of gnomes for you to add to your fall collection. It measures approximately 7 1/2" H x 10" W. It has holes to show through the light. You will be using Mindy's paints, brushes, and supplies. Cost: \$15 Limit: 15



Essential Oils Class on Tuesday, Sept. 24, at 1:45 p.m.

Christine Jordan from Red Lotus Essences is returning to help you create another essential oils blend. This blend is to help you with arthritis pain. Cost: \$5 Limit: 15

FREE: Painting Class on Friday, September 27, at 1:45 p.m.

Antoinette Adams from Siena Woods will bring canvas boards, paint, brushes, and stencils. You will be making this sunflower picture. Limit: 20



Movies

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

Movie on the First Friday, September 6, at 1:00 p.m.

Snacks by Antionette Adams from Siena Woods

Ordinary Angels is the remarkable true story of a struggling hairdresser who finds a renewed sense of purpose when she meets a widowed father working hard to care for his two daughters. With his youngest critically ill and waiting for a liver transplant, the fierce woman single-handedly rallies an entire community to help.

PG Drama 2 hr. 10 min.



Movie on the Third Friday, September 20, at 1:00 p.m.

Snacks by Jennifer Terriaco of Momentus Health



In the movie, **Miracle Club**, there's just one dream for the women of Ballygar, Ireland: to win a pilgrimage to the sacred French town of Lourdes. With a little benevolent interference from their local priest, a group of close friends get their ticket of a lifetime. The movie was inspired by writer Jimmy Smallhorne's memories of growing up in Ireland. The movie stars Laura Linney, Maggie Smith, and Kathy Bates.

PG-13 Comedy / Drama 1 hr. 30 min.

Dining Room Closed

The City of Vandalia will be using the dining room on September 18, from 10:30 a.m. to 2:00 p.m. The group playing cards that day will play in the art room. Drinks will also be in the art room.



Items for FREE and Items to BORROW



The art room has 3 "free" tables. You can take any of the items on those tables for free to keep. There are also free greeting cards on the countertop in the art room. If you are donating any items, please give all donations to Toni in the office. There are items that can be used by the kitchen, floral group, Super Sewers, and for bingo prizes. The rest will be put out on the tables for members to take. In the card room/library, there are shelves full of books and jigsaw puzzles to borrow. Please take them home to enjoy and bring them back when you are through. Be sure to return the books with the red covers

written by Allen Johnson who was a frequent speaker at the Senior Center until he passed away. Those books are a permanent collection and are kept on the smaller bookcase.

MON	TUES	WED	THUR	FRI
2 CLOSED FOR LABOR DAY 	3 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	4 Hula Hooping 9:30 Exercise 11:00 Bridge 12:00 Up & Down the River 12:30 Craft Class 1:00 Euchre 1:00	5 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	6 Mah Jong 9:00 Colored Pencils 9:30 Exercise 10:00 Poker 1:00 Movie 1:00 (Tailgate and Football Game at Vandalia-Butler High School 6:00/7:-00)
9 Hand & Foot 12:30	10 Travel 9:00-12:00 Super Sewers 9:00 Bridge 9:45 Golden Qi 10:00 Lunch & Learn 12:00 Hand & Foot 1:40 Bingo 1:45 Let's Eat Out 5:00	11 Hula Hooping 9:30 Exercise 11:00 Lunch & Learn 11:00 Bridge 12:00 Up & Down the River 12:30 Euchre 1:00 Card Making 1:00	12 Travel 9:00-12:00 Lunch & Learn 11:00 Duplicate Bridge 11:45 Art Group 12:00 Rummikub 12:00 Pinochle 1:00	13 Mah Jong 9:00 Colored Pencils 9:30 Exercise 10:00 Lunch & Learn 12:00 Poker 1:00 Bingo 1:45
16 Lunch & Learn 12:00 Hand & Foot 12:30 Bingo 1:45	17 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 Bingo 1:45	18 Hula Hooping 9:30 Exercise 11:00 Bridge 12:00 Up & Down the River 12:30 Euchre 1:00 Dining Room Closed 10:30—2:00	19 Travel 9:00-12:00 Tech Talk 11:00 Lunch & Learn 11:00 Duplicate Bridge 11:45 Art Group 12:00 Rummikub 12:00 Pinochle 1:00	20 Mah Jong 9:00 Colored Pencils 9:30 Exercise 10:00 Poker 1:00 Movie 1:00 Ceramics 1:30
23 Lunch & Learn 12:00 Hand & Foot 12:30	24 Travel 9:00-12:00 Super Sewers 9:00 Bridge 9:45 Golden Qi 10:00 Lunch & Learn 12:00 Hand & Foot 1:40 Essences 1:45	25 Hula Hooping 9:30 Exercise 11:00 Bridge 12:00 Up & Down the River 12:30 Birthdays 1:00 Euchre 1:00 Bingo 1:30	26 Travel 9:00-12:00 Lunch & Learn 11:00 Duplicate Bridge 11:45 Art Group 12:00 Rummikub 12:00 Pinochle 1:00	27 Mah Jong 9:00 Colored Pencils 9:30 Exercise 10:00 Lunch & Learn 12:00 Poker 1:00 Painting class 1:45 "Faux" Tailgate 5:00
30 *** Hand & Foot 12:30				

