The State guidelines have not changed so the same list of policies and requirements are staying on the first two pages.

Note: Even if you are just dropping off an item or picking something up, you still need to sign in and have your temperature taken.

1. Most of you are very good at staying home when you don’t feel well so you don’t share your germs. If you have any of the symptoms of the virus, especially a fever, you cannot come to the center. According to the CDC, symptoms appear 2-14 days after exposure. People may have: cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, new loss of taste or smell. Other less common symptoms can include: gastrointestinal symptoms like nausea and others.

2. If you have symptoms or have been exposed, you will need to be tested and bring in the documentation before you can return to do activities at the center.

3. The State’s guidelines state you must wear a mask to be allowed to enter the building. It should remain on unless you are eating or drinking.

4. When you come in your temperature will be taken. It must be below 100.4 degrees.

5. The State guidelines require everyone to sign in when you enter the building. Go to the writing desk on the wall in the hallway between the office and the kitchen door.

6. We will be practicing social distancing of six feet. There will be one person per six foot table in the art room. Only two people at each table in the main dining room.

7. Drinks can be self-serve but food can not be. Any food at the center will need to be served to you. You can bring your own snacks just for you to eat.

8. If you are coming to a scheduled event that is on the calendar, the State guidelines ask that you do not arrive more than ten minutes ahead.

9. John Hopkins University researchers have discovered that the virus stays on cloth for 3 hours, wood for 4 hours, cardboard for 24 hours, metal for 42 hours, and plastic for 72 hours. I need your help since I can’t follow behind each one of you. When you get up from where you were sitting at the end of your time at the center, please disinfect the table area and your chair. We have cleaning supplies for you to use.

10. In the future, procedures may change as needed or as new guidelines come out.
Card Playing, Puzzles, and Mah Jong

At this time, we have not come up with a way, that you are able to play cards or Mah Jong or put puzzles together and still socially distance at the same time. Card playing and Mah Jong groups and the puzzles table will return when the State restrictions are relaxed.

Tape on the Floors

There is tape on the floor marking the positions of tables and chairs in different rooms so that social distancing is maintained. Please do not remove any of the tape. Thanks!

New Sign-Up Sheets

In the past, there were some activities and events that you were not required to sign up. The current situation has changed things. There is no way to guess how many people will be attending. Also the State requirements ask for people to sign up before coming to an event. There will now be sign-up sheets for the birthdays, movies, and art appreciation.

Lunches, Snacks, Dessert

The City has decided not to have any Lunch & Learns in 2020. Eating lunch would cause everyone to have their masks off for too long. There can be small snacks or desserts served.

The State guidelines state that food cannot be self-serve. So when there is food for a group, it will be served to you.

How to Sign Up

You can sign up as always by coming into the center. You can also sign up by calling or emailing. The contact information is on the back of the newsletter. You must sign up for an event in order to attend the event.

Drinks

The State guidelines allow for drinks to be self-serve. There will be some days for now that don’t have any scheduled events. On those dates, there will not be any drinks on the counter. There will be cups on the counter so you can get cold water from the water pitchers in the first refrigerator.

On the dates with scheduled events, there will be regular coffee, hot water for tea, and ice water. Decaf coffee will only be made by request. There will be a roll of paper towels on the counter in case you want to tear off a piece of paper towel to hold onto handles or to open and to close the levers on the spouts of the coffee and water dispenser.
Stonespring Dessert & Learn on Tuesday, November 3, at 12:30 p.m.
Poetry Potts Davis with Stonespring will bring your dessert. Journey with Tom Hissong to the remote region of the Norwegian High Arctic. Tom Hissong, a retired Education Manager and naturalist at the Aullwood Audubon Center and Farm, had the opportunity to lead a National Audubon Society trip to the Svalbard Archipelago located about 340 miles north of Norway. The expedition included seven days aboard the Ice Cutter M. S. Caldonian Star in search of polar bears and other arctic wildlife. Limit: 35

