

# Vandalia Senior Center

January, 2025 Volume 13 Issue 1



**Join the Superbowl Pre-Party on**

**Friday, January 31, at 5 p.m.**

Let's get the party started earlier to celebrate the excitement of Super Bowl LVIII! Wear your team colors to support your favorite team! There will be football trivia games and a 50/50 raffle. Three gift cards will be given away during this event. There will be lots of food.



## **MENU**

**Hamburgers and Hot Dogs**

**Potato Salad**

**Baked Beans**

**Cookies and Brownies**

To join the fun and the excitement, sign up just as you did for the catered dinner. Go to box #3 in the hallway by the office. Follow the directions to pay \$7 with either cash or write a check to the Vandalia Senior Club and sign the paper when you have paid.

**Time is ticking away.**

**Remember to renew your membership before the end of January!**

## **Renew Your Membership by January 31, 2025!**

Your membership can be renewed September through January. You can write a check to the City of Vandalia and mail it to the Vandalia Senior Center at 21 Tionda Drive South, Vandalia, 45377. For Vandalia residents, it is \$15 or \$25 for couples. Outside Vandalia, the cost is \$20 or \$35 for couples. If your address or phone number has changed, please send in the new information. You can also come in to renew, using cash, check, or a credit card.

**Born in 1935:** You are turning 90 in 2025. Your membership is free!

**Contact the office to continue to get your newsletter.**

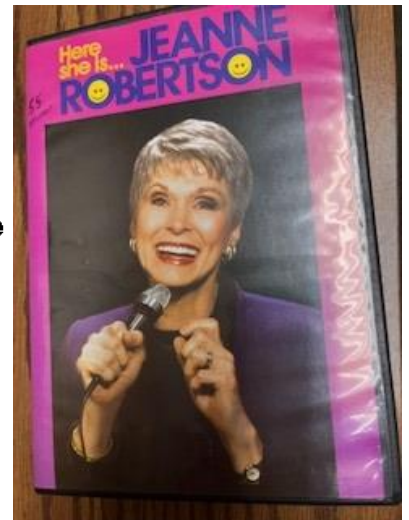
**90+ and Lifetime Members:** Contact the office to continue to get your newsletter.



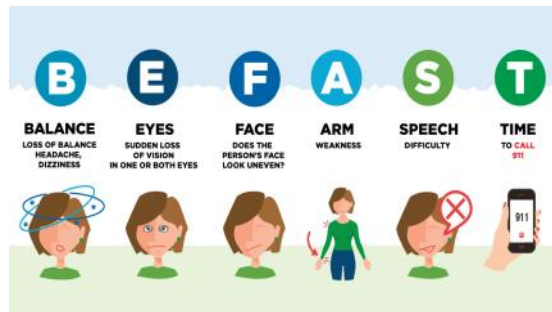
## Lunch & Learn

### Momentum Health Lunch & Learn on Tues., January 7, at Noon

Cory Routson from Momentum Health will bring your lunch from their kitchen. Let's celebrate the beginning of the New Year the way we have traditionally done it with lots and lots of laughter. Come enjoy award winning humorist Jeanne Robertson. You will be watching "Here She Is... Jeanne Robertson". Jeanne has 18 funny stories to tell you. This DVD is about an hour long. Limit: 75



### RIO Lunch & Learn on Friday, January 10, at Noon



Jerry Shields from RIO (The Rehabilitation Institute of Ohio) will provide your lunch.

Jerry Shields, COTA/L and is the Rehab Liaison from RIO that is a joint venture between Premier Health and Encompass Health. It is a Joint Commission Stroke certified hospital. Jerry will talk to you about what a stroke is, the risk factors, typical signs and symptoms of a stroke, and what to do initially if you think someone is having a stroke. He will also talk about the side effects of medication, the importance of controlling your heart rate, blood pressure, and blood sugars. Jerry will further discuss the typical prognosis of a stroke, what the purpose of rehabilitation is, and strategies to increase movement and improve cognition after a stroke. Limit: 75

