

SENIOR CENTER NEWS

January 2012
Volume 7 Issue 1

Vandalia Senior Center MEET & GREET

Friday, January 27th at 1:00p

Are you new to the Vandalia Senior Center? Would you like to meet more members? Do you like free food?

If so, join us for our first Meet and Greet of 2012! There will be fun games, socialization, and of course free food. This Meet & Greet will also give you a chance to meet our new Senior Center Coordinator, Ted Wiegman. .

Please sign up on the bulletin board by Monday, January 23rd. This is a free event thanks to our friends at *StoneSpring Transitional Care*. Don't miss out on this wonderful opportunity to meet other members and our new coordinator!



The Senior Club Needs Your Input!

Our attendance at potlucks and catered dinners have been gradually decreasing. If you used to attend but do not any more, please share with us why this has changed. If you never have attended a potluck or catered dinner, how can we make them more appealing?

Please drop us a note in the office in a sealed envelope with "Dinners" written on the envelope. No signature or name is needed. Thank you in advance for your help.



SENIOR CENTER CLOSINGS:

The Vandalia Senior Center will be closed:

January 2nd and January 16th.

Dear Beloved Members,

As you may have heard, I was recently promoted to Facility Manager for the City of Vandalia Division of Parks and Recreation. This is a wonderful advancement after receiving my Masters in Administration.

Even though you will not see me at the Senior Center as much, I will be close by at the Vandalia Recreation Center overseeing operations for both the Rec and the VSC. I see this advancement as a way to be more of an effective advocate for our center and the members within it.

As I transition into this new role, I am confident that the new coordinator, Ted, will work with the club to bring new ideas and life to the senior center.

You all have taught me so much and I have to say, without you, I would not be the person that I am today. Thank you for your understanding, guidance, knowledge, and most of all, your support. See you sooner rather than later and may you and your family have a happy and healthy New Year.

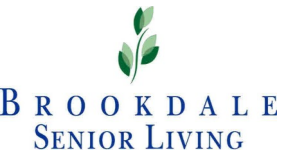
With Love,
Elaine

PROGRAMS

NEW YEARS CELEBRATION

Thursday, December 29th
at 12noon

Just a little reminder to those who signed up...Bring the new year (a little early) with your friends at the Vandalia Senior Center and Hearth and Home of Vandalia. Join us at the Vandalia Senior Center for a cabbage roll lunch (including mashed potatoes), sweet treats, games, prizes, and companionship. Cost is only \$6.00.



BINGO & SNACKS

Brookdale Senior Living

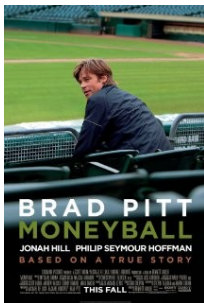
Thursday, January 5th at 1:30p

Join us for fun, food, prizes and bingo! Sponsored by **Brookdale Senior Living**. No registration necessary. Bring a friend!

Afternoon at the Movies

Friday, January 13th at
1:00p

Join us at the Vandalia Senior Center for popcorn and the movie, **MONEY-BALL**. "Oakland A's GM Billy Beane is handicapped with the lowest salary constraint in baseball. If he ever wants to win the World Series, Billy must find a competitive advantage. Billy is about to turn baseball on its ear when he uses statistical data to analyze and place value on the players he picks for the team" (IMDb.com).



BELIEVE IN YOUR HEALTH LUNCH & LEARN

Topic: **Get off the Couch & Out the Door**



Presented by: **Good Samaritan Hospital & BrookHaven Retirement Community**

Tuesday, January 17th at 12noon

Please sign up on the bulletin board no later than January 12th!

There are many reasons to make exercise and healthy nutrition part of your daily life...and it is not as difficult as it seems. Learn about good choices and different types of exercise from Athletic Trainer Brett Hoffman. Brett Hoffman joined the Sports Medicine Center at Good Samaritan Hospital in 2008 and currently provides athletic training services to Trotwood-Madison High School. Prior to moving to Dayton, Brett was the head athletic trainer and a professor at Charleston Southern University in South Carolina. During his career, he has served as the head athletic trainer in professional hockey, soccer and arena football.



