

at the Rec

September - December 2020
Program Guide


Vandalia
Parks and Recreation



VPRD provides quality and diverse programs. We offer opportunities that include: swim lessons, youth and adult athletics, fitness classes, youth, family and preschool programs and special events!

*We will see
you on the
healthy side!*

Online & walk-in registration begins Wednesday, August 12 at 7:00 am.
Visit www.vandaliareccenter.com



Table of Contents

general information

Registering in Advance.....	4
Online Registration.....	4
Did you know?.....	4
Winter Weather Policy.....	4
VRC Hours of Operation.....	4
Vandalia Rec Center Specials.....	4
Contact Information.....	5
Celebrate your Birthday at the VRC!.....	5
Have your next Group Outing at the VRC!.....	5
Vandalia Rec Center Memberships.....	5
Refund Policy.....	5

athletics

Vandalia Butler Optimist Basketball Leagues.....	6
Kindergarten - 1st Grade Instructional Basketball.....	6
36th Annual Turkey Shoot.....	6
2021 Youth Baseball - Softball Registration.....	6
Co-Ed Winter Volleyball.....	6
Cornhole.....	6

aquatics

Swim Instruction.....	7
Private Swim Lesson.....	7
Adult Learn to Swim Program.....	7
Frogs & Tadpoles.....	8
Level 1: Flounder & Parent.....	8
Level 2: Jellyfish & Parent.....	8
Level 3: Octopus & Parent.....	8

fitness

Group Fitness Classes.....	9
Personal Training at the Vandalia Rec Center.....	9
Cardio Drumming.....	9
Senior Volleyball.....	9
Senior Pickleball.....	9
Maintain Campaign.....	9
Eat Smart, Be Active.....	10

adults

Essential Oils Classes.....	11
Adult Healthy Cooking Program.....	12

youth

Kids Night Out.....	13
Nerf® Night.....	13
Kids Home Alone Class.....	13
Winter CampREC.....	14
Glow Candy Cane Hunt.....	14
VRC: Kids HHC Cooking Program.....	14

pre-school

Zoom Around the Room Zoom Around the Room.....	15
VRC: Preschool "Parent & Me" HHC Cooking Program.....	15

special events

Lion's Club Halloween Parade.....	16
Rock, Paper, Scissors Tournament.....	16
Voices from the Veterans.....	16
Christmas Tree Lighting & Holiday Market.....	17
Christmas Tree Throw Off.....	17
Snow Creation Contest.....	17

senior center

Membership Information.....	18
Transportation.....	18
Sinclair College for Lifelong Learning.....	18
Card & Game Groups.....	18

Table of Contents *Continued*

Weather Information



Download the Rainout Line app
Call 937.552.2200

Like the Vandalia Recreation Center on Facebook. Follow the Vandalia Recreation Center on Twitter and Instagram



Keeping You Strong

When a bone breaks, a tendon tears, or a joint just won't move the way it's supposed to, there's a Premier Orthopedics specialist close by to help you return to your best form.

Our practice welcomes patients of all ages at our many conveniently located offices throughout Southwest Ohio - including in Vandalia, Englewood, and Troy.



To make an appointment, visit PremierOrthoOH.com.



general information

Registering in Advance

All classes require a minimum number of participants. If a class minimum is not met by the deadline date, the activity is subject to cancellation. We kindly request that you register at least five days prior to the activity or class.



This symbol indicates a **drop-in program**; you do not need to register prior to the program and the program does not have a minimum participation count.

Save Time and Register Online

Have a username and password...sign up at <https://webtrac.vandaliaohio.org>.

Don't have a username and password...let us issue you one! Send your name, address, phone number and the name, birthdate, gender and grade (if applicable) of those you want to register in your household to vrinfo@vandaliaohio.org.

Register online August 12 through September 2, 2020 and save \$5 by utilizing coupon code FALL20 at checkout.

Did you know?

The Vandalia Recreation Center is a certified facility for: Silver Sneakers®, Forever Fit®, Prime®, Silver&Fit®, Active&Fit®, OPTUM®, PeerFit®, GlobalFit®

Winter Weather Policy

Rainout Line: (937) 552-2200

Facebook: www.facebook.com/VandaliaRec

During inclement weather the Recreation Center and its programs/classes will maintain normal operating hours unless directed otherwise by management and as long as instructors and staff are available. If a decision is made to cancel programs/classes or to close the facility, we will post it on the Rec Center's Facebook page and on the Rainout Line ASAP. Although we strive to give early notice of cancellations, various circumstances could affect our ability to notify the public in a timely manner. We only update our Weather Hotline when cancellations have been made.

Vandalia Recreation Center Hours of Operation

October 1st - May 31st:

Monday - Friday: 6:00am - 10:00pm

Saturday: 7:00am - 7:00pm

Sunday: 12:00noon - 6:00pm

June 1st - September 30th

Monday - Friday: 6:00am - 9:00pm

Saturday: 7:00am - 7:00pm

Sunday: 12:00noon - 6:00pm

Visit www.vandaliareccenter.com for operating schedules of the individual areas.

Vandalia Recreation Center Closings & Holiday Hours

Monday, September 7, 2020 - VRC open 7:00am - 12:00pm
Fitness Floor, Track & Gymnasium ONLY

Thursday, November 26, 2020 - VRC open 7:00am - 12:00noon
Fitness Center, Gymnasium & Track ONLY

Thursday, December 24, 2020 - VRC open 7:00am - 12:00noon
Fitness Center, Gymnasium & Track ONLY

Friday, December 25, 2020 - VRC CLOSED

Thursday, December 31, 2020 - VRC open 6:00am - 6:00pm;
Pool closes at 5:30pm

Friday, January 1, 2021 - VRC CLOSED

Vandalia Rec Center Specials

Holiday Membership and Gift Card Special

Give the gift of health and fitness this holiday season or get a head start on your New Year's Resolution and save 17% on VRC Memberships and gift cards purchases of \$50 or more! Offer good Wednesday, November 18, 2020 through Wednesday, January 8, 2021.
Offer not valid on previous gift card or membership purchases.

Save \$5

Register online by Wednesday, September 2, 2020 and save \$5 by utilizing coupon code FALL20 at checkout.

general information

Have a question? Contact us...

