

Vandalia Senior Center

May, 2025 Volume 13 Issue 5



Matter of Balance Classes on ALL Wednesdays in May and June from 9:15 to 11:15 a.m.

How is your balance? Could it be better? Charles Briggerman with the Injury Prevention Center at Miami Valley Hospital would like to help you with your balance. There will be two Matter of Balance class programs this year. Each program will last for 8 weeks. One will be in May and June. The second session will be from the end of September to the middle of November still on Wednesdays at the same time. You will receive a packet of handouts and practice exercises for balance. Charles will invite special guest speakers to join him for some of the classes. Limit: 40 each time



Functional Fitness Class on Monday, May 12, from 11:00 to 11:45 a.m.

Come join Lily Knopp, Exercise Physiologist, from Trinity In Home Care for a class focused on sustaining your independence through resistance training, mobility, and coordination. We will target muscles and movements used for basic everyday tasks to age gracefully. Use it or lose it! Please sign up to attend this class. Limit: 25



Ice Cream Social on Friday, May 23, at 2:00 p.m.

The Senior Activity Club will be dipping ice cream on May 23 for you to enjoy. You can choose which toppings and syrups to put on your ice cream. The Senior Activity Club will have a 50/50 raffle. There will be a second raffle with prizes. Come enjoy the fun while you eat a tasty treat. This is a free event sponsored by the Senior Activity Club.

Deadline: May 16 Minimum: 25 Limit: 50



Donate your Newspapers for 4 Paws for Ability

Ed Searls and other volunteers from 4 Paws were here on March 14. They asked for you to donate your newspapers for the puppy house at 4 Paws in Xenia. Put them in the box in the main hallway under the coats between the used greeting cards and the Vandalia Food Pantry barrel.



Lunch & Learn

Momentum Health Lunch & Learn on Tues., May 6, at Noon

Cory Routson from Momentum Health will have his chef prepare a meal for you. Darlene Rak says that Watson is ready to perform for you. Darlene and Watson originally were trained for search and rescue work. Darlene will talk about the training that was required of both of them. Now Watson and his friend, Stormy, just compete in scent work competitions. Limit: 75



Stonespring Lunch & Learn on Thursday, May 8 at Noon

Sarah Mather will order food from Chick-Fil-A. Angie Hoschouer Bergius will share a new program called "Dayton Historic Neighborhoods: The Oregon District". Dayton's first neighborhood was laid out by Daniel Cooper in 1815 and its eclectic architecture began in 1829 with the sale of 27 lots. You will learn about the neighborhood's cultural significance, its varying architecture as well as the people who lived there. After the 1913 flood, many moved to higher ground. During WWII, many houses became rooming homes. By the 1960s, the city planned to demolish the area. Today it is a thriving community. Limit: 75

Randall Residence of West Milton Lunch & Learn on Friday, May 9, at Noon

Becky Devor from Randall Residence of West Milton will bring your lunch from their kitchen. Montgomery County Sheriff Rob Streck will present "General Safety Awareness". This presentation will make you aware of some dangers and how to avoid certain kinds of situations that present a danger to your safety. It will give you some options if you ever find yourself caught up in one of these threatening situations. Limit: 75



Hearth & Home Lunch & Learn on Monday, May 12, at Noon

Rose Siddle from Hearth & Home will bring your lunch from their kitchen. The King's English band is back from the winter in Florida and are ready to sing some tunes for you. There will be a bowl for tips after the show to cover their expenses. Limit: 100

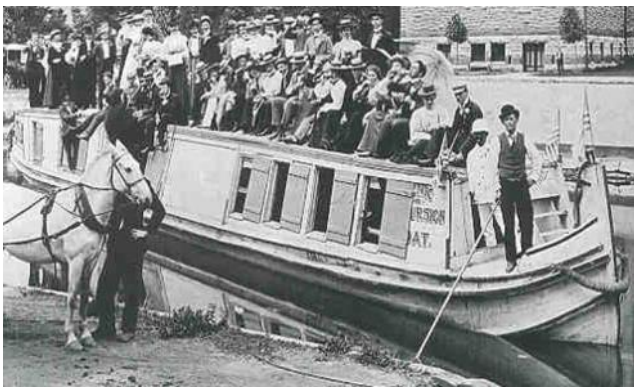
Lunch & Learn

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

Robin Shafer will order your pizza. Cheri Brinkman, both a professor and an author, will present her new program, "Stars Over Cincinnati". This talk is all about the Mid-Century stars of Cincinnati Radio and who later became big in television. There will be stories about WLW Radio and WLWT Television. You will hear about Ruth Lyons, Doris Day, Bob Braun, Andy Williams, and many more. Limit: 75



