

Vandalia Senior Center

September, 2025 Volume 13 Issue 9

Vandalia^{ohio}
small city. big opportunity.



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 19. You will eat at the old tennis courts at 6 p.m. They will have hot



dogs, chips, a cookie, and water. Then you will go to the game by 7 p.m.

Our team is playing against Tipp City. 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: September 12**

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.

Matter of Balance Classes on Wednesdays from Sept. 24 to Nov. 12 from 9:15 to 11:15 a.m.



Were you unable to attend the class in the summer? Do you need a refresher course? 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 beginning on September 24 and continuing for every Wednesday through November 12. This program will last for 8 weeks. Try to attend 5 or more sessions. You will receive a packet of handouts and practice exercises for balance. Limit: 40

Chili Dinner on Friday, September 26, at 5:00 p.m.

There will be a chili dinner planned by the Senior Club Committee that will include chili and salad along with crackers, cheese, onion, and dessert for \$5.00. Glenn Parks will entertain you with his great banjo playing plus there will be additional activities.

To sign up, go to the hallway by the kitchen to the wooden desk on the wall and take an envelope to put in \$5.00. Put your name and phone number on the outside. Drop it in box #3. Then print your first and last name on the posted list. They need to be able to read your name to put it on a name tag. Minimum: 25 **Deadline: September 19**



Lunch & Learn

Stillwater Skilled Nursing Lunch & Learn on Tuesday, September 2, at Noon

Shonica Bowermeister from Stillwater Skilled Nursing will bring your food. Jennifer Lorenzetti is returning to present "Behind the Lens: Important Moments in the History of Photography". Photography has been around for less than two centuries, but, in that time, it has changed the way we see the world. Come to hear about the best moments of photography from the first blurry images to our current image-obsessed culture. Limit: 75



Hearth & Home Lunch & Learn on Tuesday, September 9, at Noon

Rose Siddle from Hearth & Home will bring your lunch from their kitchen. Joseph Helfrinch will return with his many instruments. Come enjoy Joseph's many interesting tunes, folk songs, and fun stories. There will be a tip bowl at the end if you wish to thank Joseph for his time and help with travel expenses. Limit: 100

Brookhaven Lunch & Learn on Thursday, September 11, at Noon

Pam Cupp from Brookhaven will have their chef, Brad, prepare your lunch. Mark Risley will present "The Legend of Roswell". In 1947,



"something" crashed in the desert outside of Roswell, New Mexico. Was it a weather balloon, a top Secret military project, or a craft from another world? This program takes a look at the iconic UFO story that just won't go away, including a possible connection with Wright-Patterson Air Force Base. Limit: 75



Cypress Pointe Lunch & Learn on Friday, September 12, at Noon

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

Lunch & Learn

Complete Solutions Lunch & Learn on Mon., Sept. 15, at Noon

Scott and Michael Leonardi from Complete Solutions will bring your boxed lunch. Scott Leonardi will tell you about all the new changes for 2026 Medicare plans. He will give you the updates that you need so you can plan ahead and decide if you need to make any changes for the next year. Limit: 100



Laurels of Huber Heights Lunch & Learn on Tuesday, September 16, at Noon

Ellie Ungericht from Laurels of Huber Heights will bring your food. Close your eyes and hear the voice of Louis Armstrong singing. Would you enjoy hearing that voice again even though Louis passed away in 1971? Then join us for this lunch, as Dean Simms and Rich Begel recall Louis Armstrong's life. Dean Simms is the leading Louis Armstrong artist in the country with a voice just like Louis's voice. They will be playing the trumpet and trombone. Afterwards, a bowl will be out to collect tips if you want to thank them for their impressive show and to help with travel expenses. Limit: 75



IT'S WHAT YOU **DON'T** SAY THAT COUNTS!



LEARN TO READ AND INFLUENCE PEOPLE THROUGH
NONVERBAL COMMUNICATION.