### Jarvis Law Lunch & Learn on [Monday](#), January 13, at Noon

Megan Voigt with Jarvis Law will bring your boxed lunches. Adam Huffman, the managing attorney will present "Navigating the Next Stage of Life". He will talk about the importance of decision makers, legal planning, care options, and the Care Navigation program. Limit: 75



### Hearth & Home Lunch & Learn on Tuesday, January 14, at Noon

Rose Siddle from Hearth & Home will send your lunch from their kitchen. Katherine Watson from the Washington Township Centerville Library will present a talk about Charles Schultz and the Peanuts Gang. Learn about this cartoonist's life from early childhood through his formative years. Katherine will also tell you how Charles created some of the most beloved characters of our time. Limit: 100



## **Lunch & Learn**

### **Laurels of Huber Heights Lunch & Learn on Tuesday, January 21 at Noon**

Jackie Dalton from the Laurels of Huber Heights will bring your lunch. Rich Morrett from the Vandalia Fire Department will present "Fire and How to Extinguish It." Learn just how fast fire can travel. Learn the different uses of fire extinguishers and how to apply them. Rich plans to bring some special practice equipment for you to try out. Limit: 75



### **Ohio's Hospice Lunch & Learn on Friday, January 24, at Noon**



Denise Moore and Jamie Brown from Ohio's Hospice will provide your lunch. Paula Shoemaker, a volunteer from Woodland Cemetery, will present a brand new talk called, "Influential and Notable African Americans at Woodland Cemetery". This presentation explores some of our most notable African Americans resting peacefully at Woodland Cemetery and how they impacted the Dayton region. Here are just a few of the people who will be discussed: Norma and Bob Ross, Jeraldyn Blunden, James Parsons, James H. McGee, Jordan Anderson, and many more! Limit: 75

### **Edward Jones Lunch & Learn on Tuesday, January 28, at Noon**

Donna Bargo will order your lunch and give you an Edward Jones Perspective booklet. Jordan Peterson will talk about many of the topics in the booklet. He will also answer any financial questions that you might have. Limit: 25

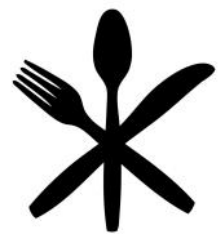


### **Let's Eat Out on the Second Tuesday of the Month**

Sign up to eat out at Lincoln Square on Tuesday, January 14, at 5:00 p.m. It is located at 1320 Archer Dr. in Troy.



**Directions:** From the Senior Center, turn right onto Dixie Dr. then right onto National Rd. Turn left onto 75 N. Go past the Troy exit where Arbogast is and take the exit for Rt. 55. Turn right onto W. Market St. Take the first right onto Archer Drive and Lincoln Square is on the right.



Instead of taking 75 N, you can drive straight on Dixie Dr. which is 25 A. Then take a left on W. Market St. to Archer Dr.



## Information



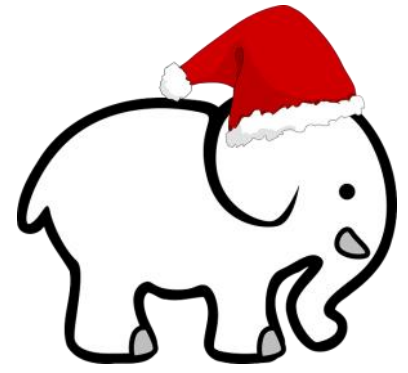
### Using the Pool Room

You can use the pool room Monday through Friday from 9:00 a.m. to 4:00 p.m. EXCEPT on Tuesday morning from 9:00 a.m. to 11:45 a.m. The Super Sewers are using the room during those times.

### It's Time for White Elephant Bingo Again on Monday, January 27, at 1:00 p.m.

One of your members thought of this in 2023 as a way to get rid of some of your unneeded Christmas presents or other unused items that you have. You have some homework to do in order to attend this bingo.

HOMEWORK: You need to bring two unused items to this bingo. One item needs to be packaged so you can't see it. It will go on the front tables. The other item will go on the regular table. Round One of the bingo will be only the wrapped White Elephant items. Then we will pause for everyone to unwrap what they picked. Round Two and Three will be the second item you brought in along with items that Toni Williams put on the table. There will be some Valentine or heart items also. Toni will be calling this bingo.