Athletics

John Myers

jmyers@vandaliaohio.org | 937-415-2333

Aquatics- Swimsafe

JP Hader

jp@swimsafepools.com | 937-329-9234

Swim Lessons

Jennifer Davis

Jennifer@swimsafepool.com | 513-755-7075

Camp & Youth Programs

Aaron Messenger

amessenger@vandaliaohio.org | 937-415-2334

Fitness

Sarah Lavy

slavy@vandaliaohio.org | 937-415-2337

Membership Accounts/Front Desk Supervisor

Sharon Hamby

shamby@vandaliaohio.org | 937-415-2331

Rentals & Birthday Parties

Jennifer Webb

jwebb@vandaliaohio.org | 937-415-2335

Recreation Center - 937-415-2340

1111 Stonequarry Road
Dayton, OH 45414

Parks Division - 937-415-2353

Senior Center - 937-898-1232

21 Tionda Drive South
Vandalia, OH 45377

Cassel Hills Pool (Seasonal) - 937-898-2123

1061 Taylorsview Drive
Vandalia, OH 45377

Cassel Hills Golf Course - 937-898-1300

201 Clubhouse Way
Vandalia, OH 45377

VRC Facility Manager

Alicia McCracken

amccracken@vandaliaohio.org | 937-415-2347

Recreation Superintendent

Jeff Kreill

jkreill@vandaliaohio.org | 937-415-2339

Parks Superintendent

Rudy Wells

rwells@vandaliaohio.org | 937-415-2353

Cassel Hills Golf General Manager & Golf Pro

Ben Lickliter

blickliter@vandaliaohio.org | 937-415-2075

Parks & Recreation Director

Steve Clark

sclark@vandaliaohio.org | 937-415-2336

Celebrate your Birthday at the VRC!

The Vandalia Recreation Center offers three birthday party packages to make your child's day special! Each party includes one and a half hours in the party room and two hours in the VRC feature of your choice.

Pricing, and additional information can be found at <http://vandaliaohio.org/recreation/reccenter/birthday-parties>. Ready to request a date for your party? Complete our online request form. Birthday party reservations will not be accepted by phone. Please direct additional questions to Jennifer at jwebb@vandaliaohio.org or 937-415-2335.



Have your next Group Outing at the VRC!

Did you know that The Vandalia Recreation Center hosts groups of all sizes? We have special rates for groups over 10 during regular operating hours. We also offer after-hour rentals for larger groups who want to utilize the center by themselves. In addition, we have two rooms available for meetings; business or informal gatherings. Additional information can be found at <http://vandaliaohio.org/recreation/reccenter/group-rates-rentals>. Contact at Jennifer at jwebb@vandaliaohio.org or 937-415-2335 with additional questions.

Vandalia Rec Center Memberships

The Vandalia Recreation Center has a variety of membership options to accommodate your fitness goal. From the youngest to the oldest, we have healthy fun for everyone! A resident (residing in City of Vandalia) family can obtain a membership for only \$42.50 a month! Children 4 years of age and younger do not require membership. Our nonresident dual membership allows two adults (residing in same household) to belong to the VRC for \$48.50 per month. In addition, our membership rates are discounted to those employed in Vandalia city limits. A business adult membership is priced at \$32.50 per month. Please note that our monthly rates are available only as an automated checking or savings account payment.

Members enjoy use of our gymnasium, fitness floor, indoor walking/jogging track, and aquatics center. Our climbing wall, drop-in fitness classes, and child care services are offered to our members at discounted rates.

The VRC offers three-month trial memberships and they are available for purchase throughout the year. Our punch cards are perfect for visitors and guests, offering ten or twenty daily visits for a discounted rate. Find out how affordable membership to the VRC can be by visiting our website: www.vandaliareccenter.com.

Refund Policy

View our refund policy at <http://vandaliaohio.org/recreation/reccenter/rec-center-rules-and-regulations/>.

athletics

Registering in Advance

All classes require a minimum number of participants. If a class minimum is not met by the deadline date, the activity is subject to cancellation. We kindly request that you register at least five days prior to the activity or class.

As the COVID-19 pandemic continues, the Vandalia Recreation Center will provide recreational programs, but with certain guidelines in place to help stop the spread of this disease. If you decide to participate in a program, you will have to sign a COVID-19 waiver, which can be done at the beginning of the program. Social distancing is encouraged while participating in a program, sanitation of supplies will occur during the program and facemasks are recommended. If you are experiencing potential symptoms of COVID-19, we ask you not to participate in the program.

For more information please contact John Myers at jmyers@vandaliaohio.org or (937) 415-2333.

Youth Athletics

Vandalia Butler Optimist Basketball Leagues

Teams are drawn in late October and practice begins in early November. Participants are notified of team placement in late October/early November. The first games are scheduled for early December and the last games are scheduled for early March. Practices are held at Vandalia- Butler City Schools. Games are played at the VRC/ Englewood (all grades)

Registration Information

- Save \$10 by registering on-line at www.vandaliareccenter.com. Online registration runs August 12 - October 14. After October 9, walk-in registration is available until leagues are full. Utilize coupon code BSKTBALL at checkout.

Fees: \$45 Resident / VRC Member; \$55 Non-Resident

Activity#	Day	Date (Games)	Time	Grade
380400-00	SAT	12/05 - 03/13	9:00am - 5:00pm	Boys & Girls 2nd
380400-01	SAT	12/05 - 03/13	9:00am - 5:00pm	Boys 3rd & 4th
380400-02	SAT	12/05 - 03/13	9:00am - 5:00pm	Girls 3rd & 4th
380400-03	SAT	12/05 - 03/13	9:00am - 5:00pm	Boys 5th & 6th
380400-04	SAT	12/05 - 03/13	9:00am - 5:00pm	Girls 5th & 6th

Kindergarten - 1st Grade Instructional Basketball

Participants practice skills and learn the rules of the game for the first 30 minutes, and participate in a game for the last 30 minutes.