Momentum Health Lunch & Learn on Thurs., Sept. 18, at Noon

Jodell Davis from Momentum Health will bring your food. Dan Edwards is the Director of Communications for the Montgomery County Clerk of Courts. He was a radio DJ and tv news anchor for 40 years. Dan is a graduate of The Body Language Institute of Washington, D. C. He would like to share how your body language delivers your message. Dan will talk about the seven facial expressions that are as unique as fingerprints. He will tell you how to mirror the other person, how to control your body language, and much more. Limit: 75



Ohio's Hospice Lunch & Learn on Monday, September 22, at Noon

Jamie Brown from Ohio's Hospice will provide your lunch. Lee Ann Rose from Williamsburg, Virginia, will come to us by Zoom as Susan B. Anthony. You know her face from the one dollar coin. She was commemorated for fighting against slavery. Susan also worked for fifty years so that women could have the right to vote. Come enjoy this fantastic performance. Limit: 75

Lunch & Learns

Senior Mark Lunch & Learn on Tuesday, September 23, at Noon

Patty Hoelscher and Adam Fullenkamp from Senior Mark will provide your lunch. It is almost that time - Medicare Annual Enrollment. Are you feeling overwhelmed by the amount of information coming your way? Not sure where to turn for trusted help? Join Adam Fullenkamp as he helps navigate the ins and outs of Medicare and breaks down what you really need to know. He will be discussing the differences between Medicare Advantage and Medigap plans, giving an overview of drug plans, and explaining what you need to do during the Annual Enrollment Period. Plus, hear about some of the newest scams and scare tactics to steal your information and how to avoid falling victim to them. Limit: 75



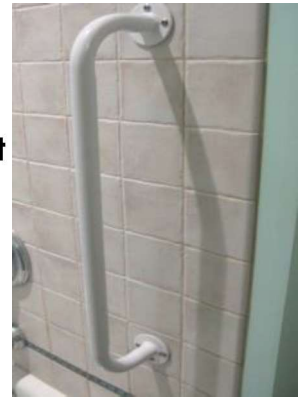
Seniors Helping Seniors Lunch & Learn on Thursday, September 25, at Noon



Andy Spatt from Seniors Helping Seniors will bring your lunch. Andy will present "The Reset Plan: Effective Strategies for Sustainable Well-Being". Maintaining a healthy well-being starts from the inside out for any person. Andy will cover the keys which will help someone when stress becomes overwhelming especially if you are a caregiver. The keys will be practical and easy to utilize in your daily lifestyle. Limit: 75

Functional Lifestyle Solutions Lunch & Learn on Friday, Sept. 26, at Noon

Carrie Nicholas and Kimberly Newton will provide your lunch. Join Cyndi Hunter with Functional Lifestyle Solutions and discover simple, smart home modifications that can help you stay safe, independent, and comfortable right where you belong — at home. These experts will share practical tips and tools to make aging in place easier than ever. Let's talk grab bars, lighting, layout, and more — because your home should work for you, not against you. Limit: 75



Englewood Health & Rehab Lunch & Learn on Tues., Sept. 30, at Noon



Robin Eck from Englewood Health & Rehab will bring lunch from their kitchen. Joey DiGrazia from the King's English along with Garry Finton from Bobby D.'s Quartet group are returning. They were previously here on July 8. Come hear what tunes they have picked out for you to enjoy. After the show, a bowl will be out if you would like to thank them for their time and help with their travel expenses. Limit: 75



Art

FREE Fall Card Making on Wed., Sept. 3, at 1:00 p.m.

You can create two cards from 1:00 to 3:00 p.m. There will be cards, paper, stickers, stamps, and much more to create cards with a fall theme, Halloween theme, or a Thanksgiving theme. All the equipment you need to complete the card will be available. Limit: 12



Painted Pot Class on Friday, September 5, at 1:30 p.m.

Mindy Shockey will have clay pots that are 4 1/2" H x 5 1/2" at the top. She will bring her ceramic paints for you to use on the pot. You can create your own design or use some of her dozens of stencils. She will give you an artificial plant to put inside the pot when you are finished. Cost: \$5 Minimum: 5 Limit: 15



Decoupage Pumpkin Class on Wednesday, September 10, at 1:00 p.m.

Debbie Millhouse, a member, will take you through the steps to make a beautiful decorated pumpkin. Debbie will have lots of napkins for you to choose from. Cost: \$5 Limit: 12

*** Another class on page 6***

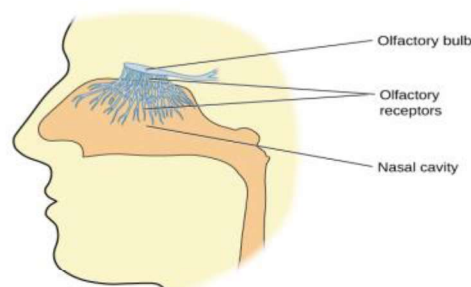


Earring Class on Mon., Sept. 22, at 1:45 p.m.