Brookhaven Dessert & Learn on Tuesday, November 10, at 12:30 p.m.
Tresa Arnold from Brookhaven will order your pie. Dennis Turner was a law professor and Acting Dean at the University of Dayton. Dennis will present his book, “What Did You Do In the War, Sister? How Belgian Nuns Defied and Deceived the Nazis in World War Two”. This book is based on a true story that was inspired by the activities of the Sisters of Notre Dame de Namur which a well known order in Ohio and founders of Julienne High School among others. Limit: 35

Crossroads Investment Planning Dessert & Learn on Thursday, November 12 at 12:30 p.m.
Brian Addis with Crossroads Investment Planning will bring your dessert. Brian will present, “The Election Results and Your Investments, What Does It Means For You?” Limit: 35

Cypress Pointe Dessert & Learn on Fri., November 13 at 12:30 p.m.
Shelby Alig from Cypress Pointe will bring your dessert. Kevin Royce, PT, DPT, works at Xcel Sports Medicine. He will be talking about exercises to maintain long term health. Kevin will have a handout for you to take home and use. Limit: 35

The Laurels Dessert & Learn on Tuesday, November 17, at 12:30 p.m.
Christopher Norman from The Laurels of Huber Heights will bring a dessert for you. Mike Wells will be here to sing and play his guitar. Toni asked Mike to play some of his favorite songs. She also asked for songs that make you tap your feet and maybe sing along because you just can’t stand to not sing along! Limit: 35

Yearly Membership Dues
The temporary closing of the senior center in 2020 has us re-evaluating 2021 Senior Center membership fees. Once 2021 membership fees have been determined, I will let you know in the newsletter and in an email blast. So for now, hold onto your money, a decision will be made soon.
More Places to Clean your Hands

For a long time, we have had a hand sanitizer on a stand right by the dining room door going to the front hallway. On September 25, three more hand sanitizers were installed. They are to the left of the front door, to the left of the dining room door to exit, and by the pool room door.

Crossroads Rehab Is Honoring Veterans on Monday, November 9 from 9:15 a.m. to 10:00 a.m.

Sheena Barrett from Crossroads Rehab would like to honor veterans, spouses of veterans, and widows and widowers of veterans even though we cannot have their annual breakfast this year. Sign up for one of the three time blocks between 9:15 a.m. to 10:00 a.m. to come in on Monday, November 9.

You will come in the front door only, sign in, and get your temperature taken. Then go through the art room to get into the dining room so everyone can stay socially distanced as you get in line to go to the kitchen counter. Sheena Barrett will be giving each of you a bag of items along with a snack. When you are ready to leave, please only go out the back side door so you are not passing those who are coming in.

Volunteer Appreciation Recognition

We are not able to have the annual Volunteer Lunch this year. During the last week of October, Toni will be contacting members who worked at the center during the first three months of the year along with the Van Tran drivers and the Senior Club Committee. She will be scheduling times for each volunteer to come in during the first week of November to pick up a bag with a few items to recognize their service in 2020. If you routinely volunteered your time at the center during 2020 and are not contacted by November 2, please call Toni.

Pool Players

There are only 5 pool players allowed in the pool room at a time. Since Toni needs to check each person in, please check the calendar and come at a time when no other events are scheduled.
Make a FREE Christmas Card on Wednesday, November 4, at 1:00 p.m.

This is an easy card to make. All the supplies will be in individual ziplock bags. You will have 9 options of what to put on the inside of the card. Please bring Scotch tape. Sit one person per table in the art room. Limit: 12

Make a FREE Christmas Decoration on Mon., November 30 at 1:00 p.m.

Ginger Watson from Friendship Village is still looking for more materials to add to the designs. You need to pick which one of the two designs you want to make by Friday, November 20.

Ginger will take you through the steps to make the decoration. You will have your own supplies. Limit: 15

Books, Puzzles, Flowers, and Quilts

Come in and take home some books and puzzles. There are lots of flower arrangements, lap quilts, and items in the display case for sale too. It is preferable that you come when an event is not going on.

It’s That Time of Year: Time to Compare Medicare Supplement Plans

In past years, OSHIIP employees and volunteers came to the center for a day to do these comparisons. All of the OSHIIP volunteers have now resigned. You can call OSHIIP in Columbus at 800-686-1578.