Grades: K-1st

Fees: \$20 Resident / VRC Member; \$25 Non-Resident

Location: VRC Gymnasium

Activity #	Day	Date	Time
380413-00	SAT	01/09 - 02/6	8:30 - 9:30am

36th Annual Turkey Shoot

Two-member teams, one adult and one child from the same family, take shots from multiple spots on the court to earn points toward a gift certificate for their Thanksgiving feast. Our youngest competitors, up to 8 years old, shoot at a lowered basket. Teams can find official rules at www.vandaliaohio.org/recreation/athletics. The event will begin promptly at 10:00am!

Fees: \$5 Resident / VRC Member Team; \$7 Non-Resident Team

Location: VRC Gymnasium

Special Note: Pre-registration is strongly encouraged but not required.

Activity#	Day	Date	Time	Ages
390012-00	SAT	11/14	10:00am	4 & under
390012-01	SAT	11/14	10:00am	5 & 6
390012-02	SAT	11/14	10:00am	7 & 8
390012-03	SAT	11/14	10:00am	9 & 10
390012-04	SAT	11/14	10:00am	11 & 12
390012-05	SAT	11/14	10:00am	13 & older

2021 Youth Baseball - Softball Registration

We here at the Vandalia Parks and Recreation Department would like to give youth softball/baseball participants a friendly reminder. Registration for the Baseball-Softball Season will begin in late December. If you would like more information in regards to the Vandalia Softball -Baseball Program contact John Myers at jmyers@vandaliaohio.org.

Adult Athletics

Co-Ed Winter Volleyball

Deadline to register is Friday December 11, or until the league is full. Money is due at the time of registration.

Ages: 18 & older / '20 High School Graduate

Fee: \$250 per team

Location: VRC Gymnasium

Special Note: A mandatory managers meeting will be held prior to the start of the season.

Activity#	Day	Date	Time	
385106-00	THR	JAN - APR	6:00 - 10:00pm	Upper Division
385107-00	FRI	JAN - APR	6:00 - 10:00pm	Lower Division

Cornhole

Come on in and toss a few bean bags around with us! No partner is needed.

Ages: 18 & older

Fee: FREE VRC Member; \$3 Drop-In; Senior Strength Punch Card also accepted

Location: VRC Fitness Studio

Class Size: 30 maximum

Day	Date	Time
MON / FRI	09/07 - 12/18	12:00 - 3:00pm
No program Dec 25		

aquatics

Registering in Advance

All classes require a minimum number of participants. If a class minimum is not met by the deadline date, the activity is subject to cancellation. We kindly request that you register at least five days prior to the activity or class.

As the COVID-19 pandemic continues, the Vandalia Recreation Center will provide recreational programs, but with certain guidelines in place to help stop the spread of this disease. If you decide to participate in a program, you will have to sign a COVID-19 waiver, which can be done at the beginning of the program. Social distancing is encouraged while participating in a program, sanitation of supplies will occur during the program and facemasks are recommended. If you are experiencing potential symptoms of COVID-19, we ask you not to participate in the program.

For more information please contact Jennifer Davis at Jennifer@swimsafepool.com: 513-755-7075

Swim Instruction

VRC swim lessons utilize a unique program developed by SwimSafe Pool Management. Using industry best practices, years of experience with well-known national and international lesson programs, and the unique nature of swim lessons, SwimSafe's program is primarily focused on safety and can be explained using the acronym S.A.F.E.

S - Safety First. Age and skill-appropriate safety activities and skills are incorporated into every lesson.

A - Adaptability. Our lessons are designed to be adaptable to the specific needs of the swimmer and the pool environment.

F - Fun. Swim lessons should be fun! That's why we incorporate songs, games, and activities in our program to make it a fun learning environment.

E - Easy to remember, learn, and succeed. There's no need to complicate things. We've designed our program to be a simple and straightforward approach to teach and to learn.

Registration

To register for group or private swim lessons, visit <https://vrc.coursestorm.com>.

Questions can be directed to Jennifer@SwimSafePool.com.

SPECIAL NOTE:

Due to the COVID-19 pandemic, and in the interest of keeping all swimmers and employees as safe as possible, all swim lessons require a parent, guardian, or responsible adult in the water with each child registered (one child per adult). All adult/child pairs will be spaced at least 6-feet apart in the water and the instructor will teach from the pool deck.

Private Swim Lessons

Our private swim sessions are for people of all ages and levels. If you prefer a 1-on-1 lesson, our instructors can help you achieve your swimming goals. When registering for private lessons, please be sure to provide as much information on your swimming experience so your instructor can best prepare for your lesson.

Age: 5 & older

Class Size: 1

Class length: 30 minutes

Fee: \$60 Resident / VRC Member; \$75 Non-Resident

Registration: [VRC.coursestorm.com](https://vrc.coursestorm.com)

Day	Date	Time
SAT	Sept/Oct/Nov	10:45 - 11:15am
SAT	Sept/Oct/Nov	11:20 - 11:50am

New this year, private lessons will be offered in a 3-pack. Three private lessons will be scheduled at the same time each week and can be completed within a 4-week period.

Adult Learn to Swim Program

If you are an adult (16 or older) and are uncomfortable in the water, or have no previous swim lesson experience, then this class is for you. Students will learn basic swimming techniques and key water safety skills. The class will be led by an instructor who will guide students through a series of progressive activities. Students will move through the activities at an individual pace while building confidence and comfort in the water.

Age: 16 & older

Class Size: 3 minimum / 8 maximum

Class length: 30 minutes

Fee: \$50 Resident / VRC Member; \$60 Non-Resident

Registration: [VRC.coursestorm.com](https://vrc.coursestorm.com)

Day	Date	Time
TUES, THR	09/08 - 10/01	8:30 - 9:30am



Frogs & Tadpoles

Join us for this exploration of water. This class is designed for young children (1-3 years old) who are most at-risk for accidental drowning. Together, parents and children will learn key safety tips and skills while playing games and singing songs. Please note: any child not potty-trained must wear a swim diaper.