Exercise & Information

NEW BOOKS at the Vandalia Library

A Novel Love Story by Ashley Poston

Worst Case Scenario: A Novel by T. J. Newman

Same As It Ever Was: A Novel by Claire Lombardo

Jackie: A Novel by Dawn Clifton Tripp

The Backtrack by Erin La Rosa

NEW MOVIES at the Vandalia Library

Godzilla X Kong: The New Empire

The Iron Claw

The Long Game

Challengers

Dream Scenario

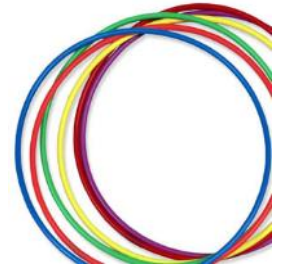


FREE Golden Qi Class on Tuesdays at 10:00 to 10:45 a.m.

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.



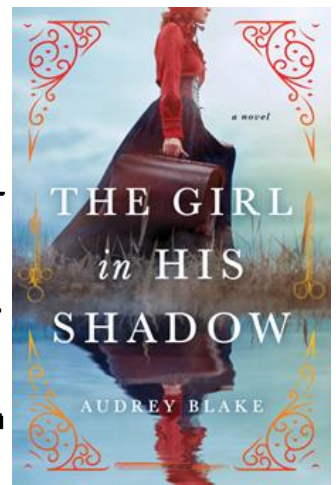
Tech Talk on the First & Third Thurs., Sept. 5 and 19, at 11:00 a.m. to Noon

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, September 3, to discuss the book, *The Girl in his Shadow*, by Audrey Blake. Raised by the surgeon Dr. Croft after losing her parents, Nora Beady was trained to perfect her suturing and anatomical illustrations. Women face dire consequences if caught practicing medicine, but in Croft's clinic Nora is his most trusted--and secret--assistant. That is until the new surgical resident, Dr. Daniel Gibson, arrives. In order to protect Dr. Croft, Nora must learn to play an uncomfortable role of a proper young lady but Nora cannot ignore the suffering of patients. When she makes a discovery, Nora faces an impossible choice. Remain invisible and let the men around her take credit for her work, or let the world see her for what she is--even if it means being destroyed by her own legacy.



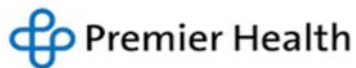
Public Health
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The Nurses Want to Check Out Your Numbers

Nurses will be coming in on the first and third Tuesdays 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 September 3.

Nurses from Premier Health will be here on September 17.



Answers to the Pie Match Up on page 11

- | | | | | |
|-------|------|------|-------|------------------|
| 1. W | 2. D | 3. M | 4. P | 5. T |
| 6. V | 7. B | 8. Y | 9. E | 10.X |
| 11.AA | 12.N | 13.Z | 14.S | 15. R |
| 16.EE | 17.F | 18.H | 19.BB | 20.DD |
| 21.J | 22.Q | 23.I | 24.A | 25.U |
| 26.K | 27.L | 28.O | 29.G | 30. C 31.CC |



Information

Bridge Hosts

Tuesday bridge at 9:45 a.m. is hosted by Melva Jenkins. 937-832-8992
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, September 3, at 1:45 p.m. Limit: 48
2. Tambi Spirk and Nikki Waldron from Brookdale will bring lunch and call bingo on Thursday, Sept. 5, at 1:00 p.m. Limit: 48
3. Abigail Huges from Englewood Health & Rehab will call bingo on Tuesday, September 10, at 1:45 p.m. Limit: 48
4. Mark Maudlin from Maudlin Senior Care Solutions will call bingo on Friday, September 13, at 1:45 p.m. Limit: 48
5. Adam Fullenkamp from Senior Mark will call bingo on Monday, September 16, at 1:45 p.m. Limit: 48
6. Shonica Bowermeister from Stillwater Skilled Nursing will call bingo on Tuesday, September 17, at 1:45 p.m. Limit: 48
7. Courtney Peck & Shelli Jackson from Randall Residence of Tipp City will call bingo on Wed., Sept. 25, at 1:30 p.m. Limit: 48

Celebrate September Birthdays on Wed., Sept. 25, 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: seasonal napkins, non-refrigerated individual creamers, individually labeled flavored teas, art supplies, greenery, new greeting cards, and items for the free tables.

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

pop tabs, used greeting cards, cell phones, glasses, cancelled stamps, food for the Vandalia Food Pantry barrel and for Cares4Kids box.

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

Match the description to the name of the pie. Answers on page 9.