SATURDAY SENIORS

Gather your friends and come to the Vandalia Senior Center for cornhole, pool, and cards. Please check the bulletin board at the Center for January dates.



BLOOD PRESSURES Monday, January 23rd, 11:30a-12:30p.
Service provided by Dayton-Montgomery Co. Public Health Dept.



Friday, January 6th & 20th at 12noon

Please bring a dish to share & tableware.
Potluck will be followed by the club's
business meeting.

TRAVEL NEWS By Liz Syska

Greetings from sunny Florida!

The next tour is January 28th - cruising the Eastern Caribbean on the "Oasis of the Seas". Those of you that signed up will enjoy this fabulous ship and of course the warmer climate.

4/27 to 4/30/12: Washington D.C. Check in at 7:30a and depart at 8:00a. 40 signed up of which 9 persons need to let me know who they are rooming with. One person is looking for a female roommate. **NOTE:** Final payment is due 2/20/12.

5/8/12: The Fab Four - Check in at 9:30a and depart at 10:00a. 20 signed up...need at least 12 additional persons for this to go. Please pass the word.

6/25 to 6/28/12: Cruising the 'Mighty Mississippi' - 25 signed up, 7 without deposit. Remember your reservation is not confirmed unless deposit or payment is received.

7/8/12: The Romantic Danube has been cancelled and replaced with the **Viking Freya** (brand new ship). It is scheduled to 11/30-12/9/12. This ship has better pricing...Budapest to Nueremburg. Call for details.

FYI - The "Lost in the 50's Tour" has been changed from 10/10/12 to 10/8/12. Please mark your calendar.

You can reach me by calling 937-260-0776. Please mail deposits and final payments to: 120 W Van Lake Dr - Vandalia, OH 45377 - or drop off payments at the center.

~Liz Syska



SUPPORT GROUPS & CLASSES



Memory Loss Caregiver Networking & Support Group

Find out that you are not alone on this journey. Discover a group that understands exactly what you are going through. Resources and support are available.

Questions?: Contact Gina at 776-5483 or the Alzheimer's Association at 291-3332.

Crossroad's Grief Recovery Group



Are you are interested in an outreach program

that will guide those who wish to resolve their loss issues and move beyond their grief to a richer quality of life? The 10 week Grief Recovery Group will meet Thursdays at 10:00a from March 1st until May 17th. This is a free program and you will receive a free hard back workbook. Please sign up for this group in the senior center of office.

Hosted by: Crossroads Hospice



COMPUTER CLASSES

We will begin our Webwise Boomers and Seniors Computer and Technology Classes in March. Stay tuned to your February newsletter for days and times.

SINCLAIR CLASSES

FREE classes for 'seasoned' citizens 60 or better at the Vandalia Senior Center. Provided by Sinclair College for Lifelong Learning. Registration required at the VSC office.

Be sure to...

**Sign-up TODAY for Winter
Quarter.**

January 9th to March 25th



HISTORY:

Rebuilding Europe After WWII

MON 1:00p-3:15p

Instructor: Brian Weiss

EXERCISE

MON & WED 11:00a-11:50a
& 12:00p-12:50p

Instructor: Fern Strahan



ART APPRECIATION

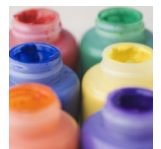
TUES 1:30p-3:30p

Instructor: Barb Stork

PAINTING & MORE

THURS 12:00p-3:15p

Instructor: Kathy Moore



***You must be a member of the
Vandalia Senior Center to attend
the Sinclair Classes at the Vandalia
Senior Center.***

On-going Groups

CRAFT GROUPS

SUPER SEWERS

*Quilting & Sewing

Every Other Tuesday, 9:00AM

HAPPY HOOKERS

*Crocheting & Knitting

Every other Tuesday, 1PM

FLORAL GROUP

*Silk Arranging/Holiday

Most Tuesdays, 9:00AM

BILLIARDS

"POOL ROOM"

MON-FRI 9AM-4PM!