Age: 12-36 months

Class Size: 3 minimum / 8 maximum

Class length: 30 minutes

Fee: \$40 Resident / VRC Member; \$50 Non-Resident

Registration: VRC.coursestorm.com

Day	Date	Time
SAT	09/12 - 10/31	9:00 - 9:30am
SAT	09/12 - 10/31	9:35 - 10:05am

Level 1: Flounder & Parent

In this class, children will become acclimated to the water through activities, games, and play. Water submersion, independent movement through the water, floating on front and back with support, recovery from a floating position, nose/mouth bubbles, introduction to bobs, and age-appropriate water safety are just a few of the skills that will be covered in this class. Please note: any child not potty-trained must wear a swim diaper.

Age: 3 by the first day of class (no exceptions)

Class Size: 3 minimum / 5 maximum

Class length: 30 minutes

Fee: \$40 Resident / VRC Member; \$50 Non-Resident

Registration: VRC.coursestorm.com

Day	Date	Time
SAT	09/12 - 10/31	9:00 - 9:30am
SAT	09/12 - 10/31	9:35 - 10:05am
SAT	09/12 - 10/31	10:10 - 10:40am

Level 2: Jellyfish & Parent

Children will expand on the skills learned in the Flounder class and learn to be in the water unassisted in both front and back positions while also learning to propel themselves through the water using either arms or legs. Skills include: floating, gliding, streamline body position, recovery, bobs, submersion, propulsive kicking, introduction to propulsive arms, sit dives, and safety skills

Prerequisite: successful completion of all Flounder skills

Class Size: 3 minimum / 5 maximum

Class length: 30 minutes

Fee: \$40 Resident / VRC Member; \$50 Non-Resident

Registration: VRC.coursestorm.com

Day	Date	Time
SAT	09/12 - 10/31	9:35 - 10:05am
SAT	09/12 - 10/31	10:10 - 10:40am

Level 3: Octopus & Parent

In this class, children will learn fundamental freestyle and backstroke skills with emphasis placed on the coordination and timing of the strokes as well as the development of a strong flutter kick. Skills include novice freestyle, novice backstroke, elementary backstroke, side glide, treading, kneeling dive, and safety skills.

Prerequisite: successful completion of all Jellyfish skills

Class Size: 3 minimum / 5 maximum

Class length: 30 minutes

Fee: \$40 Resident / VRC Member; \$50 Non-Resident

Registration: VRC.coursestorm.com

Day	Date	Time
SAT	09/12 - 10/31	9:00 - 9:30am
SAT	09/12 - 10/31	10:10 - 10:40am

Save Time and Register Online!

Register online at <https://webtrac.vandaliaohio.org>. by September 2, 2020 and save \$5 by utilizing coupon code FALL20 at checkout.



LIFEGUARDS & POOL MANAGERS

Part-time ● Full-time ● Seasonal ● Year-round

Contact JP Hader with questions

jp@swimsafepool.com

(513) 919-4164

Apply online at www.swimsafepool.com



fitness

Registering in Advance

All classes require a minimum number of participants. If a class minimum is not met by the deadline date, the activity is subject to cancellation. We kindly request that you register at least five days prior to the activity or class.

As the COVID-19 pandemic continues, the Vandalia Recreation Center will provide recreational programs, but with certain guidelines in place to help stop the spread of this disease. If you decide to participate in a program, you will have to sign a COVID-19 waiver, which can be done at the beginning of the program. Social distancing is encouraged while participating in a program, sanitation of supplies will occur during the program and facemasks are recommended. If you are experiencing potential symptoms of COVID-19, we ask you not to participate in the program.

For more information please contact Sarah Lavy at slavy@vandaliaohio.org or (937) 415-2337.

Visit our web page for our Group Fitness Schedule:
www.vandaliaohio.org/Group-Fitness.com

Group Fitness Classes

Come try out our fitness classes taught by our experienced, certified instructors! With a low drop-in cost you can't go wrong trying them out until you find the perfect class that fits your needs. Be sure to visit our website at www.vandaliaohio.org/recreation/recenter/fitness for our Group Fitness Schedule to view the variety of classes we offer! Keep an eye out for the "Class Spotlight" special we offer throughout the year for opportunities to try out new classes for FREE!

Personal Training at the Vandalia Rec Center

Whether you are just getting started on a workout program or ready to take your workouts to the next level, we have nationally certified VRC Preferred trainers that can help you reach your fitness goals. If you are interested in getting a personal trainer, please submit the VRC Preferred trainer request form located online at <http://vandaliaohio.org/recreation/recenter/fitness/>.

Save Time and Register Online!

Register online at <https://webtrac.vandaliaohio.org> by September 2, 2020 and save \$5 by utilizing coupon code FALL20 at checkout.

Cardio Drumming

Join VRC Group Fitness Instructor Becky Dill for a fun, energizing way to get a great cardio workout combining driving rhythms and drumming routines. Great for all fitness levels! No experience needed. *Cardio Drumming will be held in place of the scheduled Total Body class on dates listed below.

Ages: 15 & up

Fees: \$5; Included in Group Fitness class passes

Location: VRC Gymnasium

Special Info: Drum sticks will be provided by the instructor.

No pre-registration necessary.

Day	Date	Time
SUN	10/11	1:30pm - 2:15pm
	12/13	1:30pm - 2:15pm

Senior Volleyball

Stay active while having fun in this non-competitive program! No experience required.

Ages: 55 & up

Fee: Free for Members / \$3 Drop-In / Senior Strength Punch Cards also accepted

Location: VRC Gymnasium

Day	Time
TUE/THR	1:00pm - 3:30pm

Senior Pickleball

Come join the fun and get a good cardio work out while playing indoors on our three Pickleball courts!

Ages: 55 & older

Fee: Free for VRC Members / \$3 Drop-In / Senior Strength Punch Cards also accepted

Location: VRC Gymnasium

Day	Time
MON/WED/FRI	11:30am - 2:00p
TUE/THU	10:30am - 12:30p

Maintain Campaign: VRC Members ONLY

SPONSORED BY: Hock's Pharmacy

Need a little motivation during the holiday season? Lose or maintain your weight over the holidays and get a FREE t-shirt to show your success! FREE Program for VRC Members! Weigh-in and weigh-out with a VRC Fitness Attendant during the specified weeks listed below.