### NEW: Memory Café on Monday, January 13, at 1:45 p.m.

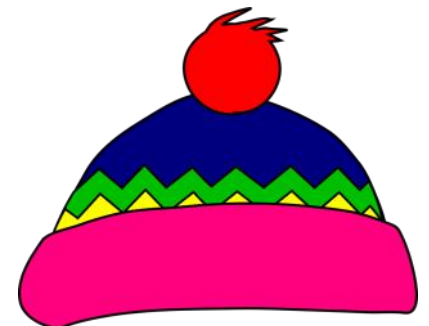


Brittany Mikolajewski from the Vandalia Public Library has created a new program that she would like to present each month. Everyone is invited to attend these fun activities but especially those experiencing some memory loss are welcome. Each session will last about an hour. Brittany will be doing activities that promote socialization as well as bringing back memories so you

can reminisce. She will have activities like classic television bingo, theme songs, and more. Toni Williams will provide a small snack. There won't be any prizes just lots of fun and some laughter. Brittany will return most months on the second Monday. Sign up to help your memory and have a good time.

### Winter Donations Needed This Year: The Collection Will End on **January 31.**

The Springfield soup kitchen has over 300 homeless people of all ages that they feed. They asked us to collect donations again. Bring in new or gently used, clean winter coats, winter jackets, winter scarves, hats, gloves, socks, outer clothing for infants, blankets, sleeping bags, and socks. Please do not bring in regular clothing. There are boxes in the back of the dining room for your donations.



## Art

### A Clay Pot Snowman Class on Friday, January 3, at 1:30 p.m.

Mindy Shockey will bring the clay pots, paint, and other supplies for you to create this unique snowman. Cost: \$5 Limit: 15



### An Essential Oils Class on Tuesday, January 14, at 1:45 p.m.

Christine Jordan with Red Lotus Essential Oils will help you make an essential oils natural hand sanitizer. Cost: \$5 Limit: 15



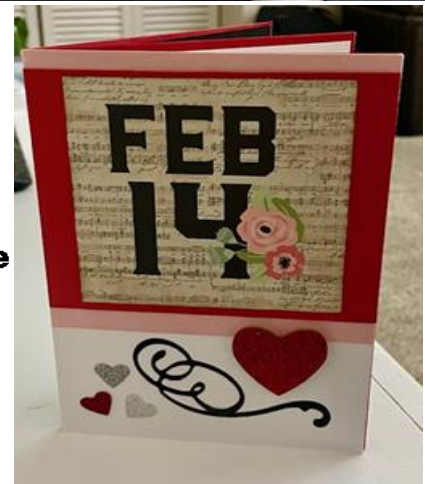
### Ceramic Class on Friday, January 17, at 1:30 p.m.

Mindy Shockey, a member and a vendor, is bringing you these cute, frolicking snow people to paint. Both of them stand about 7" tall and their arms reach out about 6". You will be using her paints and supplies. Cost: \$15 for the pair Limit: 15



### FREE: Make Valentine Cards on Wed., January 22, at 1:00 p.m.

Toni Williams will have lots of paper, stickers, rubber stamps, cards, and much more for you to use to create two cards during the two-hour class. Sign up to make something creative to give to your Valentines. Limit: 12



### FREE: Valentine Envelope Album Class on Friday, January 24, at 1:45 p.m.

Candy Jones will show you how to make a 5"x7" four page Feb. 14 album using red envelopes. There will be a variety of kits to choose from. You will be using glue, double sided tape, decorative scissors and doing some distressing of some of the decorations. Limit: 12





## Movies

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

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

In the movie, *Adeline*, a small Midwestern community becomes the epicenter for miracles when a mysterious woman brings a healing horse to town. A beautiful horse works to save people, both spiritually through her efforts as a therapy horse and literally when a tornado strikes. This movie is based on true events that happened at Serendipity Stables in Marysville, Ohio, just northwest of Columbus. The tornado happened in 2002. You can learn more about these stables at <https://www.mightycause.com/organization/Serendipity-Stables>.