1PM CARD GROUPS

PINOCHLE...

Every Tuesday/Thursday

BID EUCHRE...

1st & 3rd Wednesdays

FIVE-HUNDRED...

2nd & 4th Wednesdays

GAME DAY!!!

2nd & 4th Fridays



PENNY ANTE POKER...

Every Friday

BRIDGE HOSTS

TUESDAY GROUP (10AM)

Dona Fleischman - 898-3103

WEDNESDAY PARTY (12:30PM)

Beve Williams - 898-3762

THURSDAY PARTY (12:30PM)

THURS. DUPLICATE (12:30PM)

Pauline Kash - 898-2142

SCRABBLE

FRIDAYS at 1:00p

**READ BOOKS?

Appreciate intelligent, spirited friendly discussion? Join us for... *Books 'n Stuff*.

2nd/4th Mondays- Check calendar for time.

CONGREGATE LUNCH

- EVERY MONDAY & WEDNESDAY AT 12PM
- MENU AVAILABLE IN OFFICE
- CALL FOR MORE INFO OR TO SIGN UP!!



One less meal to cook!

And enjoy eating in good company!

** This is NOT an income-based meal program, the ONLY requirement is that participants are age 60 or older. Sign-Up today!!

SINGLE SENIORS NETWORK


Every single person welcome! Feel free to contact Pauline "Polly" Kash at 898-2142 or Jean Lutz at 890-4199.

PLEASE CHECK THE BULLETIN BOARD.

Wednesday, January 11th Trip to Dayton Art Institute to see *Norman Rockwell* exhibit.

Sign up at the Senior Center. We will go by van, from the Senior Center at 11:30a.



 **Monday, January 30th Dinner at the Outback Steakhouse (Miller Lane) at 6:00p. Please sign up!**

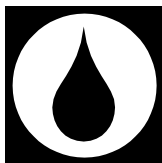
Restaurant Week is coming...GET READY!

"There are things that we don't want to happen but have to accept, things we don't want to know but have to learn, and people we can't live without but have to let go."

In memory of those we love and have lost. May their memory stay alive in our hearts.

JANUARY WORD SEARCH

T W D U S W F B P N C O Y G B
 E W O C S G L A U C O M A D I
 A T N K E H B H O G W T I B R
 I G O N N R O J S W H C J N T
 G A R N E T V T J Y A Y O M H
 B Y J X R K O I R H A I W S D
 P L N U A C F O C D T S Q Z A
 I E O B W R I H N A S Y N R Y
 W U C O A D O O N I L R V L G
 J D J J D B M R R T T B A S G
 T P V V B F A T E B J R I E N
 S W W Y B C P X H V E Q A W Y
 C I L O F Y A S T C Z Z X M P
 U A H T L A E H U K I N G R T
 Y Z V M L K B Q L U K I I E W



National **Blood Donor** Month

National **Hobby** Month

National **Soup** Month

Hot Tea Month

Glaucoma Awareness Month

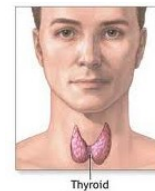
Cervical Health Month

Thyroid Awareness Month

National **Folic Acid** Awareness Week

(1st) **New** Years Day

(16th) **Martin Luther King Jr. Birthday** (celebrated the 3rd **Monday**)



Flower: **Carnation**

Birthstone: **Garnet**



MEET YOUR NEW COORDINATOR

Dear Senior Center Members,

My name is Ted Wiegman and I would like to thank the City of Vandalia, the Division of Recreation and the Senior Citizens Club for giving me the opportunity to serve as your next Recreation Coordinator for the Senior Citizens Center. My initial goal will be to continue the outstanding customer service and programming that Elaine Kaylor has brought to your center each and every day. I hope that I can also bring some new and exciting ideas for the members to take part in. I can't wait to get started.