Ages: 15 years & older

Fees: Free; VRC Members Only

Location: VRC Fitness Desk

Weigh-In Dates: 11/18 - 11/25

Weigh-out Dates: 1/04 - 1/11

HOCK'S
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Delivering Health to Your Community

Edward Jones
MAKING SENSE OF INVESTING

CFAES

OHIO STATE UNIVERSITY EXTENSION



EAT SMART, BE ACTIVE

NEW! ONLINE LEARNING OPPORTUNITY

STARTING Monday, October 5th at 6:00 PM

Join us via phone, tablet, or computer!

The Expanded Food and Nutrition Education Program (EFNEP) can show you how to eat healthier and be more active even on a limited budget.

Limited-income parents and caregivers who participate in EFNEP learn how to make food choices to improve the quality of the meals they serve their family. EFNEP offers a series of nine, 1 hour workshops via live online Zoom meetings that offer opportunities for discussion, being physically active, and building food resource management skills.

To receive program access, advance registration is required.

Please send your first and last name, email, phone number and zip code to:

Tanya North (EFNEP Program Assistant-OSU Extension)

Email: north.117@osu.edu



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

—We Sustain Life—

efnep.osu.edu

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaesdiversity.osu.edu. For an accessible format of this publication, visit cfaes.osu.edu/accessibility.

adults

Registering in Advance

All classes require a minimum number of participants. If a class minimum is not met by the deadline date, the activity is subject to cancellation. We kindly request that you register at least five days prior to the activity or class.

As the COVID-19 pandemic continues, the Vandalia Recreation Center will provide recreational programs, but with certain guidelines in place to help stop the spread of this disease. If you decide to participate in a program, you will have to sign a COVID-19 waiver, which can be done at the beginning of the program. Social distancing is encouraged while participating in a program, sanitation of supplies will occur during the program and facemasks are recommended. If you are experiencing potential symptoms of COVID-19, we ask you not to participate in the program.

For more information on the Adult programs please contact:
Aaron Messenger at amessenger@vandaliaohio.org or (937) 415-2334.



Essential Oils Classes

What are essential oils? What do they do for you? These classes are designed for you to learn about how and why to incorporate essential oils in your everyday life. From what you put on your skin, to what you eat, to even what you clean with, these classes will teach you why essential oils are important for a healthy lifestyle.

Ages: 10 & Up

Location: Vandalia Recreation Center Special Events Room

Note: Payment can be made at the Vandalia Recreation Center Front Desk or online. You must preregister for these classes by the stated deadline.

Activity #	Day	Date	Time
320010-00	MON	9/14	5:30 - 6:30pm
320010-01	MON	10/5	5:30 - 6:30pm
320010-02	MON	11/9	5:30 - 6:30pm
320010-03	MON	12/7	5:30 - 6:30pm

Monday, September 14: Easy Peasy Hand Purifier DIY

With all the germs being spread around, let us help you stay clean and protected! In this class, we will make a super simple hand purifier that you can bring everywhere you go. You must be registered for this class by Friday, September 11 by 6pm.

Fee: \$5 per person

Monday, October 5: Luscious Lip Balm DIY

No one likes chapped lips, right? As we head into the cold season, let's keep those lips hydrated! Together, we will make a simple non-toxic lip balm to get you through the cold season. You must be registered for this class by Friday, October 2 by 6pm.

Fee: \$5 per person

Monday, November 9: No Shave November Beard Butter DIY

Looking for a useful gift for that special man in your life? Need some help growing that desired thick beard? During this class, we will make beard butter to help make your No Shave November a success! You must be registered for this class by Friday, November 6 by 6pm.

Fee: \$5 per person

Monday, December 7: 12 Sprays of Christmas

Ready to fill your rooms with non-toxic Christmas joy? Come on out and have a holly jolly good time make as we make room sprays for the Christmas season. You must be registered for this class by Friday, December 4 by 6pm.

Fee: \$5 per person

VRC: Adult HHC Cooking Program

You don't have to be a culinary master to create delicious, healthy meals! These Healthy Hands Cooking (HHC) classes will empower you to become more confident and creative in the kitchen. Tracey Williams, owner of Thyme 2 Get Cooking, will introduce you to simple, healthful concepts that you can use at home. Classes focus on basic cutting skills and culinary techniques while cooking with simple and fresh whole ingredients. Bring your appetite as we will eat the delicious dishes we create together. For food allergies, please contact Tracey@Thyme2GetCooking.com.

Ages: 16 and older

Fee: \$30 per class

Location: Vandalia Senior Center

Note: Payment can be made at the Vandalia Recreation Center Front Desk or online. You must preregister for these classes by the stated deadline. Walk-Ins will not be allowed.

Activity #	Day	Date	Time
300009-00	THU	9/17	6:00 - 8:00pm
300009-01	TUE	10/13	6:00 - 8:00pm
300009-02	TUE	11/10	6:00 - 8:00pm

HHC: Vegetarian Cooking: Black Bean Burgers with Sweet Potato Fries Thursday, September 17

Here is a match made in heaven....we will make slightly spicy, handmade black bean patties that are loaded with flavor and topped with all the fixings! Served with a side of oven-roasted sweet potatoes dusted with chipotle pepper powder and a side of homemade Ranch dressing for dipping! Class taught by HHC Certified Instructor Tracey Williams. Registration Deadline: 9/14/2020

HHC: Taste of the Seas: Honey Miso Cod with Black Rice and Lemon Parm Roasted Broccoli Tuesday, October 13

Sweet and savory flavors take center stage as we create a delicious marinade for this baked cod dish. We'll serve our honey miso cod over Black Rice & a side of lemon parmesan roasted broccoli. Class taught by HHC Certified Instructor Tracey Williams. Registration Deadline: 10/10/2020

HHC: Gluten Free: Mini Meatloaf and Mashed Cauliflower Tuesday, November 10

Comfort food with a twist! We'll prepare mini gluten-free meatloaves made with ground beef, brown-rice panko, garlic and spices. Instead of serving with the traditional mashed potatoes, here is where the twist comes in...a tangy horseradish mashed cauliflower served with a side of mixed greens and avocado cream dressing. Class taught by HHC Certified Instructor Tracey Williams. Registration Deadline: 11/7/2020



Save Time and Register Online!

