



Summer 2008

Volume XVI Issue 4

# CENTERPOST

Senior Adult Center

Serving our members since 1977

City of  
Miamisburg

The CenterPost is published quarterly and home delivered to Senior Adult Center members during the last week of March, June, September and December.

## Out & About Adventures

*Out & About Adventures are carefully selected to offer our members a range of affordable travels. From sports to theater and concerts to festivals, these enjoyable group outings provide stimulating and memorable experiences. You're sure to meet the nicest people and share the best of times when Out & About with the Senior Adult Center!*

### Jeg's Super Quick Racing at Kil-Kare Raceway

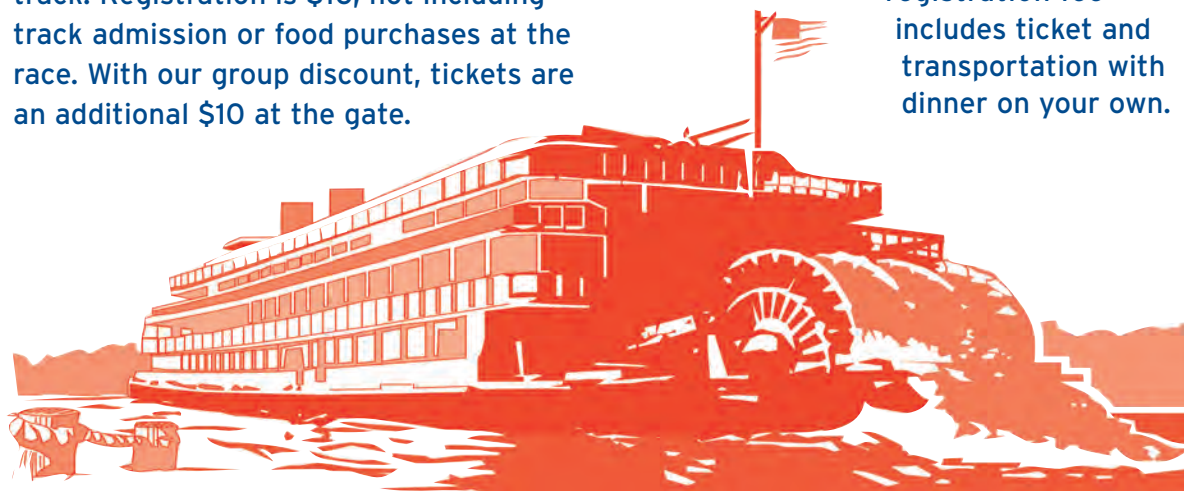
**Saturday, July 19, 3 - 8 p.m.**

Super Quick pro drag racing competition is just as the name implies - in the time it took to read those twelve words, two high-performance machines launch from the starting line and race just over the length of two football fields. Powered by 600 to 800 horsepower, these modified "door slammers" and streamlined dragsters thunder across the finish line in about 4 seconds at speeds over 150 miles per hour. Bleacher seating near the start line is available or you may wish to bring your own folding lawn chair to set up near mid track. Registration is \$10, not including track admission or food purchases at the race. With our group discount, tickets are an additional \$10 at the gate.

### Cheaper By the Dozen

**Friday, July 11, 6 to 11:30 p.m.**

The Majestic was once home to the largest family ever reared aboard a showboat - the eleven children of the original owner. With that heritage in mind, the Showboat Majestic proudly presents Cheaper by the Dozen. Imagine you're one of twelve children and your father, considered one of the great pioneers of industrial efficiency, decides to apply his organizational methods to you and the rest of your unmanageable family. What could go wrong? What does is hilarious! For your dining enjoyment prior to the departure, we suggest reserved tickets for the 5 o'clock Pork Chop Barbecue at SAC's Café. The \$30 registration fee includes ticket and transportation with dinner on your own.



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## More Out & About Adventures

### Ohio State Fair

**Tuesday, August 5, 8 a.m. - 5:30 p.m.**

We're off to the fair! The Ohio State Fair in Columbus is one of the greatest in the nation with 360 acres of farm animals, exhibits of all kinds, exciting rides and tasty treats. Senior Day entertainment features a concert by "The Four Freshmen" in the air-conditioned Celeste Center at 1 p.m. The \$30 registration fee includes fairground admission, concert tickets and roundtrip transportation.



### Preble County Pork Festival

**Saturday, September 20, 8:30 a.m. - 2:30 p.m.**

Always a favorite, this annual festival is known for handmade crafts and thick pork chop sandwiches. Plan to have breakfast at the festival and browse 'til your heart's content. We will end the day by viewing the festival's parade from the grandstands. The registration fee is \$10 with festival purchases on your own.