Cass Barth and Toni Williams will step you through the process of making a pair of earrings. You will have lots of beads to choose from. Then you will put them on a head pin. You will form a loop at the top to connect it to the earring wire. Cost: \$3 Limit: 8

An Essential Oils Class on Tuesday, Sept. 23, at 1:45 p.m.

Christine Jordan from Red Lotus Essential Oils will discuss essential oils that help with sinus and allergies. You will make an essential oils blend to take home. Cost: \$6 Minimum: 5 Limit: 15



Movies

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

Snacks by Kim Adkisson from Day City Hospice

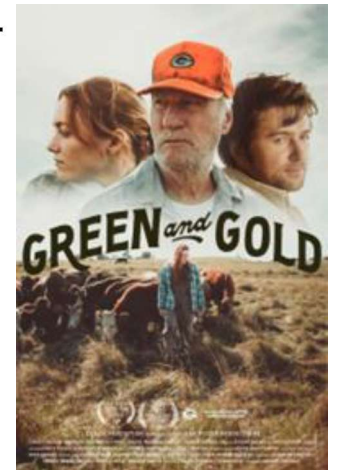
In the movie, *A Dog's Way Home*, Bella, as a puppy, finds her way into the arms of Lucas, a young man who gives her a good home. When Bella becomes separated from Lucas, she soon finds herself on an epic 400-mile journey to reunite with her beloved owner. Along the way, the lost but spirited dog touches the lives of an orphaned mountain lion, a down-on-his-luck veteran, and some friendly strangers who happen to cross her path. **G Family/Adventure/Comedy 1 hr. 37 min.**



Movie on the Third Friday, September 19, at 1:00 p.m.

Snacks by Jodell Davis from Momentus Health of Vandalia

In the movie, *Green and Gold*, a fourth-generation dairy farmer, on the brink of losing his farm to the bank, wagers everything on a bet involving his beloved Green Bay Packers. His granddaughter pursues a music career to save what they have worked for their entire lives. **PG Drama 1 hr. 45 min.**



Ribbon Lei Class on Tuesday, September 30, at 1:45 p.m.

Olohana was here in June with her spectacular Polynesian dance troupe. She is returning to show you how to make a ribbon lei. It will take 1 1/2 to 2 hours. Cost: donation to help with the cost of the ribbon. Limit: 20



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

Sign up to eat out at Roosters at 5571 Merily Way in Huber Heights, on Tuesday, September 9, at 5:00 p.m. Directions: From the Senior Center, turn right on Dixie. Turn right on National. Turn right



on Brown School Rd. Turn left at Taylorsville Park and go across the dam. Turn right on Bridgewater. Turn left on Taylorsville. Turn left on Old Troy Pike. At the next light, turn right on Merily Way. Roosters is on the left. Alternate: Take 75 S then 70 E. Take the first Huber Heights exit and turn right. Turn left onto Merily Way at the next light.



MON	TUES	WED	THUR	FRI
1 CLOSED FOR LABOR DAY 	2 Travel 9:00-12:00 Super Sewers 9:00 Bridge 9:45 Golden Qi 10:00 Lunch & Learn 12:00 Hand & Foot 1:40 Book Club 1:40 Bingo 1:45	3 Hula Hooping 9:30 Drumming 11:00 Bridge 12:00 Up & Down the River 12:00 Euchre 1:00 Fall Cardmaking 1:00	4 Duplicate Bridge 10:30 Hand & Foot 1:30 Pinochle 1:00 Bingo 1:00 Scattergories 1:30	5 Mah Jong 9:00 Colored Pencils 9:30 Exercise 10:00 Poker 1:00 Movie 1:00 Painted Pot 1:30
8 Exercise 10:00 Hand & Foot 12:30	9 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	10 Hula Hooping 9:30 Drumming 11:00 Bridge 12:00 Up & Down the River 12:00 Euchre 1:00 Decoupage Pumpkin 1:00	11 Duplicate Bridge 10:30 Lunch & Learn 12:00 Hand & Foot 1:30 Pinochle 1:00 Scattergories 1:30	12 Mah Jong 9:00 Colored Pencils 9:30 Exercise 10:00 Lunch & Learn 12:00 Poker 1:00
15 Exercise 10:00 Lunch & Learn 12:00 Hand & Foot 12:30	16 Super Sewers 9:00 Bridge 9:45 Golden Qi 10:00 Sugar ,BP checks 11-12 Lunch & Learn 12:00 Hand & Foot 1:40 Bingo 1:45	17 Hula Hooping 9:30 Drumming 11:00 Bridge 12:00 Up & Down the River 12:00 Euchre 1:00 Dining Room Closed From 10:30 to 2:30	18 Duplicate Bridge 10:30 Lunch & Learn 12:00 Hand & Foot 1:30 Pinochle 1:00 Scattergories 1:30	19 Mah Jong 9:00 Colored Pencils 9:30 Exercise 10:00 Poker 1:00 Movie 1:00
22 Exercise 10:00 Lunch & Learn 12:00 Hand & Foot 12:30 Earrings 1:45	23 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	24 Matter of Balance 9:15 Hula Hooping 9:30 Drumming 11:15 Bridge 12:00 Up & Down the River 12:00 Euchre 1:00 Birthdays 1:00 Bingo 1:30	25 Duplicate Bridge 10:30 Lunch & Learn 12:00 Hand & Foot 1:30 Pinochle 1:00 Scattergories 1:30	26 Mah Jong 9:00 Colored Pencils 9:30 Exercise 10:00 Lunch & Learn 12:00 Poker 1:00 Chili Dinner 5:00
29 Exercise 10:00 Hand & Foot 12:30	30***** Travel 9:00-12:00 Super Sewers 9:00 Bridge 9:45 Golden Qi 10:00 Lunch & Learn 12:00 Hand & Foot 1:40 Ribbon Lei 1:45			