Have a username and password...sign up at <https://webtrac.vandaliaohio.org>.

Don't have a username and password...let us issue you one! Send your name, address, phone number and the name, birthdate, gender and grade (if applicable) of those you want to register in your household to vrinfo@vandaliaohio.org.

Register online by September 2, 2020 and save \$5 by utilizing coupon code FALL20 at checkout.

youth

Registering in Advance

All classes require a minimum number of participants. If a class minimum is not met by the deadline date, the activity is subject to cancellation. We kindly request that you register at least five days prior to the activity or class.

As the COVID-19 pandemic continues, the Vandalia Recreation Center will provide recreational programs, but with certain guidelines in place to help stop the spread of this disease. If you decide to participate in a program, you will have to sign a COVID-19 waiver, which can be done at the beginning of the program. Social distancing is encouraged while participating in a program, sanitation of supplies will occur during the program and facemasks are recommended. If you are experiencing potential symptoms of COVID-19, we ask you not to participate in the program.

For more information on the Youth programs please contact:
Aaron Messenger at amessenger@vandaliaohio.org or (937) 415-2334.

Kids Night Out

Kids, come on out and have a blast at Kids Night Out! You will enjoy all the activities the Vandalia Recreation Center has to offer, like swimming, outdoor games, gym games and additional games and crafts. Remember to bring a bathing suit and towel.

Ages: 6 - 12 years old

Fee: \$15 Resident / VRC Member; \$18 Non-Resident

Location: Vandalia Recreation Center

Note: A snack will be provided for your child.

Registration Deadline: Preregistration is not required but it is recommended to secure your spot for this program. Walk-Ins are permitted, but only until we reach our maximum number of participants.

Activity #	Day	Date	Time
320000-01	FRI	10/2	6:00pm - 9:45pm
320000-03	FRI	12/4	6:00pm - 9:45pm



Nerf® Night

Get out of the house and bring your NERF® dart shooter to the VRC for a showdown with friends! We will engage in a variety of activities including shooting at targets and breaking into teams for a showdown! Participants must bring their own Nerf® dart shooter and darts. Please make sure all equipment is labeled with participant's name.

Age: 7 - 12 years old

Fee: \$12 Resident / VRC Member; \$15 Non-Resident

Location: Vandalia Recreation Center Gym Side A

Registration Deadline: You must be registered for this program by Monday, September 28. Walk-Ins will not be accepted.

Activity #	Day	Date	Time
300007-00	WED	9/30	6:00pm - 7:30pm

Kids Home Alone Class

Are you ready to educate your child on the responsibilities of being home alone? Your child will learn these lifelong safety skills which include but are not limited to first aid, reasons to call 911, fire escape plans, kitchen safety, internet safety and how to problem solve out-of-the-ordinary situations. At the end of the session your child will feel more comfortable staying home alone. A pizza lunch will be provided.

Ages: 9 - 15 years old

Fee: \$20 Resident / VRC Member; \$25 Non-Resident

Location: Vandalia Senior Center

Instructor: Vandalia Fire Department & Vandalia Police Department

Registration Deadline: You must be registered for this program by Wednesday, December 2. Walk-Ins will not be accepted.

Activity #	Day	Date	Time
320006-01	SAT	12/5	9:00am - 2:00pm

Winter CampREC

Even if the weather outside is frightful, the VRC Winter Camp will be delightful! Join us for non-stop fun! We will swim, play gym games, create crafts, and have a holly jolly good time!

Ages: 6 - 12 years old

Location: Vandalia Recreation Center

Fee: Weekly First Child - \$80 Resident / VRC Member; \$90 Non-Resident

Weekly Second Child - \$65 Resident / VRC Member; \$75 Non-Resident

Weekly Third or More Children - \$60 Resident / VRC Member; \$70 Non-Resident

Daily - \$32 Resident / VRC Member; \$38 Non-Resident

Note: All monies are due when you register.

Registration Deadline: Preregistration is not required but it is recommended to secure your spot for camp.

Weekly Activity #	Day	Date	Time
320002-A	MON, TUE, WED	12/21 - 12/23	7:00am - 6:00pm
320002-B	MON, TUE, WED	12/28 - 12/30	7:00am - 6:00pm
Daily Activity#	# Day	Date	Time
320001-00	MON	12/21	7:00am - 6:00pm
320001-01	TUE	12/22	7:00am - 6:00pm
320001-02	WED	12/23	7:00am - 6:00pm
320001-03	MON	12/28	7:00am - 6:00pm
320001-04	TUE	12/29	7:00am - 6:00pm
320001-05	WED	12/30	7:00am - 6:00pm

Glow Candy Cane Hunt

Dress in your warmest pajamas, bring a flashlight and join us for a festive night of glow in the dark fun! It has been rumored that someone has left candy and candy canes all over the grounds of the Vandalia Sports Complex. We will first, decorate a bag for collecting the candy and then hunt for them! Afterwards, enjoy cookies and hot chocolate!

Ages: 12 years old & younger

Fee: \$15 Resident / VRC Member; \$18 Non-Resident

Location: Vandalia Recreation Center/Vandalia Sports Complex

Registration Deadline: You must be registered for this program by Wednesday, December 16. Walk-Ins will not be accepted.

Notes: You will meet in the Vandalia Recreation Center Special Events Room. Bring a flashlight; the hunt will take place outdoors. Event is held rain or shine. Parents must accompany children during this program.

Activity #	Day	Date	Time
390010-00	FRI	12/18	6:30 - 7:30pm

**VRC: Kids HHC Cooking Program**

Cooking is a great way to introduce healthy foods to kids! These Healthy Hands Cooking (HHC) classes below are taught by HHC Certified Instructor Tracey Williams, owner of Thyme 2 Get Cooking. HHC classes help kids gain confidence in the kitchen, try new foods, and develop healthy habits through learning and hands-on cooking. Kids are introduced to kitchen safety, proper cutting technique and basic cooking skills while creating healthy recipes using whole ingredients and simple appliances. For food allergies, please contact Tracey@Thyme2GetCooking.com.

Ages: 5 - 15 years old

Fee: \$30 per class

Location: Vandalia Senior Center

Note: Payment can be made at the Vandalia Recreation Center Front Desk or online. You must preregister for these classes by the stated deadline. Walk-Ins will not be allowed.