### Dayton Dragons

Join us for the hottest ticket in town when the fire-breathing Dayton Dragons take the field. These hard-to-get tickets for the minor league "A" team for the Cincinnati Reds will quickly sell out. The \$20 registration fee includes your reserved seat and transportation.

**Dragons vs Wisconsin Timber Rattlers**  
**Thursday, July 10, 6 - 10 p.m.**  
**Dragons vs Michigan Loons**  
**Tuesday, August 19, 6 - 10 p.m.**

### Cincinnati Reds

Share the excitement of the baseball season when we travel to the Great American Ball Park to cheer on the Reds. Don't let the Cincinnati traffic and riverfront parking spoil the fun. The \$40 registration fee includes your reserved seat and transportation.

**Reds vs San Diego Padres**  
**Wednesday, July 23, 10:30 a.m. - 5 p.m.**



### Trip Transportation & Departures:

Unless otherwise noted in the trip description, departures are from the parking lot adjacent to Library Park. On the date of the trip, registered guests should plan to arrive at the departure location at least ten minutes prior to the stated departure time. For qualifying members, home pickup is available by request for most trips. Trips are priced to cover estimated expenses, including driver time. We ask members to request home pick up only for reasons of true need rather than convenience.

### Valley Vineyard

**Thursday, August 21, 4 - 8 p.m.**

It doesn't get much better than a great steak, and good wine can make steak even more enjoyable! Guests enjoy both treats on our trips to Valley Vineyards in Morrow. The Vineyard provides pointers on their wines and choice-cut steaks which guests grill to their own liking. Also served are the Vineyard's 100% natural grape juices and specialty desserts. The registration fee is \$40.

### Outward Bound

**Friday, October 3, 5 - 11 p.m.**

Dayton Theatre Guild starts their new season with a true classic. *Outward Bound* presents a varied group of travelers who have boarded a cruise ship for a destination none of them can seem to recall. First presented in the late 1920s and revived in the 40s, this play continues to be a spellbinding work that examines the price people will pay, often unwillingly, for the lives they have led. First stop is the Barnsider restaurant for dinner. Registration fee is \$25 with dinner on your own. Please register early, we have a limited number of tickets reserved and must send our payment soon to hold our seats.

## More Out & About Adventures

### Radio City Christmas Spectacular - Starring the Rockettes

**Wednesday, November 26, 2:30 - 8:30 p.m.**

Join us for the debut of a brand new Radio City Christmas Spectacular with all the magic that has dazzled audiences for years. Don't miss the World Famous

Radio City Rockettes' signature eye-high kicks, the legendary "Parade of the Wooden Soldiers" and the awe-inspiring "Living Nativity." Following the show at the Nutter Center, the group will stop for dinner at Bob Evans. The \$80 registration fee includes transportation and theater admission with dinner on your own. Please register early as these seats will go quickly.

## Fun with Friends

*Fun with Friends events provide excellent opportunities to connect with others. These activities are directly aimed at strengthening social bonds and sense of community, which are as essential to life and health as air and water. The benefits are unique in that, while sharing time and common interests, participants give back as much as they receive.*

### Ice Cream Social

**Sunday, July 13, 6 - 8 p.m.**

All are invited to the annual Ice Cream Social. Our City officials dip the ice cream at this delightful gathering while the Kettering Banjo Society performs their classic Dixieland jazz. Sundaes are \$3 each and bottled water is available for \$1. The Ice Cream Social is held at Library Park and moves to the Center in the event of inclement weather. While at the social, please take a moment to thank our sponsors: Heartland of Miamisburg, Kingston of Miamisburg and Summerville Assisted Living.



### Annual Picnic & Meeting -

**Sponsored by Kingston of Miamisburg**

**Thursday, September 4, 4 - 8 p.m.**



Mark your calendar and join us at Mound Park for our annual picnic gathering. Members attending the picnic should bring a covered dish to share and plan to arrive no later than 4:10 p.m. as the meal will begin shortly after. The Center provides fried chicken, chilled beverages and disposable tableware. The Participant Committee will call the meeting to order at 5:30 p.m. After providing the membership with the opportunity to ask questions or share any comments, the meeting is adjourned and members are welcome to stay for activities. If needed, please contact the Center at least a day ahead to inquire about transportation. All activities will move to the Center in the event of inclement weather.

### Bingo - Sponsored by Heartland of Miamisburg

**Wednesdays, 6:30 - 9 p.m.**



Bingo cards just twenty-five cents each and all quarters are awarded as prizes. On the first and third Wednesdays of each month, hotdogs are served while they last for a 25-cent donation. Birthday cake is served at the half-time break on the second Wednesday. Seating is strictly non-reserved. If needed, please call at least a day ahead for transportation. Bring a covered dish with 8 to 10 servings to share on the fourth Wednesday of each month for a carry-in meal starting at 5:30 p.m.