PG Drama / Family 1 hr. 37 min.

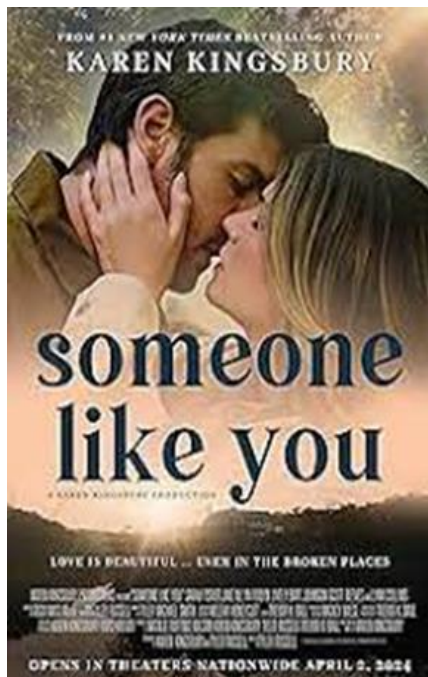


Movie on the Third Friday, January 17, at 1:00 p.m.

Snacks by Cory Routson from Momentus Health

In the movie, *Someone Like You*, Dawson Gage fell in love with his best friend in high school. He is now a talented young architect who unexpectedly and tragically loses his best friend. In his grief, Dawson decides to embark on a crusade to track down his friend's long-lost twin sister.

PG Drama / Romance 2 hr. 1 min.



Closed

The building will be closed until 11:45 a.m. on Thursday, January 2. We will also be closed on Martin Luther King Day on Mon., January 20.



Donation

Several times a year our shelves become overwhelmed with books and puzzles. At the beginning of November, we donated 48 boxes of books and puzzles to the Vietnam Vets.