Exercise & Information

NEW BOOKS at the Vandalia Library

Welcome to Murder Week by Karen Dukess

Etiquette For Lovers and Killers by Anna Fitzgerald Healy

The Codebreaker's Daughter by Amy Lunn Green

What We Can Know by Ian McEwan

The Rules of Falling For You by Mollie Rushmeyer

NEW MOVIES at the Vandalia Library

The Alto Knights

Retribution

Novocaine

A Working Man

In the Lost Lands

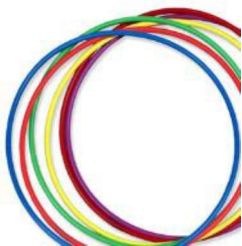
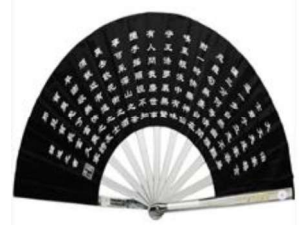


FREE Exercise Class on Mondays and Fridays from 10:00 to 10:45 a.m.

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.

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 Drumming on Wednesdays from 11:00 a.m. to 11:45 a.m.

This class uses drumsticks on trash cans. The trash cans were purchased by the members who are participating. The group will follow a class on YouTube to exercise by drumming and adding other movements. The class will be in the dining room.



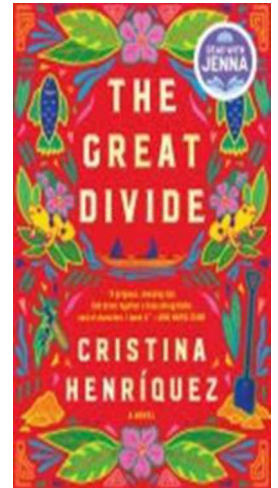
Window Blinds in the Card Room/Library

The blinds in the three windows in the card room / library were purchased in 1987 from JCPenney at the Salem Mall. The blinds had multiple problems. The City paid to have them replaced on July 15 by Budget Blinds of Northwest Dayton.

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, September 2, to discuss *The Great Divide* by Cristina Henríquez. It is said that the Panama Canal will be the greatest feat of engineering in history. But first, it must be built. Scientist John Oswald has journeyed to Panama to eliminate malaria. But everything hangs in the balance as his wife Marian falls ill herself. When John witnesses an act of bravery and compassion from Ada, he hires her on the spot as a caregiver for his wife. This fateful decision sets in motion a sweeping tale of ambition, loyalty, and sacrifice. *The Great Divide* explores the lives of the laborers, fishmongers, journalists, protesters, doctors, and soothsayers who lived alongside the canal during the construction - those rarely acknowledged by history even as they carved out its course.



Check Your Numbers on the 3rd Tuesday

Nurses from Premier Health will be in the dining room on Tuesday, September 16, from 11:00 a.m. to noon to check your blood pressure and sugar numbers.