### Bowling League

**Returning in September**

The bowling league meets at 10 a.m.

Thursday mornings at Poelking Lanes South. The cost is

generally \$55 for 10 weeks of bowling. Please contact the Center if you would like be on a team or sub list this fall. All levels of bowling skills are welcome.



### Friendship Lunch

Provided by the Senior Resource Connection, lunch is served Monday through Friday at 11:30 a.m. For seniors aged 60 and older, the suggested donation is \$2 and the correct change is much appreciated. Please call the Center between 9 a.m. and noon to request lunch reservations for the following day or to inquire about lunch transportation.



## More Fun with Friends

### Dining Destinations

Vacation Time is our summer theme as we travel to new places and tastes beyond the Miami Valley. Advance registration is required and fees include transportation with meals on your own. Departures are from Library Park on the dates and times listed below.

#### **The Reef & Tropics, Dayton KY** Thursday, July 24, 4 - 8 p.m.

Located at Manhattan Harbour Marina on the Ohio River, guests may choose from two waterfront restaurants. The Reef features open-air dining with luncheon-type fair including burgers, soups, salads and appetizers. The Tropics offers indoor dining with a full menu including steaks, seafood, ribs, chicken and pasta. Fee \$8

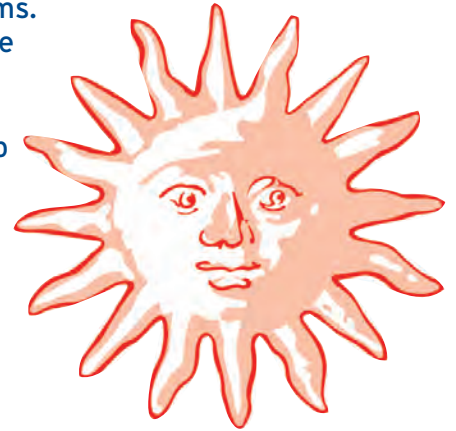
#### **Knotty Pine on the Bayou, Cold Springs KY**

Thursday, August 28, 10 a.m. - 2 p.m.

This is the place for authentic Cajun cuisine. With uneven floors and "outdoor" seating on the enclosed porch, where else can guests better enjoy fried alligator, frog legs, crawfish, seafood etouffe, piquant gumbo, as well as a wide variety of seafood and beef selections? Fee \$8

#### **Mecklenburg Gardens, Cincinnati** Thursday, September 25, 4 - 8 p.m.

Two signature appetizers are sauerkraut balls and potato pancakes. The reuben and the pesto chicken sandwich are also favorites, or go for the wiener-schnitzel. For lighter fare, there's the chicken schnitzel salad and a variety of spaetzles - German pasta with chicken or portabella mushrooms. The Mecklenburg pie - mocha and dark chocolate mousse with raspberry syrup - will end your meal in style. Cost \$8



### Around the Center

Unless otherwise noted, the following regularly scheduled activities are held at the Senior Adult Center.

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
8:30 a.m. Billiards	8:30 a.m. Billiards	8:30 a.m. Billiards	8:30 a.m. Billiards	8:30 a.m. Billiards
9:15 a.m. Merry Milers @ Dayton Mall	10:00 a.m. Blood Pressure 1 <sup>st</sup> Tuesday	8:30 a.m. Quilting	11:30 a.m. Lunch	9:15 a.m. <u>Merry Milers</u> @ Dayton Mall
11:30 a.m. Lunch	11:30 a.m. Lunch	9:15 a.m. <u>Merry Milers</u> @ Dayton Mall	12:45 a.m. Aerobics	11:00 a.m. <u>Dayton Mall</u> 2 <sup>nd</sup> Friday
1:15 p.m. History	12:45 a.m. Aerobics	10:00 a.m. <u>Kroger</u>	1:00 p.m. PC Meeting 1 <sup>st</sup> Thursday	11:00 a.m. <u>Wal-Mart</u> 4 <sup>th</sup> Friday
4:00 p.m. Fitness	2:00 p.m. Creative Writers 2 <sup>nd</sup> & 4 <sup>th</sup> Tue.	11:30 a.m. Lunch		11:30 a.m. Lunch
6:00 p.m. Pinochle	6:00 p.m. Bridge	3:00 p.m. Video Club 1 <sup>st</sup> Wednesday		1:00 p.m. Bridge
7:00 p.m. Line Dance	6:00 p.m. Euchre	4:00 p.m. Fitness		1:00 p.m. Crafts
	6:00 p.m. Thirty-One	5:30 p.m. <u>Covered Dish</u> 4 <sup>th</sup> Wednesday		1:00 p.m. Painting
		6:30 p.m. <u>Bingo</u>		4:00 p.m. Fitness (Sept-May Only)

For the underlined programs listed above, members age 55 and over and residing within the Miamisburg City School District are eligible for rides. Please call the Center from one day to one week in advance to request pickup. Home pickup typically begins 30 minutes to one hour prior to the listed times. The suggested donation is \$1 for each trip.