| MON                                                                                                                                                             | TUES                                                                                                                                                                                                          | WED                                                                                                                                                        | THUR                                                                                                                                         | FRI                                                                                                                                                                    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                 |                                                                                                                                                                                                               | <b>1</b><br><b>CLOSED for</b><br><b>NEW YEAR'S DAY</b><br>                | <b>2</b><br><b>**CLOSED until 11:45</b><br>Duplicate Bridge 11:45<br>Art Group 12:00<br>Rummikub 12:00<br>Pinochle 1:00<br><b>Bingo 1:00</b> | <b>3</b><br>Mah Jong 9:00<br>Colored Pencils 9:30<br>Exercise 10:00<br>Poker 1:00<br><b>Movie 1:00</b><br><b>Snowman 1:30</b>                                          |
| <b>6</b><br>Exercise 10:00<br>Hand & Foot 12:30                                                                                                                 | <b>7</b><br><b>Travel 9:00-12:00</b><br>Super Sewers 9:00<br>Bridge 9:45<br>Golden Qi 10:00<br>BP & Sugar Check 11-12<br><b>Lunch &amp; Learn 12:00</b><br>Hand & Foot 1:40<br><b>Bingo 1:45</b>              | <b>8</b><br>Hula Hooping 9:30<br>Exercise 11:00<br>Bridge 12:00<br>Up & Down the River 12:30<br>Euchre 1:00                                                | <b>9</b><br>Duplicate Bridge 11:45<br>Art Group 12:00<br>Rummikub 12:00<br>Pinochle 1:00                                                     | <b>10</b><br>Mah Jong 9:00<br>Colored Pencils 9:30<br>Exercise 10:00<br><b>Lunch &amp; Learn 12:00</b><br>Poker 1:00<br><b>Bingo 1:45</b>                              |
| <b>13</b><br>Exercise 10:00<br><b>Lunch &amp; Learn 12:00</b><br>Hand & Foot 12:30<br><b>Memory Café 1:45</b>                                                   | <b>14</b><br><b>Travel 9:00-12:00</b><br>Super Sewers 9:00<br>Bridge 9:45<br>Golden Qi 10:00<br><b>Lunch &amp; Learn 12:00</b><br>Hand & Foot 1:40<br><b>Essential Oils 1:45</b><br><b>Let's Eat Out 5:00</b> | <b>15</b><br>Hula Hooping 9:30<br>Exercise 11:00<br>Bridge 12:00<br>Up & Down the River 12:30<br>Euchre 1:00                                               | <b>16</b><br>Duplicate Bridge 11:45<br>Art Group 12:00<br>Rummikub 12:00<br>Pinochle 1:00                                                    | <b>17</b><br>Mah Jong 9:00<br>Colored Pencils 9:30<br>Exercise 10:00<br>Poker 1:00<br><b>Movie 1:00</b><br><b>Ceramics 1:30</b>                                        |
| <b>20</b><br><b>CLOSED for</b><br><b>MARTIN LUTHER</b><br><b>KING DAY</b><br> | <b>21</b><br><b>Travel 9:00-12:00</b><br>Super Sewers 9:00<br>Bridge 9:45<br>Golden Qi 10:00<br>BP & Sugar Check 11-12<br><b>Lunch &amp; Learn 12:00</b><br>Hand & Foot 1:40<br><b>Bingo 1:45</b>             | <b>22</b><br>Hula Hooping 9:30<br>Exercise 11:00<br>Bridge 12:00<br>Up & Down the River 12:30<br>Euchre 1:00<br><b>Card Making 1:00</b>                    | <b>23</b><br>Duplicate Bridge 11:45<br>Art Group 12:00<br>Rummikub 12:00<br>Pinochle 1:00                                                    | <b>24</b><br>Mah Jong 9:00<br>Colored Pencils 9:30<br>Exercise 10:00<br><b>Lunch &amp; Learn 12:00</b><br>Poker 1:00<br><b>Valentine Envelope</b><br><b>Album 1:45</b> |
| <b>27</b><br>Exercise 10:00<br>Hand & Foot 12:30<br><b>White Elephant Bingo</b><br><b>1:00</b>                                                                  | <b>28</b><br><b>Travel 9:00-12:00</b><br>Super Sewers 9:00<br>Bridge 9:45<br>Golden Qi 10:00<br><b>Lunch &amp; Learn 12:00</b><br>Hand & Foot 1:40<br><b>Card Making 1:45</b>                                 | <b>29</b><br>Hula Hooping 9:30<br>Exercise 11:00<br>Bridge 12:00<br>Up & Down the River 12:30<br>Euchre 1:00<br><b>Birthdays 1:00</b><br><b>Bingo 1:30</b> | <b>30</b><br>Duplicate Bridge 11:45<br>Art Group 12:00<br>Rummikub 12:00<br>Pinochle 1:00                                                    | <b>31</b><br>Mah Jong 9:00<br>Colored Pencils 9:30<br>Exercise 10:00<br>Poker 1:00<br><br><b>Superbowl Party 5:00</b>                                                  |

## Exercise & Information

### NEW BOOKS at the Vandalia Library

*When Stars Light the Sky* by Elizabeth Camden  
*All the Water in the World* by Eiren Caffall  
*Amber Alert* by Kiki Swinson  
*Day One A Novel* by Abigail Dean  
*The Color of Home* by Kit Tosello

### NEW MOVIES at the Vandalia Library

*Bad Boys: Ride or Die*  
*The Throwback*  
*Borderlands*  
*Blink Twice*  
*Beetlejuice Beetlejuice*

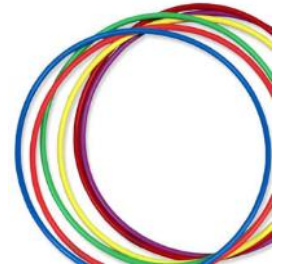


### FREE Golden Qi Class on Tuesdays at 10:00 to 10:45 a.m.

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 Mondays, Wednesdays, and Fridays

This is a chair exercise class that is often led by either Bill Kistner or Kathy Reedy or Roddy Keish. Robin Kent with Brookhaven will be leading the class on some of the Wednesdays right after the hula hoop class. The group might use the weights and exercise bands that are here at the center. Be prepared for a few jokes thrown out in between the exercises.