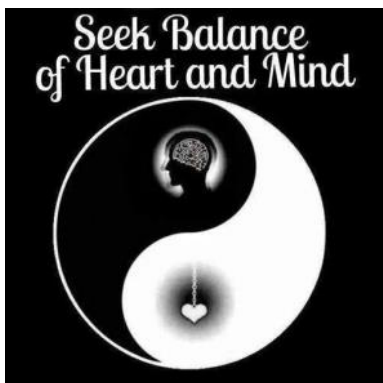
Englewood Health & Rehab Lunch & Learn on Monday, May 19, at Noon



Robin Eck from Englewood Health & Rehab will provide your lunch. Dave Miller from the City of Moraine will present "The History Behind the Moraine Historical Markers". You will learn about Moraine's 16 Historical Markers through vintage photos and stories. Relive the rich history of Moraine from the Wright Brothers, Miami-Erie Canal, Johnny Appleseed, and Dayton's first Municipal Airport, Moraine Field. Limit: 75

Laurels Lunch & Learn on Tuesday, May 20, at Noon

Jaidyn Tout from the Laurels of Huber Heights will bring your lunch. Bart Kincaid is the IT Director for the Montgomery County Sheriff's Office. When he did a presentation in February, the audience asked so many questions that Bart stayed an extra half hour. For this talk, he will focus on handling all of those passwords. He will also talk about your digital footprint. Do you know how to get your information off of the internet? Sign up to find out. Limit: 75



Seniors Helping Seniors Lunch & Learn on Thurs., May 22, at Noon

Andrew Spatt from Seniors Helping Seniors will bring your lunch. He will present "Balancing Heart and Mind: Emotional Mastery for Caregivers". We will look at the ways one can master their emotions when caregiving gets tough. You will gain insights and strategies to keep your wits about you while taking care of your love one. Limit: 75

Lunch & Learns

Troy Rehabilitation Lunch & Learn on Friday, May 23, at Noon

Taylor Ries from Troy Rehabilitation will provide your lunch. Dan Edwards is from Montgomery County Clerk of Courts. He wants to make sure that you know about the twelve different services that the Clerk of Courts office has available. Limit: 50



MIKE FOLEY

Montgomery County
Clerk of Courts

Moving Justice Forward ▶▶▶



Brookhaven Lunch & Learn on Tuesday, May 27, at Noon

Pam Cupp from Brookhaven will have their chef, Brad, bring your food. Dr. Randy Overbeck is a retired educator and an author of many books. He will present "Things Still Go Bump in the Night". Have you ever wondered if ghosts are real? Do most people really believe in ghosts? Dr. Overbeck will answer these questions and more about the spirit world. Based on the research he completed for his series, *The Haunted Shores Mysteries*, he will share the role

ghosts play in our culture and religion. Dr. Overbeck will discuss why many influential people believe in ghosts and he will even unveil some authenticated photos and videos of documented ghosts. You won't believe your eyes...or maybe you will! Limit: 75

Ohio's Hospice Lunch & Learn on Thursday, May 29, at Noon

Jamie Brown from Ohio's Hospice will bring your lunch. Jamie will explain what palliative care is and what a palliative care patient might look like. She will tell you how to approach this kind of care if your doctor recommends it. Jamie will also explain what the difference is between palliative care and hospice care. She will provide tools to guide you through their symphony of care model. Limit: 75



Complete Solutions Lunch & Learn on Friday, May 30, at Noon

Scott and Michael Leonardi from Complete Solutions will order your box lunch. Scott will talk about RMD (Required Minimum Distributions). What can you do and not do to reduce the taxes that you owe on the distributions? One of the choices that he will explain is giving the "Gift of a Lifetime". You can make sure that your grandchildren can make their dreams come true with your financial gift. You could also choose another family member, someone that you are not related to, or even an organization to receive your gift. You can make all of this possible by a gift of a lifetime. Limit: 100

Art



FREE Flower Arranging Class on Wednesday, May 7, at 1:00 p.m.