Or you can meet with either Chris or Dave from Heartland Insurance. They will do a free Medicare analysis for you. Together you can work out the day, time, and a place to meet. They will need a list of your doctors and medications to do the comparison. Call Dave Treadway at 937-409-6179 or email him at david@heartlandinsure.com. Call Chris Kanzari at 937-626-0121 or email him at chris@heartlandinsure.com.

Need to Order Flowers?

The Flower Group will take your orders for fall saddles and wreaths until October 23. You can order Christmas arrangements until November 13.

Senior Club Committee Officers: Election Time

It will soon be time for the election of officers for the new year. Anyone interested in helping the Senior Club as an officer, please contact Toni in the office or Donna, the current Senior Club president, (937-898-3765). The Club is especially in search of a trustworthy and dependable person to be the treasurer. If you need information about the requirements of the different offices, contact Donna.
Change: In the past, you did not need to sign up to come to a movie. With social distancing, there is a limit of 35 seats. For now, you will need to sign-up for each movie.

Movie on the First Friday at 1:00 p.m.
With Snacks from John Koflowitch from Senior Helpers
The movie, Richard Jewell, directed by Clint Eastwood tells the true story of the 1996 Summer Olympics in Atlanta. Security guard Richard Jewell discovers a suspicious backpack under a bench in Centennial Park. With little time to spare, he helps to evacuate the area until the device inside the bag explodes. Hailed as a hero who saved lives, Jewell's own life starts to unravel when the FBI names him the prime suspect in the bombing. The movie stars Sam Rockwell, Kathy Bates, and Olivia Wilde. R Crime/Drama 2 hr. 11 min.

Movie on the Third Friday at 1:00 p.m.
Snacks from Sheena Barrett from Crossroads Rehab
In the movie, The Good Liar: Read Between the Lies, career con artist Roy Courtnay (Ian McKellen) can hardly believe his luck when he meets well-to-do widow Betty McLeish (Helen Mirren) online. As Betty opens her life and home to him, Roy is surprised to find himself caring about her, turning what should be a cut-and-dry swindle into the most treacherous tightrope walk of his life. R 1 hr. 49 min. Thriller/Crime

Only for Members Who Are Vandalia Residents:
National Honor Society Leaf Raking Service Project on Nov. 21
This is the first year that the school has tried this project so for the first year they are going to commit to do 50 yards in Vandalia where the leaves can be raked to the curb. If all goes well, they may increase the number next year and also move into Butler Township. The leaves will be raked during the day on Saturday, November 21. They will not be able to give you a time but will call when they are on their way. You do need to be home when the raking is done. If the weather causes a cancellation, they will rake on November 22.

To be put on the list, you need to be a member of the center and a Vandalia resident where the leaves can go at the curb. Contact Toni by phone, email, or stopping by (contact information on the back of the newsletter). Toni will write down your name, phone number, and address. She will need to know the approximate size of your yard and how many trees you have. When the list fills up, she will start a waiting list in case someone needs to cancel.
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<tr>
<td>2 Volunteer Appreciation Week</td>
<td>3 Super Sewers 9:00</td>
<td>4 Hula Hooping 9:30</td>
<td>5 Bingo 1:00</td>
<td>6 Movie 1:00</td>
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<td>Dessert &amp; Learn 12:30</td>
<td>Card Making 1:00</td>
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<tr>
<td>9 Veterans Recognition Walk Through</td>
<td>10 Super Sewers 9:00</td>
<td>11 Hula Hooping 9:30</td>
<td>12 Dessert &amp; Learn 12:30</td>
<td>13 Free Exercise 10:30</td>
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<td>Dessert &amp; Learn 12:30</td>
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<td>17 Super Sewers 9:00</td>
<td>18 Hula Hooping 9:30</td>
<td>19 Bingo 10:30</td>
<td>20 Movie 1:00</td>
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<td>Dessert &amp; Learn 12:30</td>
<td>April &amp; November Birthdays 1:00</td>
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<td>Penny Auction 2:00</td>
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<td>30 Holiday Decoration 1:00</td>
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**November**

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**Donations Needed**

*Leave in the Office:* birthday and seasonal napkins (not white we have many), individually labeled flavored teas (not green or black tea, we have plenty), card making supplies, art supplies, batting, material for quilts, glass, metal, and wood containers for flower arrangements, ribbon, greenery, new greeting cards, flavored creamers and individual creamers for coffee, Styrofoam cups.