**Mondays** 10:00 to 10:45 a.m.

**Wednesdays** 11:00 to 11:45 a.m. after hula hoops

**Fridays** 10:00 to 10:45 a.m.

### Tech Talk on the First & Third Thursdays at 11:00 a.m. to Noon in 2025

Tom Underwood from the Vandalia Public Library will return in April, 2025, to answer questions about your phone, tablet, and other devices.



### Calling Bob Reed, the Travel Director, with Travel Questions

This is a reminder that Bob is a volunteer. He is getting calls about travel at all hours. Please respect his private time and only leave voicemails Monday through Thursday 10 a.m. to 4 p.m.

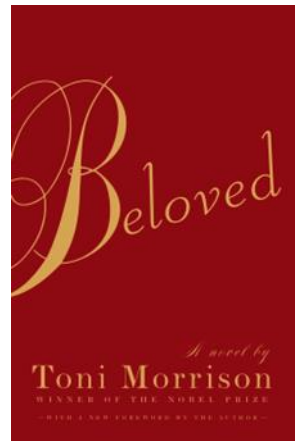




## Information

### Vandalia Senior Center Book Club Meets on the First Tuesday Each Month

The book club will meet on Tuesday, January 7, at 1:45 p.m. They will be discussing the book, *Beloved* by Toni Morrison. The novel is based on the true story of Margaret Garner, who in 1856 escaped from a Kentucky plantation with her husband and their children. The book shares her life from her pre-Civil War days as a slave in Kentucky to her time in Cincinnati, Ohio, in 1873. Although she lives there as a free woman, she is held prisoner by memories of the trauma of her life as a slave.



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

### The Nurses Want to Check Out Your Numbers

Nurses will be here on the first and third Tuesdays most months 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. Nurses from Montgomery County Public Health will be here on January 7. Premier Health will be here on January 21.



### Winter Closings Policy Reminder

If the Vandalia Schools are closed for weather, the Senior Center will be closed. If the schools are on a delay, the center is open. If the schools are on a delay in the evening, be sure to recheck the news in the morning because sometimes the schools change to being closed if the weather becomes worse. When schools are not in session and the weather becomes questionable, the City will determine whether or not the Senior Center will open and will put closing information on the Weather Hotline: **937-552-2200**. The Weather Hotline is only updated when cancellations have been made. We encourage you not to drive to the Senior Center when the weather conditions are not favorable.



### Answers to the ICE Word Questions on page 11

- |           |             |               |
|-----------|-------------|---------------|
| 1. Price  | 9. Licorice | 17. Service   |
| 2. Vice   | 10. Crevice | 18. Lice      |
| 3. Spice  | 11. Splice  | 19. Device    |
| 4. Rice   | 12. Mice    | 20. Sacrifice |
| 5. Advice | 13. Thrice  | 21. Cowardice |
| 6. Dice   | 14. Slice   | 22. Juice     |
| 7. Police | 15. Nice    | 23. Notice    |
| 8. Office | 16. Twice   | 24. Choice    |



## Information

### Bridge Hosts

Tuesday bridge at 9:45 a.m. is hosted by Barb Weikert. 937-715-9303  
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 John Whitley. 937-241-8456



### Bingo and Other Games



1. Tambi Spirk from Brookdale will bring lunch and call bingo on Thursday, January 2, at 1:00 p.m. Limit: 48
2. Taylor Ries from Troy Rehab will call bingo on Tuesday, January 7, at 1:45 p.m. Limit: 48
3. Mark Maudlin from Maudlin Senior Care Solutions will call bingo on Friday, January 10, at 1:45 p.m. Limit: 48
4. Jessica Ward from Cypress Pointe will call bingo on Tuesday, January 21, at 1:45 p.m. Limit: 48
5. Toni Williams will call the White Elephant bingo on Monday, January 27, at 1:00 p.m.
6. Courtney Peck from Randall Residence of Tipp City will call bingo on Wednesday, January 29, at 1:30 p.m. Limit: 48

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

Randall Residence of West Milton will provide the birthday cakes. 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