## SAC's Café - Sponsored by Kingston of Miamisburg



*No other need is more universal than food or more basic to human existence than sharing a meal with others. Promising a warm helping of hospitality, SAC's Café is ready to serve up your favorites. Members are welcome to invite friends and family as their guests to SAC's Café events. However, advance ticket purchase is highly recommended for all events. Groups of eight or more should pre-pay at least two days in advance. Please remember that same-day reservations and drop-in seating are subject to availability.*

### Pork Chop Barbecue

**Friday, July 11, 5 - 6:30 p.m.**

Thick-cut pork chop served with home-made potato salad and slow-cooked maple baked beans, lettuce wedge, fresh baked bread, ice cream and beverage bar including milk, iced tea and coffee. Cost \$8.

### The Whole Enchilada

**Friday, July 18, 4:30 - 6 p.m.**

Enchiladas made with roast chicken and served with roasted tomatillo salsa, tortilla chips, black beans, yellow rice and mango salad, ice cream drumstick and choice of beverages. Cost \$7.



### The Tavern Salad & Sampler Platter

**Friday, August 8, 4:30 - 6 p.m.**

An unbeatable combo: the tavern salad features grilled steak, garden vegetables, mixed greens, fresh herbs, and feta cheese; the sampler platter features mild buffalo wings and deep-fried shrimp, mushrooms, zucchini, cauliflower and onion rings. Served with fresh-baked roll, fruit kabob and choice of beverages. Cost \$9.

### Dixieland Banquet

**Friday, August 15, 4:30 - 6 p.m.**

Dixie fried chicken marinated in buttermilk and dusted with specially seasoned flour. Served with mash potatoes & gravy, corn nibblets, butter beans, fluffy biscuit, peach cobbler a la mode and choice of beverages. Cost \$8.



### Grilled Steak Wrap

**Friday, July 25, 4:30 - 6 p.m.**

Marinated steak, fresh garden greens and feta cheese wrapped in a flour tortilla. Grilled and served with potato chips and cup of white chili, Klondike bar and choice of beverages. Cost \$8.

### Burger & Bratwurst Grillout

**Friday, August 22, 4:30 - 6 p.m.**

Grilled burgers or bratwursts served with homemade potato salad and slow-cooked maple baked beans, lettuce wedge, ice cream drumstick, assorted soft drinks, iced tea and coffee. Cost \$7.

### Aunt Bee's Sunday Best

**Friday, August 1, 4:30 - 6 p.m.**

Everything from Aunt Bee's kitchen was delicious and Sunday dinner at the Taylor's home was the best in Mayberry. Dinner includes creamed chicken & noodles with peas & carrots, corn nibblets, fluffy biscuit, fresh strawberry pie and choice of beverages. Cost \$7.



### Opie & Andy's Favorites

**Friday, September 12, 4:30 - 6 p.m.**

Opie, Andy and guests of the town jail all agreed there was no better cook in all of Mayberry than Aunt Bee. Dinner includes carved country ham served with buttermilk mashed potatoes, pea salad, cornbread biscuits, apple butter, choice of beverages and Aunt Bee's blue ribbon pecan pie. Cost \$7.





## More SAC's Café

### Flying Pig

Friday, September 19, 4:30 - 6 p.m.

A SAC's Café exclusive - thick-cut pork chop roasted with a chopped duck and fresh herb stuffing. Served with smashed redskin potatoes, asparagus spears, lettuce wedge, fruit kabob and choice of beverages. Cost \$10. Limited seating.

### Celebrity Recipe Spotlight

Friday, September 26, 4:30 - 6 p.m.

A four-course seafood feast fit for a star with a salad by a star; Robert Redford's green olive & artichoke salad, fresh-baked rolls, shrimp scampi & wild rice, baked cod with roasted cherry tomatoes & snap peas, fruit sorbet and choice of beverages. Cost \$10. Limited seating.