I grew up in Troy, Ohio and attended Bowling Green State University where I graduated with a teaching degree. My first professional position was a coach and a teacher with Greenville, Ohio public schools. After three years, I made a career change and enlisted in the United States Air Force. It allowed me to work for 35 years in recreational programs all over the world. Some of my stops included Turkey, Greenland, Germany, Japan and assignments in Mississippi, Washington, Colorado, Texas and Ohio. For the past four years I worked at two active adult (55+) communities in Colorado. The opportunity came to return to our home town of Troy and rekindle those relationships with family and friends. We are so glad to be back in "Buckeye" land.

My wife Judy and I have been married 46 years and we have two daughters, Wendy and Lori. Wendy and her husband Ray live in Chesapeake, Virginia and Lori and her husband Eric live in Colorado Springs. Between them we have been blessed with eight grandchildren. As you can imagine, Christmas becomes quite expensive for the Wiegman household. We wouldn't change it for anything!

It will be my honor and pleasure to serve you as your next Recreation Coordinator for the Vandalia Senior Center. I hope to get to meet each and every one of you in the next few weeks. Please stop by and say hello when you get a moment.

Respectfully,

Ted Wiegman

Greetings from the President—Jack Gels

Dear Senior Citizens Club Members:

January, 2012

Thanks for choosing me as your Club President. Let's have fun, lots of smiles and laughs, oh yes, hugs too. I'm sure as I stumble along the way you will let me know. Ha!

I was raised in a little town named St. Henry, Ohio, in Mercer County. With a population of 800 in the 50's and 60's, everyone knew your name (yes we had a Cheers Bar and still do). I worked in the field of accounting & finance, all in the Dayton area.

God has blessed me with my wonderful wife Barbara, 3 grown children (all girls), and 5 grandchildren. I am a member of St. Christopher's Church.

The new 2012 Board to serve you is a great one and I thank them for volunteering. The board members are: Jim Hudson (vice-president), Joyce Mason (treasurer), Nancy Omlor (secretary), Jean Lutz (entertainment and catered dinner chair), and Joan Denman, (kitchen potluck chair).

For 2012, to fund our Budget, it is **critical** to hold our annual Bazaar. This fund raiser brings in over 75% of our club revenue, and covers most of our operating expenses.

For 2011 the Bazaar produced a profit of \$4,800. Without the Bazaar our revenues would be significantly reduced. Stay tuned to the newsletter on how to get involved with the 2012 Bazaar.

Other challenges and opportunities are:

1. We hope to receive more educational and fun programs from the City of Vandalia.
2. Kitchen expenses resulting from center activities and newsletter postage will be paid by the Cty.
3. We expect to have Catered Dinners, but fewer in number. We will drop the dinners that have not been well attended. In the past, Catered Dinners have been subsidized, but now must be self-funded. I believe we can do this without raising our price, which currently is \$12. More on this as the year progresses.
4. How best to spend our Operating Budget and when to spend is a challenge for 2012, given that 75% of our income isn't received until late year. Having fund raisers in the spring or early summer will help balance the annual income better.
5. The club can no longer **plan** for any donations to charities. The club will have to reevaluate our gift giving for 2012 because of unknown income total. To help offset a food pantry shortfall, members can help by filling a food barrel at the center with donations. Having extra fund raisers could help restore donations.

Volunteers are the "life blood" of our club and our center. All Boards, past & present, thank all the volunteers immensely, for the hours & hours donated. Volunteers always bring a smile to all of us. We must continue with this tradition if our club is to survive.

In conclusion, please join me in making our Club the best it can be. The Board would love to hear from you throughout the year. May God bless, and continue to grant you good health and joy.

VANDALIA SENIOR CENTER

21 Tionda Dr. South
Vandalia, OH 45377

Vandalia Parks & Recreation

Ted Wiegman, Recreation Supervisor
Phone: 937-898-1232
Email: twiegman@vandaliaohio.org
<http://www.vandaliaohio.org/>

PRE-SORTED STANDARD MAIL
U.S. POSTAGE PAID
Tipp City, OH
PERMIT 7

**Monday-Friday
9AM-4PM**

~~ MEMBERSHIP ~~
Age 55 or older
Younger spouses welcome!