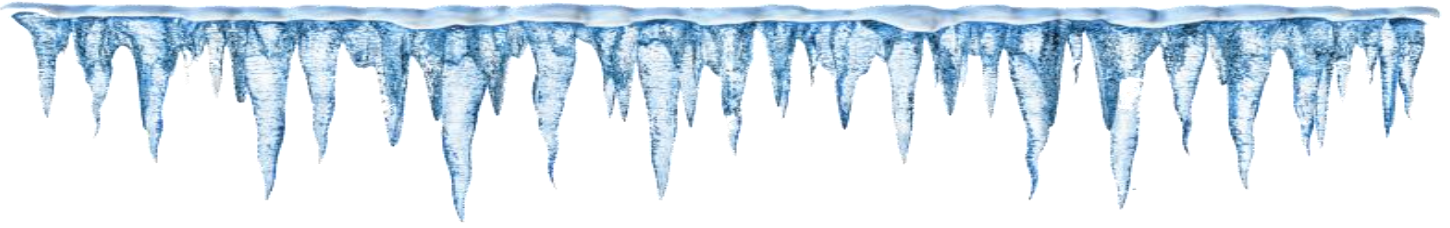
**\*\*\*Please give ALL donations to Toni.** Some items can be used by the center.

Leave in the Office: Especially need: \*Diet Coke, \*Coke, and \*other drinks, \*chips, \*birthday napkins, and seasonal napkins, non-refrigerated individual creamers, 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.

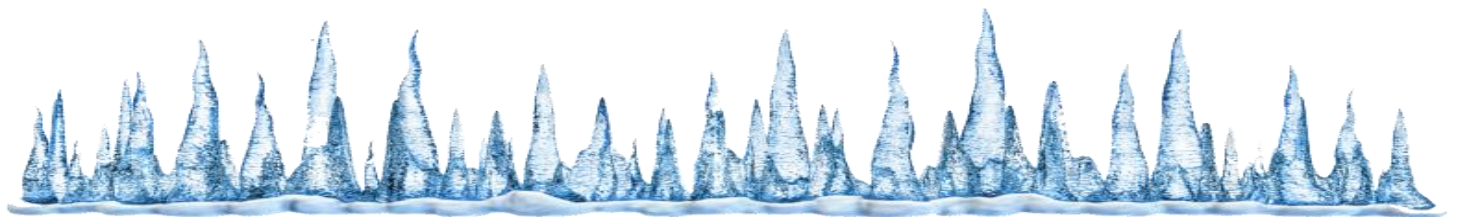
Card Room/Library: Leave books and puzzles on the fireplace for the librarian to put away.





**ICE Words** How many words can you figure out that end in ice? The answers are on p. 9.

1. The tag is put on by a store employee. \_\_\_\_\_
2. The world would be better off without this. \_\_\_\_\_
3. It improves the flavor of food. \_\_\_\_\_
4. A food that is regularly eaten in Asian countries. \_\_\_\_\_
5. It is easier to give this than receive it from someone else. \_\_\_\_\_
6. These are small cubes used in playing some games. \_\_\_\_\_
7. They protect the public and enforce our laws. \_\_\_\_\_
8. This is a room usually with a desk where work is done. \_\_\_\_\_
9. This candy used to come in only red or black flavors. \_\_\_\_\_
10. This is a large crack or a split. \_\_\_\_\_
11. To unite two things by interweaving strands and securing the ends \_\_\_\_\_
12. These are small rodents that we don't want in our homes. \_\_\_\_\_
13. Another word for something occurring three times. \_\_\_\_\_
14. What you do to a turkey or a cake. \_\_\_\_\_
15. What you say about something that is pleasant. \_\_\_\_\_
16. When you do something again, do it \_\_\_\_\_.
17. This is a religious ceremony. \_\_\_\_\_.
18. These are tiny unwanted insects often in your hair. \_\_\_\_\_
19. It is a mechanical instrument. \_\_\_\_\_
20. This is an act of an offering. \_\_\_\_\_
21. The opposite of brave. \_\_\_\_\_
22. You can drink your orange as a \_\_\_\_\_.
23. If you look at something, you \_\_\_\_\_ it.
24. If you make a decision, you make a \_\_\_\_\_.