*Boxes in the hallway under the coat rack:* used batteries, pop tabs, used greeting cards, cell phones, glasses, cancelled stamps (be sure to leave a 1/4” border around the stamps), items for the Vandalia Food Pantry barrel and the Cares4Kids box.

*On the fireplace in the card room:* books, movies, jigsaw puzzles

*Free table in the art/exercise room:* items you think that someone else might want
NEW BOOKS
The Wright Sister: A Novel by Patty Dann
Happily This Christmas by Susan Mallery
A Dog’s Perfect Christmas by W. Bruce Cameron
A Timeless Christmas by Louisa May Alcott
The Wonder Boy of Whistle Stop: A Novel by Fannie Flagg
NEW MOVIES
Little Women
Richard Jewell
The Good Liar
Song of Names
Cats and Dogs 3

FREE Hula Hoop Class on Wednesdays at 9:30 a.m.
Come and see how hula hooping can improve your health, from your spine, improve your balance, cardiovascular, and lower blood pressure, stress, and cholesterol levels. Hula hooping will slim your waistline. These hoops are what the pros use in the gyms and rehab centers. Learn which type of hoop will be best for your needs. If you want to try out this group, call before the Wednesday you want to come so the group knows to bring in extra hula hoops for you to try.

FREE Exercise on the 2nd and 4th Fridays at 10:30 a.m.
Licensed physical therapists from Stonespring Transitional Care Center offer two classes each month. The therapists will adapt the exercises to the needs of the participants with different intensity methods and education in the circuit. Please sign up for each time.

Coming to See Toni?
If you need to see Toni in the office, call ahead to make an appointment. The current State guidelines require her to check in every person coming in. She is also more involved in running events now. There are times that Toni must also be out of the office for meetings, running errands, printing the newsletter, and so on, it is best to call ahead.

Calling All Crocheters and Knitters to Make Afghans for Veterans
Turn in any lap size and full size afghans you have made or blankets you have bought by November 1. The Amvets will pick these up and donate them to both the veterans at the VA Hospital as well as homeless vets. Lap size afghans are usually either 36” x 36” or 36” x 40”. If you need yarn for this project, see Toni in the office.

Other Options for Seeing the Newsletter
All the newsletters are posted on the City of Vandalia website at https://vandaliaohio.org/recreation/senior-center/senior-center-newsletter/
There is always a copy of the current newsletter in a notebook on the white table in the dining room that you can read while at the Senior Center.
Information

Gatherings
During the warmer months, many of you were gathering in Seger Park next door. You brought your own chairs and social distanced as you enjoyed talking to each other. Now that the weather will soon be too cold to do this, a group of ten or less may gather at the center. Call in ahead of time to make an appointment to gather. Toni needs to make sure there is enough space and too many groups aren’t gathering at the same time. Also scheduled events have precedence over groups that want to gather in a certain room.

You will not be able to eat lunch at the center but you can bring a small snack just for yourself to eat.

Newsletter Pick Up List
When the newsletter was sent out for October, those of you on the “Pick Up” list didn’t know to come get a newsletter. If you had an email address, your newsletter was sent by email. If you did not, the newsletter was sent by mail. If you are on the “Pick-Up” list and picked up an October newsletter, your name is back on the “Pick Up” list. In December, your name will be returned to the “Pick Up” list, unless you contact Toni in the office to make a change.

To Be Or Not To Be
The following programs can return at any time when the teachers or the members of the group feel comfortable returning.
Friday drawing group   Vandalia Senior Center Book Club
Golden Qi            Art classes with Lisa Haapapuro
Painting class        Sinclair history and painting classes

In some cases, you are not seeing some of your regular sponsors at the center due to their companies deciding to wait until 2021 to have events.

These activities cannot return until the social distancing rule have been cancelled.
Lunch & Learns        Putting jigsaw puzzles together here
Mah Jong             Card games

Out of Office
Toni will be out of the office on Monday, November 23, Tuesday, November 24, and Wednesday, November 25.
**Bridge Hosts**

Bridge and other card games will return at a future date when the State requirements for staying safe are relaxed.