Activity #	Day	Date	Time
300008-00	FRI	9/25	6:00 - 8:00pm
300008-01	THU	10/15	6:00 - 8:00pm
300008-02	THU	11/12	6:00 - 8:00pm
300008-03	TUE	12/8	6:00 - 8:00pm

HHC: Vegetarian Cooking Class: Friday, September 25

Cultures around the world offer delicious vegetarian dishes. We will discuss the benefits of eating a vegetarian diet and create scrumptious and healthy recipes made without meat. Class taught by HHC Certified Instructor Tracey Williams. Registration Deadline: 9/22/2020

HHC: Low Sugar Halloween Party: Thursday, October 15

Kids will go batty over this fun low sugar Halloween cooking class! Sugar on food labels is often disguised under different names. We'll unmask these spooooky culprits and learn how to recognize added sugars. Come fly with us as we make some ghoulishly good foods! Class taught by HHC Certified Instructor Tracey Williams. Registration Deadline: 10/12/2020

HHC: Thanksgiving Holiday Cooking: Thursday, November 12

Let's talk turkey! Thanksgiving meals can be laden with excessive unhealthy ingredients. But what if we could take the traditional holiday meal and turn it into a great tasting, nutrition-packed powerhouse? Kids will learn the benefits of eating this lean protein and make some delicious recipes. Class taught by HHC Certified Instructor Tracey Williams. Registration Deadline: 11/9/2020

HHC: Healthy Holiday Treats: Tuesday, December 8

Tis the season! We love holiday treats especially when made with wholesome ingredients! In this fun class, your young chef will create some new healthy holiday treats that will no doubt become family favorites! Class taught by HHC Certified Instructor Tracey Williams. Registration Deadline: 12/5/2020

Save Time and Register Online!

Register online at <https://webtrac.vandaliaohio.org>. by September 2, 2020 and save \$5 by utilizing coupon code FALL20 at checkout.

pre-school

Registering in Advance

All classes require a minimum number of participants. If a class minimum is not met by the deadline date, the activity is subject to cancellation. We kindly request that you register at least five days prior to the activity or class.

As the COVID-19 pandemic continues, the Vandalia Recreation Center will provide recreational programs, but with certain guidelines in place to help stop the spread of this disease. If you decide to participate in a program, you will have to sign a COVID-19 waiver, which can be done at the beginning of the program. Social distancing is encouraged while participating in a program, sanitation of supplies will occur during the program and facemasks are recommended. If you are experiencing potential symptoms of COVID-19, we ask you not to participate in the program.

For more information on Preschool programs please contact:
Aaron Messenger at amessenger@vandaliaohio.org or (937) 415-2334.

Zoom Around the Room

Enjoy a morning full of fun and play with your child! A variety of play equipment will be set up in the gymnasium for children and their guardian to run, climb, jump and recreate. An adult must accompany each child or family of children. No instruction, just open play! Registration not required.

Ages: 1 - 5 years old

Fee: \$4 per child / per day

Location: VRC Gymnasium Side A

Day	Date	Time
FRI	9/4 - 12/18	10:00 - 11:00am

*No Class on September 11 and November 27th



VRC: Preschool "Parent & Me" HHC Cooking Program

Share your love for learning and cooking with your little one in these fun, interactive Healthy Hands Cooking (HHC) classes. HHC classes are theme based and start with an age appropriate nutrition activity to set the stage for learning. Tracey Williams, HHC Certified Instructor and owner of Thyme 2 Get Cooking, will walk you and your little chef through the steps to create a healthy recipe. After a morning of laughter and learning, you and your child will look forward to many more family cooking adventures. For food allergies, please contact Tracey@Thyme2GetCooking.com.

Ages: 2 - 5 years old

Fee: \$20 per class. \$20 is the fee for the child; parent will not have to pay extra

Location: Vandalia Senior Center

Note: Payment can be made at the Vandalia Recreation Center Front Desk or online. You must preregister for these classes by the stated deadline. Walk-Ins will not be allowed.

Activity #	Day	Date	Time
300003-00	SAT	9/19	10:00 - 11:00am
300003-01	SAT	10/3	10:00 - 11:00am
300003-02	SAT	11/14	10:00 - 11:00am

HHC: Wigglein' & Gigglin' with Grapes! Saturday, September 19

Preschoolers will learn how exercise helps you to feel good and how grapes are good for you and delicious. We will get our wiggle on and make a delicious grape inspired recipe! Class taught by HHC Certified Instructor Tracey Williams. Registration deadline: 9/16/2020

HHC: Preschool Halloween Party Saturday, October 3

In this fun class we will learn about the healthy foods that feed the brain. After playing a "spooky" game/creating a spooking craft, we will create a deliciously "spooky" recipe for all our little ghosts and goblins to enjoy! Class taught by HHC Certified Instructor Tracey Williams. Registration Deadline: 9/30/2020

HHC: My Supermarket Saturday, November 14

In this class children will be able to identify how pumpkins are good for you and how they come in lots of shapes, colors and sizes! We will plant our own pumpkin and make a yummy pumpkin inspired recipe! Class taught by HHC Certified Instructor Tracey Williams. Registration Deadline: 11/11/2020

Save Time and Register Online!

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by September 2, 2020 and save \$5 by utilizing
coupon code FALL20 at checkout.

special events

Registering in Advance

All classes require a minimum number of participants. If a class minimum is not met by the deadline date, the activity is subject to cancellation. We kindly request that you register at least five days prior to the activity or class.

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For more information please contact: Aaron Messenger at amessenger@vandaliaohio.org or (937) 415-2334.

Lion's Club Halloween Parade

Stay tuned to the VRC Facebook page for information about the 73rd Annual parade and costume contest.

Rock, Paper, Scissors Tournament

A classic game brought to tournament style! The tournament game format will be best 4 out of 7 and the top three finishers will win gift cards from the Vandalia Recreation Center and various restaurants! For complete rules, please contact Aaron at amessenger@vandaliaohio.org.

Ages: All ages welcomed! All ages will be playing against a variety of aged people.