Vandalia Senior Citizens Club 2012 Board of Officers:

President	Jack Gels 415-0956
Vice President	Jim Hudson 898-6856
Treasurer	Joyce Mason 898-2313
Secretary	Nancy Omlor 898-6739
Travel Director	Liz Syska 260-0776
Catered Dinners & Entertainment	Jean Lutz 890-5431
Potluck	Joan Denman 898-4168
Sunshine	Virginia Trafford 264-0472
Chaplain	Karen Ortega 898-4018

Elaine Kaylor, Facility Manager
Vandalia Parks & Recreation
Phone: 937-415-2333
Email: ekaylor@vandaliaohio.org

or Current Resident

DATED MATERIAL: PLEASE DO NOT DELAY

ATTENTION

If you have a colored address label on this newsletter, you have not renewed your membership for 2012. If you wish to continue to receive the newsletter and participate in programming and events, please renew your membership by coming to the Vandalia Senior Center or sending your dues to the Vandalia Senior Center, 21 Tionda Drive South, Vandalia, OH 45377.

If you are age 90 or better, your membership is free but you **MUST** call or stop by the center to verify that you would like to continue your membership.

WINTER WEATHER ANNOUNCEMENT: In the case of inclement weather the following announcements will be made if the Senior Center is closed.

The Vandalia Parks & Rec will post an announcement on **CHANNEL 2 or 7** specific to the "Vandalia Senior Center."

As always, feel free to call the Senior Center at 898-1232. If we are here, we will answer.

2012 Membership Information

PLEASE MAKE CHECKS PAYABLE TO:
The City of Vandalia

\$15 for Single Resident
\$20 for Single Non-Resident
\$25 for Resident Dual
\$35 for Non-Resident Dual

**A resident is defined as someone who pays City of Vandalia property taxes.

January Calendar

MON	TUES	WED	THUR	FRI
2 SENIOR CENTER CLOSED	3 Super Sewers 9:30a Bridge 10a Pinochle 1p	4 Senior Board Mtg 10a LUNCH 12p Bridge 12:30p Bid Euchre 1:00p	5 Bridge 12:30p Pinochle 1p <u>Bingo & Snacks 1:30p</u>	6 Potluck 12noon Business MTG 1p Penny Poker 1p
9 Exercise 11a LUNCH 12p Exercise 12p History Class 1p Cornhole 1p Books 'n Stuff 3:15p	10 Bridge 10a Pinochle 1p Happy Hookers 1p Art Appreciation 1:30p	11 Exercise 11a LUNCH 12p Exercise 12p Bridge 12:30p Play 500 1p	12 Painting & More 12p Bridge 12:30p Pinochle 1p	13 <u>BREAKFAST 9a</u> Penny Poker 1p Game Day 1p Movie 1p
16 Senior Center Closed MLK Holiday	17 Super Sewers 9:30a Bridge 10a <u>LUNCH & LEARN 12noon</u> Pinochle 1p Art Appreciation 1:30p	18 Exercise 11a LUNCH 12p Exercise 12p Bridge 12:30p Bid Euchre 1p	19 Painting & More 12p Bridge 12:30p Pinochle 1p	20 Potluck 12noon Entertainment 1p Penny Poker 1p
23 Exercise 11a BP Checks 11:30a LUNCH 12p Exercise 12p History Class 1p Cornhole 1p Books 'n Stuff 3:15p	24 Bridge 10a Pinochle 1p Happy Hookers 1p Art Appreciation 1:30p <u>JERSEY BOYS</u> Meet at VSC 7p	25 Exercise 11a LUNCH 12p Exercise 12p Bridge 12:30p Play 500 1p	26 Painting & More 12p Bridge 12:30p Pinochle 1p	27 <u>MEET & GREET 1p</u> Penny Poker 1p Game Day 1p
30 Exercise 11a LUNCH 12p Exercise 12p History Class 1p Cornhole 1p	31 Super Sewers 9:30a Bridge 10a Pinochle 1p Art Appreciation 1:30p		