Jessica Ward from Cypress Pointe is coming back with her arms full of flowers. She will have vases for you to create an arrangement to celebrate Mother's Day. These could be flowers for you or flowers to give away. (The flowers in the picture are an example but may not be the flowers that Jessica orders.) Limit: 15

FREE Painting Class on Tues., May 13, at 1:45 p.m.

Antoinette Adams from Siena Woods will bring all the supplies for you to create one of these three pictures on your canvas by sketching from the photo before painting the picture. Limit: 12



FREE Flower Making Class on Wednesday, May 14, at 1:00 p.m.

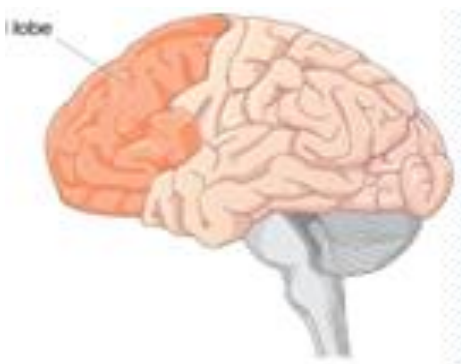
Candy Jones will show you how to make large, beautiful flowers from dyed coffee filters. You will make lots of them to donate to a nursing home then you can make one for yourself. This project was last done in 2022. If you have bud vases, bring them with you to donate. Limit: 12



Ceramic Class on Fri., May 16, at 1:30 p.m.

Mindy Shockey, a member and a vendor, has some darling fairies for you to choose from. They are 3" to 5" tall. Their wings are about 4" across. Cost: \$5 each Limit: 15

An Essential Oils Class on Tuesday, May 20, at 1:00 p.m.



Christine Jordan with Red Lotus Essential Oils will help you make an essential oils blend for memory and cognitive function. Cost: \$6 Minimum: 5 Limit: 15

*****Turn to page 6 for more craft classes.*****

Movies

Movie on the First Friday, May 2, at 1:00 p.m. with Snacks

The movie, *Lion*, is the true story about 5 year old Saroo who gets lost on a train which takes him across India. Saroo must learn to survive alone, before being adopted by an Australian couple (Nicole Kidman). 25 years later, armed with a handful of memories, his determination, and Google Earth, he sets out to find his lost family and finally return to his first home. Be sure to watch the real photos at the end. PG-13 Adventure / Drama 1 hr. 58 min. (Kleenex)



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

Snacks by Cory Routson from Momentus Health

In honor of Memorial Day, the true story, *The Six Triple Eight* will be shown. The Six Triple Eight was the first and only Women's Army Corps unit of color to serve overseas in World War II. Over 855 women handled a 3 year mail backlog that had morale down. Despite racism, sexism, and grueling conditions, they sorted over 17,000,000 pieces of mail ahead of time. These unsung heroes delivered hope and shattered barriers. Charity Adams Earley led this Army Corps. She was from



Dayton. She retired as a Lieutenant Colonel. Charity is buried at Woodland Cemetery. Be sure to watch the end where you will see actual newsreel footage, meet some of the women that were interviewed, and hear Michelle Obama honor these women. PG-13 Drama 2 hrs. 7 min. (Kleenex) (No scenes of battle.)

FREE River Rock Painting Class on Wed., May 21, at 1:00 p.m.

Emily Hammond from Springfield Masonic Community will bring all the supplies for this river rock painting. You will follow simple step-by-step instructions to complete this painting.

Limit: 20

Needlepoint Plastic Class on Tuesday, May 27, at 1:45 p.m.

Sis Litvin will teach you all the basic needlepoint stitches while you are needlepointing the plastic canvas. You will create this approximately 3 1/4" x 3 1/2" coaster not including the fringe. Cost: \$2 Limit: 12