Afghans, Quilts, and Blankets for Veterans

Every year we collect crocheted or knitted afghans, lap size and twin size quilts and blankets. All of the items need to be new. An afghan can be full size or lap size. The lap size should be no smaller than 36" x 48". The Super Sewers will also be donating lap quilts. We don't have much storage room here so only bring these in during the month of October. Give your donations to either Toni in the office or Darby. The Amvets will pick them up at the beginning of November and distribute them to veterans.



Check Your Answers to the Questions on Page 11

- | | | | |
|--|-------------------------------|-------------------------|-----------------------|
| 1. cube | 2. 4 | 3. Eaton, Ohio, | 4. solid, liquid, gas |
| 5. noun | 6. land with water on 3 sides | 7. homonyms | |
| 8. 82 cents | 9. 10 toys | 10. antonyms | 11. broad, flat land |
| 12. 1 cent, 10 cents, 25 cents | 13. 3 | 14. cat, cent, cot, cut | |
| 15. In God We Trust (United States of America) | | 16. 5:50 | |
| 17. 15 minutes | 18. 2/6 | 19. 466 | 20. 13, 13, 15, 11 |
| 21. 8, 6, 9, 9 | 22. 134 | 23. Williams's | 24. fossils |
| 25. try it again another way | 26. ce, ci, cy | 27. Dear | |



Information

Bridge Hosts

Tuesday bridge at 9:45 a.m. is hosted by Melva Jenkins 937-832-8992
Wednesday bridge at 12:00 p.m. is hosted by Judy Laughter. 937-677-3267
Thursday bridge at 10:30 p.m. is hosted by John Whitley. 937-241-8456



Bingo



1. Taylor Ries from Troy Rehab will call bingo on Tuesday, September 2, at 1:45 p.m. Limit: 48
2. Tambi Spirk and Cathy Compton from Brookdale will bring lunch and call bingo on Thursday, Sept. 4, at 1:00 p.m. Limit: 48
3. Jodell Davis from Momentus Health will call bingo on Tuesday, September 9, at 1:45 p.m. Limit: 48
4. Shonica Bowermeister from Stillwater Skilled Nursing will call bingo on Tuesday, September 16, at 1:45 p.m. Limit: 48
5. Courtney Peck from Randall Residence of Tipp City will call bingo on Wednesday, September 24, at 1:30 p.m. Limit: 48

Celebrate September Birthdays on Wed., Sept. 24, at 1:00 p.m.

Becky Devor of 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!



Donations

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

Leave in the Office: diet and regular drinks, 14 to 18 oz. cold beverage cups, tea bags, seasonal and birthday napkins, non-refrigerated individual creamers, art supplies, greenery, new greeting cards, and items for the free tables.

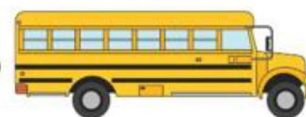
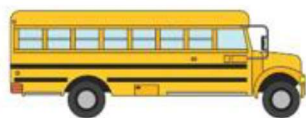
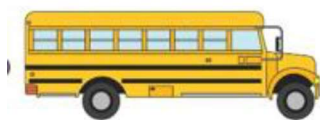
Boxes in the hallway under the coat rack and by the white board: newspapers, eyeglasses, pop tabs, used greeting cards, stamps including cancelled stamps (leave a border), cell phones, food for the Vandalia Food Pantry barrel and food for Food 4 Kids

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



Most students are going back to school. Toni taught second grade for 26 of her 35 year of teaching. She has written some questions from the second grade curriculum for you to answer. Check your answers on page9.