**Game Changes to Stay Safe**

At the games, please do not approach the prize table to help set up or look over the prizes. Only come to the table if you have won a prize and please only touch the prize you want to take. If the bingo sponsor brings a snack or dessert, it will need to be served to the members attending. There will not be any meals with the games.

**Bingo and Other Games**

The games at the center are always free.

1. Tambi Spirk from Brookdale will call bingo on Thursday, November 5, at 1:00 p.m. Limit: 35
2. Casey Howard with Heartland Hospice will have a penny auction on Tuesday, November 17, at 2:00 p.m. You don’t need to bring anything. Limit: 35
3. Becky Devor with Randall Residence will call bingo on Wednesday, November 18 at 1:45 p.m. Limit: 35
4. Shelby Alig with Cypress Point will call bingo on Thursday, November 19 at 10:30 a.m. Limit: 35

**Celebrate April AND November Birthdays on Wednesday, November 18 at 1:00 p.m.**

Friendship Village will be providing the cakes for the birthday celebrations. Any member with a birthday in the months listed above is invited to come to the center. Please call, email, or come in to sign up to come to this event. There will be a separate table for each month with a separate photo taken at 1:00 p.m. of each month’s birthday group. We will social distance for the photo. Everyone at the center that afternoon can have a piece of cake but the birthday people get their cake first!

Note: Each of the months that have been missed will be celebrated with a future month, such as May with December, and so on.

**Art Appreciation Meets Every Second and Fourth Tuesdays**

Join the art appreciation group for one of their discussions of various artists or topics related to art. Please sign up so we know how many are coming. You meet at the front four tables in the dining room so you will have social distancing. Meet at 2:00 p.m. Note the change in meeting time.
November Travel News
Greetings,

2021 Tour Schedule
June     -  Branson, Mo
July     -  Savannah, Ga
August   -  Lancaster, Pa
September-  Three Day Mystery Tour
October  -  Viking River Cruise on the Danube

Dates are subject to change.

The December newsletter will include 2021 confirmed schedule with sign up forms. Please complete and send back to me including deposits and or payments. Please pass the word. Thank You

"HAPPY TRAVELING"
Liz Syska
Anchors Away Cruises & Tours
Outside Agent
120 W. Van Lake Drive
937-260-0776 - Monday through Friday - 9:00 am - 5:00 pm
lizsyska0@gmail.com

Care4Kids Still Needs Your Help!
The Cares4Kids program is serving over 100 kids in need every week at the Vandalia-Butler School buildings with food. You can help by writing a check to: First Light Church. Put Care4Kids on the memo line. Mail the check to: Care4Kids, 575 S. Dixie Dr., Vandalia, OH 45377. The church uses check donations to buy in bulk at Sam’s Club. Or you can donate food items. The food items must be kid friendly, in individual sizes, and have either a pop top or peel off top. The full list of suggested items can be picked up in the hallway by the white board next to the donation box. Contact Janelle Bowman at 937-367-6794 or jbowman@firstlight.church if you have questions.

In This Season of Thanksgiving
### VANDALIA SENIOR CENTER

21 Tionda Dr. South  
Vandalia, OH 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  
http://vandaliaohio.org/recreation/senior-center/

<table>
<thead>
<tr>
<th>Vandalia Senior Club</th>
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<tbody>
<tr>
<td><strong>2020 Committee:</strong></td>
</tr>
</tbody>
</table>
| Chair               | Donna Shirley  
|                     | 898-3765  
| Co-Chair            | Iris Seibert  
|                     | 454-1583  
| Treasurer           | Pat Grimes  
|                     | 238-0527  
| Secretary           | Dottie Ganter  
|                     | 898-7286  
| Travel Director     | Liz Syska  
|                     | 260-0776  

**DATED MATERIAL: DO NOT DELAY**

~~ MEMBERSHIP ~~~

Age 55 or older  
Younger spouses are welcome!

The 2021 fees are:

- Vandalia Resident: $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.

Your annual membership fees help offset some of the costs of programming and support for the Senior Center.