## Active Pathways

*Follow Active Pathways to invigorate the mind, rejuvenate the body and revitalize the spirit. These programs promote a healthy lifestyle through a mix of outdoor recreation, indoor fitness leisure and environmental appreciation activities. Active Pathways offer members exceptional opportunities to stay active and enjoy life.*

### Zumba Gold

Wednesdays, 5:30 - 6:30 p.m.

Session 1: July 9 - August 13

Session 2: August 20 - September 24

Dance your way to a fitter you with exciting and unique Latin dance steps and music. Put fun into your workout, improve your heart health, promote weight loss, tone and firm while boosting your energy level. Zumba Gold follows the same techniques as traditional Zumba, however the moves are modified in pace and level of difficulty. Registration fee is \$25 for each 6-week course.

### Wild Times

Tuesday, August 12, 10 a.m. - 3 p.m.

Master Naturalist Jack 'Wildman' Schoenberger is your guide to Wild Times. Traveling to Carriage Hill Park, Jack and the MetroPark staff will lead a guided tour of the farmstead. First stop is Subway Restaurant to order your takeout for a picnic lunch at the park. Good walking shoes and appropriate outdoor attire are recommended. The registration fee is \$9 with lunch on your own.

## Cancellations and Refunds

Cancellation deadlines and refund policies differ by the type of program. Full refunds are given when it is necessary for staff to cancel a program. Unless otherwise noted in the program description, the following policies shall apply to refund requests:

### Road Trips

Cancellation notice and refund request must be received at least one full calendar week prior to the departure date for a full refund. For cancellations made past the deadline, full refunds are given only if the trip roster is filled. Individuals that book a trip through a travel agency are cautioned to carefully review the agency's refund policy for the tour.

### Classes and Special Events

Cancellation notice and refund request must be received at least three full business days prior to the start date to receive a full refund. No full refunds are given after the deadline.

### Recreation Leagues (bowling, senior softball)

Cancellation notice and refund request must be received at least one full calendar week prior to the scheduled start date for a full refund. No full refunds are given after the deadline.

It is important that Members complete a Refund Request form and this may be done in person or over the phone. Members may also be asked to provide a copy of their registration form or purchase receipt. Partial refunds are considered for late cancellations to the extent the Center can recover expenses for unused admissions or supplies. All refund amounts must be approved by staff and redeemable credit vouchers good up to one year from the issue date are generally issued for smaller amounts.

## More Active Pathways

### Fitness Room Orientation

At least one day advance registration is required for this 90-minute class offered on the second Wednesday of each month at 5:30 pm. The professional instructor demonstrates how to safely use the fitness room exercise equipment and answers related questions. Members age 55 and over may use the fitness equipment only after attending the required orientation and complying with all posted fitness room rules. The fee is \$15 due at the time of registration.

#### Advisory:

Many activities that keep the body active such as walking and exercise offer benefits important in maintaining good health. However, it is strongly recommended that all persons should consult their physician's advice prior to participation in a physical activity, organized sport or conditioning program.

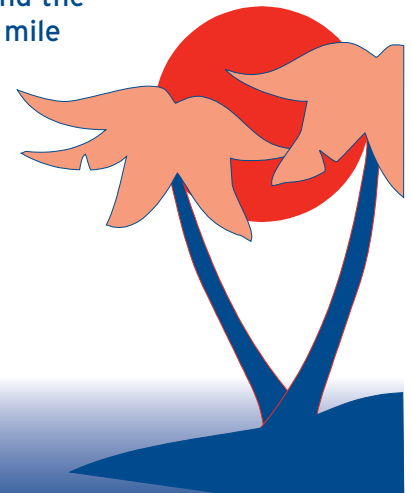
### Tai Chi

**Tuesdays, July 8 - September 9, 5 - 6 p.m.**

Learn the age-old martial arts form of Tai Chi. Fluid motion and slow, gentle steps of this ancient art are proven to be a natural way to release stress. This 10-week class will teach the 24 forms of Beijing Taijiquan. Registration fee is \$50 for the 10-week course.

### Merry Milers

Join this energetic bunch for stretching, toning, walking and camaraderie every Monday, Wednesday and Friday morning. The Merry Milers assemble in the Dayton Mall food court at 9:15 am. Before or after their morning stretch and tone, members of the group independently walk the indoor parameter of the mall. Once around the mall's main concourse is a merry mile and walkers report their miles at the upstairs gatherings. Merry Miler-ing!



## Sinclair Classes

Sinclair College courses listed below have free enrollment open to seniors 60 or older. Although tuition is free, Senior Adult Center membership is required for all students attending Sinclair classes at this location. New students should come to their first class a few minutes early to complete a short registration form.