Fee: \$5 Resident/VRC Member; \$7 Non-Resident

Location: Vandalia Recreation Center Gym Side A

Registration Deadline: We recommend you sign up before Tuesday, November 17 so you can secure your spot for this event

Activity #	Day	Date	Time
300010-00	SAT	11/21	10:00am

Voices from the Veterans

The Vandalia Recreation Center appreciates the service and the commitment from our veterans. If you are a veteran or related to a veteran, we want to hear your story! Veterans are welcomed to write a letter about why they served and relatives to veterans are welcome to write a letter about why the veteran in their life is amazing to them. From November 9 through November 15, we will have all the letters hung up in the west hallway at the Vandalia Recreation Center for people to read.

Note: Letters should only be one page long. Letters need to be brought in to the Front Desk or emailed to Aaron Messenger at amessenger@vandaliaohio.org by Wednesday, November 4.



Save Time and Register Online!

Register online at <https://webtrac.vandaliaohio.org> by September 2, 2020 and save \$5 by utilizing coupon code FALL20 at checkout.

Christmas Tree Lighting & Holiday Market

The Vandalia Tree Lighting Ceremony & Holiday Market is scheduled to be ran on Sunday, December 6 at the Vandalia Recreation Center. Due to COVID-19, we do not know for sure if this event will be running yet, but we will be working to put this event and should know by October. The timeline of this event is to be determined so please stay tuned to postings around the Vandalia Recreation Center and our social media to get updates on this event.

Ages: All Ages Welcome

Fee: FREE

Location: Vandalia Recreation Center

Christmas Tree Throw Off

Have you had the urge to throw a Christmas tree as far as you could while raising money for charity as well?! The Vandalia Recreation Center will be hosting a friendly Christmas tree throwing contest to raise money and food for the Vandalia Food Pantry. All ages are welcomed for this event and the Vandalia Recreation Center will provide the trees. The first-place finisher for each division will win a prize!

The winner of each age group will receive a Holiday Basket from the Vandalia Recreation Center filled with prizes! Winners are the ones who throw the designated tree for their group the farthest.

Age Divisions: There will be a boys/men's division and a girls/women's division

8-10, 11-13, 14-17, 18-50, 50 & older

Fee: 3 non-perishable food items/cans or \$3 will get you 3 throws

Location: Meet near West Side Entrance of the Vandalia Recreation Center

Note: We encourage you to bring your own gloves to this event.

Activity #	Division	Day	Date	Time
390011-00	8-10	SAT	1/9	10:00am - 1:00pm
390011-01	11-13	SAT	1/9	10:00am - 1:00pm
390011-02	14-17	SAT	1/9	10:00am - 1:00pm
390011-03	18-50	SAT	1/9	10:00am - 1:00pm
390011-04	50+	SAT	1/9	10:00am - 1:00pm

Snow Creation Contest

You know how to make this winter delightful? By participating in the VRC Snow Creation Contest! This winter, gather up the family and build a snow creation of any sort to win a VRC Winter Family Fun Gift Basket! All photos should be emailed to Aaron at amessenger@vandaliaohio.org. This contest will last from December 1 to February 12. Photos will be posted on the Vandalia Recreation Center's Facebook from February 15 - 19. The photo that receives the most "likes" will win!



Save Time and Register Online!

Have a username and password...sign up at <https://webtrac.vandaliaohio.org>.

Don't have a username and password...let us issue you one! Send your name, address, phone number and the name, birthdate, gender and grade (if applicable) of those you want to register in your household to vrinfo@vandaliaohio.org.

Register online by September 2, 2020 and save \$5 by utilizing coupon code FALL20 at checkout.

senior center

Senior Center

21 Tionda Dr South
Vandalia, OH 45377
937-898-1232
<http://vandaliaohio.org/recreation/senior-center/>

Senior Center Coordinator

Toni Williams
twilliams@vandaliaohio.org

Please contact the Senior Center at 937-898-1232 to verify that the building is open. Date of reopen is not set as we are waiting guidelines from the State of Ohio regarding COVID-19.

Membership Information

Are you 55 years of age or better? Join the Vandalia Senior Center and you will have opportunities to meet new friends, stay active and healthy, find valuable services and learn through educational opportunities. Seniors are welcome at the center three times before joining. Membership dues are \$15 per year for single Vandalia residents, \$20 for non-resident single membership, \$25 for Vandalia resident married couples and \$35 for non-resident married couples.

Go to <http://vandaliaohio.org/recreation/senior-center/> to see this month's newsletter and list of activities and opportunities.

Transportation

VanTran is available to residents of Vandalia and Butler Township, age 60 years and older Monday through Friday 8:00am - 4:00pm. Destinations may include, but are not limited to, grocery, bank, post office, pharmacy, hair salon, medical appointment, church, Vandalia Senior Center and Vandalia Recreation Center. Riders are required to board the vehicle unassisted. Vehicle is not wheel chair accessible at this time. The one time registration fee is \$20.00. Rider's tickets available in \$10 or \$20 increments. Senior Center membership is not required. Cost per one-way trip is \$1.00, \$2.00 or \$3.00 depending on location area of drop-off/pick up. For more information, please contact the Senior Center at 937-898-1232.

Sinclair College for Lifelong Learning

Classes held at the Senior Center with instructors provided by Sinclair Community College. Registration is required through Sinclair College.

History: Mondays, 1:00 -3:15pm
Painting: Thursdays, Noon-3:00pm

Card & Game Groups

New Players are always welcome. Table hosts for Bridge are listed in the monthly newsletter.

Canasta: Mondays - 12:30 pm
Bridge: Tuesdays - 10:00 am
Hand & Foot: Tuesdays - 1:30 pm
Double Deck Pinochle: Tuesdays & Thursdays - 1:00 pm
Party Bridge: Wednesdays - 12:15 pm
Euchre: Wednesdays - 1:00 pm
Up and Down the River: Most Wednesdays - 1:00 pm
**Bring 50 pennies!
Pinochle: Thursdays - 1:00 pm
Double Deck Bridge: Thursdays - 12:00 pm
Mah Jong: Fridays - 9:30 am
Poker: Fridays - 1:00 pm