## Travel

We appreciate all the work that Bob and Kathy Reed do year round for the travel program. They are both just volunteers. Bob and Kathy are not compensated for their time and efforts.

For the Diamond Tours trips, write a \$100 deposit check to Diamond Tours. Also fill out the slip of paper at the bottom of the page or get the form at the Senior Center or on the website. Drop them in box #4 in the hallway by the office or mail it to the Senior Center.

April 28 to May 3: Virginia Beach, Colonial Williamsburg, & Historic Norfolk \$889 pp  
\$1129 single

June 9 to 13: Niagara Falls & Toronto \$865 pp \$1035 single You need a passport.

October 5 to 11: Cape Cod, Martha's Vineyard, & Plymouth \$989 pp \$1218

For the Prime Tours trips, write a \$100 deposit check to Prime Tours. Also fill out the paper that comes with the flyer. You can pick it up at the center or go online. You can also register and pay by credit card online at GoPrimeTours.com.

May 6: Mystery day trip \$169; You need to pay in full for this trip.

July 8 to 10: Frankenmuth, Michigan with other stops \$689 pp \$809 for single

September 15 to 18: Pennsylvania Dutch Country & more TBA

December 8 to 11: Smokie Mountain Christmas including visiting the Biltmore Estate  
\$1499 pp \$1689 single You can also do a hotel upgrade. See flyer.

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 for that company to include with your payment.



Bob Reed's Office Hours: Most Tuesdays 9 a.m. to Noon  
Or call Bob at 937-313-9692 and leave a voicemail.

**Please only call Monday through Thursday from 10 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](http://www.lovettlawoffice.com)

**Call (937) 667-8805 Now!**

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### WHAT MAKES US DIFFERENT?

We love Vandalia! We understand community is everything. Since 1976 we have tried to support our seniors with top notch service and sales

#### CONTACT US

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**Vandalia  
Recreation  
Center**

## 2024

**Congratulations to the following  
Employees on their Years of Service with  
the Vandalia Parks & Rec Department!**

### 5 Years

- **Jen Brandenburg - VRC**
- **Mike Coberly - VRC**
- **Bailey Dahlinghaus - VRC**
- **Cheryl Heintz - VRC**
- **Molly Lipps-Clase - VRC**
- **Mike Pennington - Golf**
- **Nate Tegtmeyer - Parks Garage**
- **Nate Webb - VRC**

### 10 Years



**Ennie Bowen - VRC**



**Lisa Pennington - Golf**



## Vandalia Recreation Center

### New Year New ME, Wellness Fest – Friday, January 31 – 10am-1pm

Come on out to the Rec Center and experience some classes we have to offer. Each class will be an abbreviated version of the real class that would be experienced if attending a regular class. There will be health and wellness vendors like Hock's Pharmacy, blood & sugar checking, massage therapist, nutritionist, personal trainers and more to talk to and get info from.

**Ages: 15 years old and older**

**Fee: Free for members and \$3 for Residents and \$5 for Non- Residents**

**Location: Vandalia Recreation Center Gymnasium & Fitness Studio**



### Free Climbing Wall Night– Tuesday, January 14– 5pm-7pm

Climbing the wall is an activity the entire family can enjoy.

**Ages: 6 & older**

**Fee: Free**

**Location: VRC Climbing Wall; please be sure to wear close toed shoes; no Croc style shoes permitted.**

**Does the weather have you moving your walking indoors?**

**Don't forget The Vandalia Recreation Center has an indoor walking track!**

**Free for VRC members and \$3 for non-members.**



## 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<br>985-201-6747 |
| Vice President | Iris Siebert<br>937-454-1583  |
| Treasure       | Kay Lowe<br>937-409-8300      |
| Secretary      | Dottie Ganter<br>937-898-7286 |

## DATED MATERIAL: DO NOT DELAY

--MEMBERSHIP--

Age 55 or older

Younger Spouses are welcome!

The 2025 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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