- | | |
|---|--------------------|
| 1. Washington's pie ____ | A. Pear |
| 2. Monkey pie ____ | B. Peach |
| 3. Fine cloth pie ____ | C. Raspberry |
| 4. America's deep dark delicious pie ____ | D. Banana Cream |
| 5. Game pie ____ | E. Gooseberry |
| 6. Eiffel Tower or Paris pie ____ | F. Rhubarb |
| 7. Lovely lady pie ____ | G. Blackberry |
| 8. Halloween pie ____ | H. Key Lime |
| 9. Duck family pie ____ | I. Custard |
| 10. Hold the jelly pie ____ | J. Turkey Pot Pie |
| 11. Boy & girl going out pie ____ | K. Sugar Cream |
| 12. A "cacklin" pie ____ | L. Blueberry |
| 13. Electric pie ____ | M. Chiffon |
| 14. Animal bedding pie ____ | N. Chicken Pot Pie |
| 15. Wrinkle pie ____ | O. Oreo |
| 16. Hard head pie ____ | P. Chocolate |
| 17. Fighting pie ____ | Q. Pecan |
| 18. Green door pie ____ | R. Raisin |
| 19. Eve's pie ____ | S. Strawberry |
| 20. Christmas pie ____ | T. Chess pie |
| 21. Gobbler's pie ____ | U. Sweet Potato |
| 22. Southern nut pie ____ | V. French Silk |
| 23. "Last Stand" pie ____ | W. Cherry |
| 24. The two people pie ____ | X. Peanut Butter |
| 25. Yam pie ____ | Y. Pumpkin |
| 26. Very sweet pie ____ | Z. Currant |
| 27. Green + yellow pie ____ | AA. Date |
| 28. Cookie pie ____ | BB. Apple |
| 29. Ebony pie ____ | CC. Plum |
| 30. Hand tool pie ____ | DD. Cranberry |
| 31. Jack Horner's pie ____ | EE. Coconut |



Travel

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

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!

October 7-11 Lancaster Show Trip & Dutch Country: **This trip has been canceled.**

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 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: _____

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**Vandalia
Recreation
Center**

THANK YOU

**The City of Vandalia would like to
thank our 2024 Youth Sports Sponsors for
their support and generosity!**

- Abbey Credit Union
- AIDA
- Airline Dairy Crème
- Beau Townsend Ford/Nissan
- Blue Knight Roofing & Restoration
- Bunkers Sports Bar & Grill
- Choice One Engineering
- Christy's Family Pizzeria
- Collins Vision Care
- Cooper's Blacktop
- Daytime Exteriors
- Digital Cowboy
- Frickers
- Heeter Plumbing
- Jessy Short Medicare Insurance
- Johnson Electric
- Kendall Electric
- Mangan & Associates
- Minster Bank
- Monnin's Fruit Farm
- MSD-Mechanical Services & Design
- Quick Lane Tire & Auto Center
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- Rush Truck Centers – Dayton
- S&R Digital Expressions
- Serene Moments MedSpa
- Sister Cities of Vandalia
- Skateworld Of Vandalia
- Sound Financial Solutions
- St. John's Lodge #13
- Steve Reed State Farm Insurance
- STF Insurance Group
- The Expediting Company
- Vandalia Lion's Club
- VFW 9582
- Warehouse 4

Please consider supporting our generous Sponsors!

Parks & Recreation Information



Campfire Yoga– Thursday, September 12 from 7:00pm-8:00pm

We invite you to unwind and reconnect with nature in a unique fusion of tranquility and warmth. Let the gentle glow of the fire guide you into a state of deep relaxation, where each breath becomes a harmonious melody with the wilderness around you. Join us for an evening of Zen by the fireside, where inner peace meets the primal rhythm of the flames.

Ages: 18 years old and older

Fee: \$10 per person

Location: Vandalia Art Park

Rain Location: Vandalia Recreation Center Studio

Registration Deadline: You must be registered for this program by Tuesday, September 10.

Walk-ins will not be accepted.

Note: Please bring your own towel/mat and water.

Vandalia Touch-a-Truck– Saturday, September 14 from 10:30am-1:00pm

Get ready for a hands-on adventure at our Touch-a-Truck! Immerse yourself in a world of roaring engines, flashing lights, and endless exploration. It's a tactile delight where people of all ages can touch, climb, and marvel at an impressive lineup of vehicles from mighty fire trucks to colossal construction machinery. Join us for a day of tactile thrills and honk-worthy fun!

Fee: Free

Location: Vandalia Sports Complex



Insurance Membership Incentive

Vandalia Parks and Recreation has collaborated with the Optum, ASHFitness & TivityHealth™ insurance working with SilverSneakers Fitness Program which is the nation's leading fitness program designed exclusively for older adults. This comprehensive program addresses the physical, mental, and social needs of Medicare-eligible members. Adults over age 65 who adopt a physically active lifestyle can substantially improve their health to get more out of life. SilverSneakers and Insurance members of a sponsoring health plan receive a no-cost basic membership. For SilverSneakers participants this also includes the opportunity to participate in the signature SilverSneakers group exercise classes. For those using Optum, ASHFitness or TivityHealth™ if you come into the center and/or take a class 10 times or more, you will be entered into a drawing for a fifty-dollar gift card. We offer two each month. Sponsored by: Edward Jones



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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