### Sinclair Summer Quarter June 16 - August 24

#### Fitness Conditioning

Monday and Wednesday, 4 - 5:15 p.m.  
Dave Pence, Instructor

#### Aerobic Conditioning

Tuesday and Thursday, 12:45 - 2 p.m.  
Dave Pence, Instructor



### Sinclair Fall Quarter September 8 - November 24

#### Fitness Conditioning

Monday, Wednesday, Friday, 4 - 4:50 p.m.  
Dave Pence, Instructor

#### Aerobic Conditioning

Tuesday and Thursday, 12:45 - 2 p.m.  
Dave Pence, Instructor



## More Active Pathways

### Walkabouts

Each month the Senior Adult Center takes a trip that promotes walking and good health. Mark your calendar for the upcoming months. The registration fee is in addition to any admission charge and lunch is on your own. Departures are from Library Park on the dates and times listed below.

#### Woodland Cemetery and Arboretum, Dayton

Friday, July 11, 9 a.m. - 2 p.m.

Founded in 1841 Woodland Cemetery is one of the nation's oldest cemeteries. The mile-long walking tour will include the gravesites of notable people such as the Wright brothers, Paul Laurence Dunbar, Erma Bombeck, Charles F. Kettering, Governor James Cox and John H. Patterson. Following our tour, we will have lunch at Milano's Italian Restaurant. Fee \$9.

#### Neikamp's Farm Market, St Henry

Saturday, September 6, 9 a.m. - 3 p.m.

Located 8 miles south of Celina, Neikamp's Farm Market features Amish meats & cheeses, hand-dipped ice cream, bakery goods and fresh produce, as well as specialty items such as hand-made quilts and craft wares. Weekend flea market visitors can browse barns filled with antiques, collectables and much more. Fee \$12.

#### Findlay Street Outdoor Market, Cincinnati

Saturday, August 2, 9 a.m. - 2 p.m.

Findlay Market is Ohio's oldest continuously operated public market and one of Cincinnati's most cherished institutions. Findlay Market is home year-around to about two dozen indoor merchants selling meat, fish, poultry, produce, flowers, cheese, deli, and ethnic foods. On week-ends, the historic landmark also hosts a thriving farmer's market with dozens of outdoor vendors. Fee \$10.



## Expanding Horizons

*Expanding Horizon programs provide personal enrichment benefits through artistic expression and academic exploration. Widespread research today suggests that these are important keys to aging well. These classes introduce new skills and fresh perspectives to those of the belief that learning is a lifelong endeavor.*

### Big Picture Mystery Tour

Thursday, July 31, 10 a.m. - 3 p.m.

Can we talk? Have you ever asked yourself, "How do they do that?" Do you sometimes ponder the deeper questions like, where's something done....or when did it all begin? Our mystery tour will lead us to so-and-so to meet what's-his-name at the whatchamacallit where the doohickey does the thingamajig. Remember, there could be some indoor or maybe some outdoor activity, possibly a few steps to climb, probably a little walking and definitely some fun! Together, we will discover the Big Picture! First stop is lunch at...well, I'll think of it when we get there. The registration fee is \$10 with lunch on your own.



### Spotlight Artist of the Month

Be sure to check out the beautiful works of art that grace the west-wing gallery wall. Spotighting artists from the Friday painting class, the exhibit changes monthly and many paintings are for sale.

July	Susan Hall/Chieko Fisk
August	Carol Walling
September	Barbara Files





## More Expanding Horizons

### Sinclair Classes

Sinclair College courses listed below have free enrollment open to seniors 60 or older. Although tuition is free, Senior Adult Center membership is required for all students attending Sinclair classes at this location. New students should come to their first class a few minutes early to complete a short registration form.

#### Sinclair Summer Quarter June 16 - August 24



**History of Native Americans**  
Mondays, 1:15 - 4 p.m.  
Brian Weiss, Instructor

**Painting & More**  
Fridays, 1 - 4:15 p.m.  
Jeanine Kincheloe, Instructor

#### Sinclair Fall Quarter September 8 - November 24

**Presidential Election 2008**  
Mondays, 1:15 - 4 p.m.  
Jenny & Kathy Sooy, Instructors

**Painting & More**  
Fridays, 1 - 4:15 p.m.  
Jeanine Kincheloe, Instructor

### Basket Classes

These baskets are perfect for decorating the home and make great gifts. Classes are held at the Civic Center Community Room. Participants should request a list of household items needed at each class.

#### Faith, Hope and Love Basket Monday, July 14, 6:30 - 9 p.m.

Christmas in July! This woven base basket is woven in holiday colors and features a swing handle with 3 wooden spools on it. Coordinated fabric is tied to each of the spools. The basket is finished with a primitive angel head with faith, hope or love printed on the heart below her face. If you have never woven a basket before, this would be a great one to start with. Advance registration with \$15 fee is required. An additional \$20 supply fee is paid to the instructor the first night of class.