MON	TUES	WED	THUR	FRI
				
5 Exercise 10:00 Hand & Foot 12:30	6 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 Matter of Balance 9:15 Hula Hooping 9:30 Drumming 11:15 Bridge 12:00 Up & Down the River 12:00 Euchre 1:00 Flowers 1:00	8 Duplicate Bridge 10:30 Lunch & Learn 12:00 Rummikub 12:00 Pinochle 1:00 Scattergories 1:30	9 Mah Jong 9:00 Colored Pencils 9:30 Exercise 10:00 Lunch & Learn 12:00 Poker 1:00 Bingo 1:45
12 Exercise 10:00 Functional Fitness Class 11:00 Lunch & Learn 12:00 Hand & Foot 12:30 Memory Café 1:45	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 Painting 1:45 Let's Eat Out 5:00	14 Matter of Balance 9:15 Hula Hooping 9:30 Exercise 11:15 Bridge 12:00 Up & Down the River 12:00 Euchre 1:00 Paper Flowers 1:00	15 Duplicate Bridge 10:30 Tech Talk 11:00 Rummikub 12:00 Pinochle 1:00 Scattergories 1:30	16 Mah Jong 9:00 Colored Pencils 9:30 Exercise 10:00 Poker 1:00 Movie 1:00 Ceramics 1:30
19 Exercise 10:00 Lunch & Learn 12:00 Hand & Foot 12:30	20 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 Essential Oils 1:45	21 Matter of Balance 9:15 Hula Hooping 9:30 Drumming 11:15 Bridge 12:00 Up & Down the River 12:00 Euchre 1:00 River Rock 1:00	22 Duplicate Bridge 10:30 Lunch & Learn 12:00 Rummikub 12:00 Pinochle 1:00 Scattergories 1:30	23 Mah Jong 9:00 Colored Pencils 9:30 Exercise 10:00 Lunch & Learn 12:00 Poker 1:00 Ice Cream Social 2:00
26 CLOSED FOR MEMORIAL DAY 	27 Travel 9:00-12:00 Super Sewers 9:00 Bridge 9:45 Lunch & Learn 12:00 Hand & Foot 1:40 Needlepoint 1:45	28 Matter of Balance 9:15 Hula Hooping 9:30 Exercise 11:15 Bridge 12:00 Up & Down the River 12:00 Euchre 1:00 Birthdays 1:00 Bingo 1:30	29 Duplicate Bridge 10:30 Lunch & Learn 12:00 Rummikub 12:00 Pinochle 1:00 Scattergories 1:30	30 Mah Jong 9:00 Colored Pencils 9:30 Exercise 10:00 Lunch & Learn 12:00 Poker 1:00

Exercise & Information

NEW BOOKS at the Vandalia Library

The Usual Family Mayhem by Helen Kay Dimon
Homemaker by Ruthie Knox and Annie Mare
A Duke Never Tells by Suzanne Enoch
Early Thirties by Josh Duboff
That Kind of Guy by Stephanie Archer

NEW MOVIES at the Vandalia Library

Sound of Hope: The Story of Possum Trot
Juror #2
Red One
The Order
Den of Thieves 2: Pantera

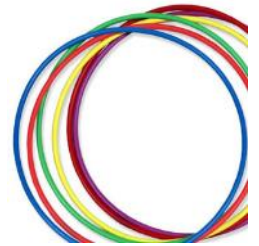


FREE Golden Qi Class on Tuesdays at 10:00 to 10:45 a.m.

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 lower cholesterol levels. These hoops are what the pros use in the gyms and rehab centers.



FREE Exercise Class on Mondays, Wednesdays, and Fridays

This is a chair exercise class that is often led by either Bill Kistner, Kathy Reedy, or Roddy Keish. 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 11:15 to 12:00 a.m. after hula hoops

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

NEW: FREE Drumming on 1st, 3rd, & 5th Wednesdays from 11:00 a.m. to 11:45 a.m.

This class will use drumsticks on either chairs or trash cans. The group will follow a class on YouTube to exercise by drumming and adding other movements. The class will be either in the art room or the dining room depending on which room is free.



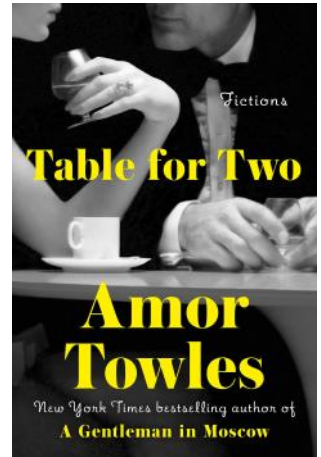
Tech Talk Is Back on the First and Third Thursdays from 11:00 a.m. to Noon

Tom Underwood from the Vandalia Public Library will be in the card room/library to answer your questions about your phone, tablet, and other devices. He will be here on May 1 and May 15.