1. What is a 3D shape that has 6 faces and they are all squares? _____
2. How many cups in a quart? _____
3. Where would you put commas in this sentence? I lived in Eaton Ohio a long time ago.
4. Name the three states of matter. _____
5. Think of the word toy. Is it a verb, adjective, noun, or adverb? _____
6. What is a peninsula? _____
7. Are these words antonyms, synonyms or homonyms? here/hear _____
8. How much money is 2 quarters, 2 dimes, 2 nickels, 2 pennies? _____
9. A girl picked out 3 toys then she picked out 7 more. How many does she have? _____
10. Are these words antonyms, synonyms, or homonyms? In & out up & down _____
11. Define the land called the plains. _____
12. You bought something for 64 cents. You paid with a one dollar bill. What change should you get back using the least number of coins? _____
13. How many syllables in habitat? _____
14. Put these words in ABC order. Cot, cat, cent, cut _____
15. What four words are on every coin and paper money? _____
16. What time is it if the short hand is between 5 and 6 & the long hand is on 10? _____
17. How much time has passed between 12:25 and 12:40? _____ minutes
18. You cut a pie in sixths and you eat 2 pieces. What is the fraction that you ate? _____
19. Add. $327 + 139 =$ _____
20. Add. $5 + 8 =$ _____ $9 + 4 =$ _____ $7 + 8 =$ _____ $6 + 5 =$ _____
21. Subtract. $17 - 9 =$ _____ $14 - 8 =$ _____ $18 - 9 =$ _____ $15 - 6 =$ _____
22. Subtract $308 - 174 =$ _____
23. What should you add to show that he owns the car? It is Mr. Williams _____ car.
24. What did humans find in the ground that showed evidence of dinosaurs? _____
25. If an inventor's experiment fails, what should the inventor do? _____
26. The letter c can make a k sound or an s sound. What letters come after the c to make the c have the s sound. C _____ C _____ C _____
27. Every letter should have a date and a greeting. If you are writing a letter to a friend, what should be the first word in the greeting? _____



Travel

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.

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

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.

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.

2026 CRUISES! Call **1-800-423-0247** and ask for **Amy** to schedule your trip. Or make a reservation at grandamericantours.com.

CHANGE to BOTH cruises: an extra travel day was added at the beginning of the trip

Feb. 12-21, 2026 Travel with Royal Caribbean to Baltimore, Charleston, Port Canaveral, Miami, and Grand Bahama. *Passport required **\$2471** to **\$2708** depending on cabin.

October 3-11, 2026 Travel with Norwegian to Boston, Portland, Bar Harbor, St. John, Bay of Fundy, New Brunswick, and Halifax, Nova Scotia. *Passport required **\$3221** to **\$3584** depending on cabin.

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: _____

FOR DIAMOND TOURS ONLY

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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.*

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- Budget Worksheet
- Healthcare Options
- Social Security Maximization Tips
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- Bucket List
- Resources
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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

1020 West National Rd

(937) 898-5841

Ford Blue
BeauTownsend Advantage
Gold Certified

- ✓ 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



Vandalia
Recreation
Center

Touch-A-Truck

Saturday, September 13 | 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! *10:30am-11:15am will be sensory-friendly*

Location: Vandalia Sports Complex
Free Event!



Sunflower & Pumpkins w/ Miss Elissa– Mon., September 8– 6:00pm-8:00pm

The sunflowers are blooming, and pumpkins are popping up—fall is calling! Join Miss Elissa for a cozy painting session where she'll guide you step-by-step in creating a cheerful Sunflower & Pumpkin scene on a 16" x 20" canvas—no painting experience needed! Add your own creative touch with a word or phrase that speaks to you—like "Grateful," "Shine," or "Harvest Joy." All painting supplies and instruction are provided. Just bring yourself, maybe a friend (and a snack if you'd like), and head home with a fall masterpiece you'll be proud to display!

Ages: 18 years and older

Fee: \$35 per person

Location: Vandalia Recreation Center

Registration Deadline: You must be registered for this program by Thursday, September 4.

Walk-ins will not be accepted.

Ladies' Night in w/Eat Pretty Darling– Thurs., September 25– 6:00-7:30pm

Grab the gals and create delicious appetizers perfect for entertaining, paired with a refreshing mocktail. This hands-on class combines great recipes, good company, and a relaxing evening of cooking and sipping. Treat yourself to a night of culinary creativity and connection!

Ages: 18 years and older

Fee: \$25 per person

Location: Vandalia Senior Center

Registration Deadline: You must be registered for this program by Monday, September 22.

Walk-ins will not be accepted.

National Self-Care Awareness Month

Come dance with us as we celebrate National Self-Care Awareness Month this September! The group fitness classes listed below are free for the whole month.

Monday 8:30 am Zumba w/Linsday & 6:30 pm Zumba Toning w/Annie

Tuesday 8:30 am Dance Fit w/ Angi

Wednesday 8:30 am Cardio Drum w/Julie & 6:30 pm

Zumba Hip/hop w/Annie

Thursday 10:30 am Zumba Toning w/Jessica

Friday 8:30 am Fit 2 Dance w/Cheryl

***All dance classes are free, except for Robert & Thelma's Zumba class on Tuesdays and Saturdays.**



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)

2025 Vandalia Senior Club

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
<u>Co-chairs Silver Activity Committee</u>	
	Pat James 937-898-8051
	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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