#### Hearth Basket Mondays, August 11 and 18, 6:30 - 9 p.m.

This woven base basket features a solid woven base and sloped sides. We will be braiding the handle and weaving an interesting "knot" at the handle. Please plan on attending both classes as we cannot finish in one evening. This impressive basket can be woven by a beginner but experience is helpful. Advance registration with \$15 fee is required. An additional \$40 supply fee is paid to the instructor the night of class.

#### Primitive Heart Roll Basket Monday, September 15, 6:30 - 9 p.m.

This round basket is woven on a wood base and features a plaid design woven in natural, navy and burgundy. We will be making reed handles and sewing the wood hearts onto the basket when we are finished. This is considered a beginner basket. Advance registration with \$15 fee is required. An additional \$30 supply fee is paid to the instructor the first night of class.



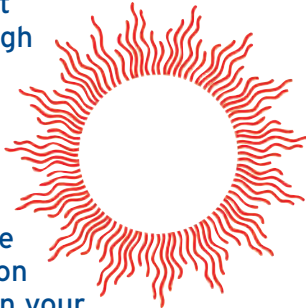


## At Your Service

### So You're Trying To Lose Weight!

Thursday, July 17, 10 - 11 a.m.

Are you making a decision to lose weight? Taught by a KMC Registered Nurse, participants learn about the DASH diet, correct portion sizes, fad diets, and why exercise is so important. Recipes and tricks that make it easier to lose weight are included. Although the class is free, please call the Center in advance to register.



### Free DermaScan Check

Thursday, August 21, 10 - 11 a.m.

This device shows you possible sun damage to your face. Find out the radiating facts on UVA and UVB before you go out to work in your garden or hit the golf course. This service is provided on a walk-in basis with no pre-registration required.

### Exercising with Osteoporosis

Thursday, September 30, 10 - 11 a.m.

If you have Osteoporosis, exercise is very important to your health. An Exercise Physiologist will show you how to start a safe exercise program and the positive effects of exercise on your bone density. Advance registration is required and the cost is \$5 per person or \$3 for Years Ahead Plus+ members. Please call 937-704-0920 to pre-register.

### Health Screenings

The Community Health Nurse from the agency of Public Health, Dayton & Montgomery County performs free blood pressure and blood sugar tests on the first Tuesday of each month from 10 to 11:30 a.m. and 12:30 to 1 p.m.

### Disclaimer:

The City of Miamisburg does not endorse the products or services represented within this newsletter. They are presented only as a service to our membership. You are encouraged to seek any professional advice that you feel is necessary before making a decision on future participation in the products or services introduced in this publication.

### Economic Stimulus Benefit

Many seniors may not ordinarily file a federal tax return; however, those qualifying under the Economic Stimulus Act must file a 2007 tax return form 1040A with the IRS by October 15, 2008 to receive payment. For information or assistance, please log onto [www.irs.gov](http://www.irs.gov) or call the IRS hotline at 1-866-234-2942.

### Answers on Aging

The Miami Valley has many agencies providing assistance or services to seniors and their families. Area Agency on Aging employs trained nurses and social workers to help link area seniors to community resources. For information, please call 223-HELP (4357) between the hours of 8:30 a.m. to 5 p.m.

## News, Notes and Notices

### New Member Welcome

If you've recently joined the Center, you're invited to a reception in your honor. The programs of the Center are discussed followed by a guided tour. Refreshments provided by Harriet Goff are served afterwards. Receptions are held on the second Wednesday of each month at 2:30 p.m. Please call the Center to R.S.V.P.

### Busy Bee Spotlight

After many years of service, Marilyn Andre recently retired from her volunteer position as one of the Center's Office Assistants. As always, Marilyn remains active at the Center and often expresses her appreciation for the Center's activities or events. Marilyn is an avid Merry Miler and a frequent guest at SAC's Café gatherings. She is representative of all members willing to share a little of their time participating or volunteering in a group activity.



## More News, Notes and Notices

### Participant Committee

The terms of four Participant Committee members concluded at the end of May and we wish to thank Elbert Grabill, Sina Rankin, Charlie Strober, and Joyce Strober for their services. Following May's ballot results, the four elected candidates were installed at the June PC meeting. As they begin their two-year terms, please join us in welcoming Evelyn Arden, Brenda Litsch, Tom Litsch and Jean McAlexander.