Information

Vandalia Senior Center Book Club Meets on the First Tuesday Each Month at 1:40 p.m.

The book club will meet on Tuesday, May 6, to discuss *Table for Two* by Amor Towles. The book is divided into two parts. There are 6 short stories about New York City and a novella about Los Angeles. In many of the stories two people are talking across a kitchen table.



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

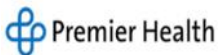


Sign up to eat out at Texas Roadhouse on Tuesday, May 13, at 5:00 p.m. It is located at 5611 Merily Way. Directions: From the Senior Center, turn right onto S. Dixie then right on

National/Rt. 40. Go over 75 and turn right onto Brown School Rd. Follow Rt. 40 as it turns left and goes past Taylorsville Park. Just over the bridge, turn right onto Bridgewater. When it dead ends, turn left onto Taylorsville. At the light, turn left onto Old Troy Pike. At the next light, turn right onto Merily Way. The restaurant is way in the back on the left sitting next to 70.



Public Health
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The Nurses Want to Check Your Numbers on the 1st and 3rd Tuesdays

Nurses with Montgomery County Public Health will be here on May 6 to check your blood pressure and sugar numbers. Nurses from Premier Health will be here at the on May 20. Both times are 11:00 a.m. to noon.

Memory Café on Monday, May 12, at 1:45 p.m.

Brittany Mikolajewski from the Vandalia Public Library has another fun activity to promote socialization and to help you reminisce about your memories. There is a different activity each time. Sign up to enjoy this fun event. A snack will be provided.



Collections for Brethren Disaster Ministries Continues Until May 13

You can donate 1 gallon resealable plastic bag, wash cloth, fingernail or toenail clipper (packaging removed), toothbrush (in original packing), bath-size bar of soap (in original packaging), travel-size deodorant (3.4 oz. or less, non-aerosol), travel-size lotion (3.4 oz. or less, fragrance-free, new only), travel-size shampoo (3.4 oz. or less, new only), travel-size toothpaste (3.4 oz. or less, expiration date of 1 year), and sturdy wide-tooth comb (6" minimum, packaging removed). Put these items in the box by the white board.



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 Judy Laughter. 937-677-3267
Thursday bridge at 12:00 p.m. is hosted by John Whitley. 937-241-8456



Bingo



1. Tambi Spirk from Brookdale will bring lunch and call bingo on Thursday, May 1, at 1:00 p.m. Limit: 48
2. Taylor Ries from Troy Rehab will call bingo on Tuesday, May 6, at 1:45 p.m. Limit: 48
3. Mark Maudlin from Maudlin Senior Care Solutions will call bingo on Friday, May 9, at 1:45 p.m. Limit: 48
4. Courtney Peck from Randall Residence of Tipp City will call bingo on Wednesday, May 28, at 1:30 p.m. Limit: 48

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

Becky Devor from 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. Everyone gets a piece of cake but the birthday people get theirs first!



Answers to Page 12

#1, 3, 8, 15, and 18 are false. All of the rest of the statements are true.

Donations

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

Leave in the Office: Need **bud vases** for the May 14 flower project.

Especially need: *Diet Coke, *Coke, and *other drinks, *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:

newspapers, eyeglasses, pop tabs, used greeting cards, stamps including cancelled stamps (leave a border), cell phones, food for the Vandalia Food Pantry barrel and food for Food 4 Kids box

Leave on the Fireplace in the card room/ library: books and puzzles



Memorial Day

What do you know about Memorial Day? Mark T for true and F for false.

Check your answers on page 10.

1. Memorial Day began after World War I. ____
2. Waterloo, New York, is considered the "Birthplace of Memorial Day". ____
3. Memorial Day was originally called Remembrance Day. ____
4. Memorial Day is said to have originated as a Southern holiday celebrating African American Freedom. ____
5. Memorial Day became an official Federal holiday in 1971 with the Uniform Monday Holiday Act putting it on the last Monday in May. ____
6. Decoration Day was designated as May 30 by General Logan of the Grand Army of the Republic in 1868. ____
7. Originally the holiday was called Decoration Day since it was a day to decorate the graves of fallen soldiers. ____
8. President Roosevelt changed the name to Memorial Day. ____
9. The first time there was a city-wide celebration was on May 5, 1866, in New York with citizens and former soldiers holding a parade and decorating graves. ____
10. Memorial Day started after the Civil War. ____
11. Memorial Day traditions include parades, visiting cemeteries and memorials, attending church services, and placing flowers and flags on graves. ____
12. President Johnson named Waterloo, NY, as the "Birthplace of Memorial Day". ____
13. Flags are lowered at half-staff on Memorial Day. ____
14. In 2000, The National Moment of Remembrance Act, designated 3:00 p.m. as the time to observe a moment of silence. ____
15. Ten other cities claim to be the birthplace of Memorial Day. ____
16. AAA estimates there will be about 44 million travelers on that weekend. ____
17. It is one of the most popular days for grilling hamburgers and hot dogs. ____
18. It is a day to remember all soldiers who have ever served in the US Armed Forces. ____
19. Charleston, South Carolina; Columbus, Georgia; and Boalsburg, Pennsylvania; all claim to be the birthplace of Memorial Day. ____
20. For many, Memorial Day marks the unofficial start of summer season. ____



Travel

We appreciate all the work that Bob and Kathy Reed do year round for the travel program. They are both volunteers and 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 ***Full**

June 9 to 13: Niagara Falls & Toronto \$865 pp \$1035 single Passport needed. ***Full**

October 5 to 11: Cape Cod, Martha's Vineyard, & Plymouth \$989 pp \$1218 ***Full**
***Taking a waiting list for these three trips.**

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 15 to 17: Frankenmuth, Michigan with other stops \$689 pp \$809 for single

September 15 to 18: Pennsylvania Dutch Country & more \$1198 pp \$1339 single

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.

Bob Reed's Office Hours: Tuesdays only 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: _____

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- ✓ 172-Point Inspection Vehicle History Report



Vandalia
Recreation
Center

Vandalia Sweet Treats Fest

Saturday, May 10 | 4:00pm - 8:00pm

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

Free Entry

Location: Vandalia Sports Complex

Music is from 4:00pm-8:00pm

**Questions? Contact Sara Moyer at:
smoyer@vandaliaohio.org**

**Music By:
Adelee & Gentry**



Parks & Recreation

Hula Workshop w/Olohana's Polynesian Dance —Friday, May 16– 6:00pm-7:30pm

Experience Polynesia! Olohana's Polynesian Dance presents a Summer Hula Workshop for the whole family! The workshop will include learning basic steps of hula dance and a full dance routine. We will have a dance for everyone! Stop by Olohana's Polynesian Dance merch table where you'll find authentic Hawaiian pa'u skirts, sarongs, lava rock jewelry, stickers, and more! Each participant will be entered into a drawing to win free merchandise or free hula lessons! Wear your Aloha attire! We can't wait to share the Aloha Spirit with you!

Ages: All ages welcome

Fee: Free

Location: Vandalia Art Park

Firefly Jar w/ Miss Elissa— Monday, May 19– 6:00pm-8:00pm

The fireflies are lighting up the evening skies! Come create a glowing "Firefly Jar" painting while enjoying being outdoors at Helke Park. No experience necessary! Your instructor, Elissa, will guide you step-by-step through painting a beautiful firefly scene on a 16"x20" canvas. Your choice of an inspiring word painted on the mason jar - "Dream!" "Believe!" "Sparkle!" - the sky's the limit. All painting supplies and instruction are included. Just bring yourself (plus a friend or two, and a snack!) and leave with a beautiful work of art that's sure to light up your life!

Ages: 18 years old and older

Fee: \$35 per person

Location: Helke Park— Shelter #1— in case of inclement weather—
Vandalia Rec Center

Registration Deadline: You must be registered for this program by Friday May 16th. Walk-ins will not be accepted. Registration for this programs is online at vandaliareccenter.com.

Buggin' Out at the Park w/Dr. Insecta – Saturday, May 31 – 10:30am-11:30am

Come on out for a special visit from Dr. Insecta as he presents his exciting program, "The Incredible, Unforgettable Bug Lab Experience!" This engaging and educational show is perfect for children ages 6 - 106! Participants will not only meet some of the world's most fascinating insect stars, but will also discover incredible facts that will have them amazed, inspired, and buzzing with curiosity about the wacky world of insects!

Ages: All Ages Welcome

Fee: \$15 Resident/ Member; \$20 Non-Resident

Location: Vandalia Art Park



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

2025 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 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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