### Stay-n-Play in Miamisburg!

Look no further than Ohio's Best Hometown for great recreation this summer and eliminate unnecessary travel time and expenses. Sycamore Trails Aquatic Center is a state-of-the-art complex featuring zero depth entry, waterslides and giant umbrellas. New in 2008, All Miami Township residents qualify for resident rates at the STAC. Open swim begins at noon and daily admission rates are as low as \$3 for seniors.

### Custom Quilting

The Happy Stitchers are actually tiny elves that have been quilting at the Center for more than a quarter century and they're looking for more work. Most jobs they accept consist of hand-stitching a previously completed patchwork design. Their fee varies based upon the size and the intricacy of the stitch work. If interested in their services please contact the Center and provide your name, phone number and best times when the quilters may reach you.



### All-Occasion Parties

Whether you wish to celebrate a surprise birthday party or commemorate that special anniversary, the Miamisburg Parks and Recreation Department is here to serve. From set up to clean up, party packages include reserved use of the Senior Adult Center and services of an on-site party specialist. Prices vary based on needs and number of guests. Please call 866-4532 for more information and party reservations.

## Away We Go!

*The Senior Adult Center partners with proven travel agencies to offer our members quality travel options from full-day and multi-day trips to offshore cruises and oversea excursions. This section contains only a sample of agency-provided travels. Please call the representatives listed below for travel reservations or additional information.*

### Joy Tour and Travel

Joyce Wingham is our representative from Joy Tour and Travel in Cincinnati. For more information or to make reservations, please call her at 513-777-8221 or 800-875-4569.

### Nantucket, Martha's Vineyard and Cape Cod in the Fall,

September 15-19 – Cost: \$749/person

### Keeneland

A Saturday in October.  
date will be announced in August.  
Cost: \$106/person

### A Taste of Ireland

October 5-13 – Cost: \$1,699/person

### AAA Travel Agency

Liz Campbell is our representative from Miami Valley AAA Travel Agency in Dayton. For more information or to make reservations, please call her at 937-281-2519.

### Choo Choos of Chattanooga

September 17-22 – Cost: \$727/person

### Carnival Cruise sailing Western Caribbean

November 2-9 – Cost \$859/person

### Branson Missouri

December 2-7 – Cost \$977/person

### Collette Travel Service

Rosalie Carpenter at the Senior Center is the representative for Collette Travel Service. For more information or to make reservations, please call her at 866-8999

### Discover the French Riviera

October 15-22 – Cost \$2,299/person

### Panama Canal Cruise

December 4-20 – Cost \$3,199/person





# ANNUAL ICE CREAM SOCIAL - SEE PAGE 3

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## Miamisburg Senior Adult Center

305 East Central Avenue  
Miamisburg, Ohio 45342  
937-866-8999

### Participant Committee Advisory Board

#### Elected Representatives

Evelyn Arden	866-1767
Gary Barnes	859-4559
Pat Barnes	859-4559
Rosina Beachler	866-4036
Brenda Litsch	384-7972
Tom Litsch	384-7972
Jean McAlexander	384-0132
Berta Yenney	436-0593
Betty Zawacki	866-0064

#### Staff Representatives

Rosalie Carpenter - 866-8999  
Ron Reid - 866-8999



City of Miamisburg  
Parks & Recreation Department  
Nationally accredited since 2004



### Hours of Operation

Monday through Wednesday....8:30 a.m. - 9 p.m.  
Thursday and Friday.....8:30 a.m. - 5 p.m.  
The Center will close on Friday, July 4 in observance of Independence Day and Monday, September 1 in observance of Labor Day.

The Senior Adult Center is managed by the City of Miamisburg Parks & Recreation Department. The Department's mission is to enhance the livability of the Miamisburg community through exceptional opportunities for individual health and enrichment, community spirit and partnerships, environmental appreciation and economic development.

### Membership:

Guests may attend a Center program once then are expected to join the membership and renew annually for continued participation. For members age 55 and over, the resident rate is \$10 per year, while the non-resident rate is \$15 per year.

Associate memberships are available for adults below the age of 55. Associate member privileges do not include use of the SAC fitness room, home pick-up transportation and eligibility to vote for or serve on the Participant Committee advisory board. The annual fee for an associate member qualifying as a resident is \$20 and a non-resident associate fee is \$25 per year.

### Registration:

New program registration begins on Tuesday, July 1st at 8:30 a.m. Programs with a fee require payment at the time of registration. Cash, major credit cards and personal check payable to the City of Miamisburg are accepted. Many programs have limited availability and each member may register for no more than one other person. Programs are subject to cancellation, substitutions or rescheduling and staff reserves the right to make decisions on seating assignments. We now accept Discover Card and American Express.