



Spring 2009

Volume XVII Issue 2

CENTERPOST

Senior Adult Center

Serving our members since 1977

City of
Miami
burg

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 and theater to concerts and 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 you're Out & About with the Senior Adult Center!

Fuddy Meers

Friday, June 19, 5:30 - 11 p.m.

Claire has a rare form of amnesia that erases her memory whenever she falls asleep. With the help of her husband and a little scrapbook, she rebuilds her life each day. But today is not her usual stroll down memory lane. Get ready for the most outrageously dark yet funny characters to visit the Dayton Theatre Guild stage in many a year. Through the ensuing mayhem, the audience discovers as Claire does that everything is not what it appears to be. The story's title is provided by Claire's mother, a victim of stroke, as she refers to the funny mirrors in a house of mirrors. Prior to the show, the group will dine at the Barnsider Restaurant. The \$25 registration fee includes transportation and show admission with dinner on your own.

Titanic, The Musical

Friday, May 22, 6:30 - 11 p.m.

She was unsinkable, unstoppable and unbeatable. Four days into her maiden voyage, she slipped beneath the icy waves and into history. Titanic, The Musical is a powerful and moving account of the lives and loves of those onboard the doomed ocean liner. Based on a book by Peter Stone, Titanic is an emotional story performed

with sensitivity, warmth and respect to the 1,500 lives that perished. One by one, the dreams and aspirations of passengers and crew are brought to life as the ship sails inexorably towards her fate. For your dining enjoyment prior to the show at Wright State University, may we recommend reservations at SAC's Café for a char-broiled ribeye dinner? See page 6 for the complete menu. The \$30 registration fee includes transportation and show admission with the optional \$12 dinner ticket on your own.



TITANIC

THE MUSICAL

INSIDE

Fun With
Friends . . . 3

SAC's Cafe . 6

Active
Pathways . 7

Away
We Go! . . . 8

Expanding
Horizons . . 9

At Your
Service . . 10

News, Notes and
Notices . . 11



More Out & About Adventures

The Musical of Musicals - The Musical!

Thursday, July 23, 4:30 - 11:30 p.m.

Cincinnati's historic Showboat Majestic proudly presents The Musical of Musicals - The Musical! In this hilarious satire of musical theatre, one story gives tribute to five legends of musicals: Rodgers & Hammerstein (Oklahoma); Stephen Sondheim (West Side Story); Jerry Herman (Hello, Dolly!); Andrew Lloyd Webber (Cats); and Kander & Ebb (Cabaret). Prior to the show, the group will dine at Montgomery Inn at the Boathouse. The \$35 registration fee includes transportation and show admission with dinner on your own.

Big Picture Revisited Tour

Tuesday, June 30, 10 a.m. - 3 p.m.

With a wingspan over 100 feet and a fuselage bristling with guns, the Boeing B-17 was rightly nicknamed the "Flying Fortress." The bomber's durability in surviving extensive battle damage made it a favorite among the Allied Forces of WWII. Grimes Field in Urbana is home to a volunteer project reconstructing a flight-ready B-17 from salvaged remnants and was a Big Picture Mystery Tour destination in the summer of 2006. We return for the fourth year to witness the progress of the B-17 and salute the volunteers that have dedicated countless hours to the project. First stop is lunch at the Airport Café. Cost is \$10 with lunch on your own.

Cincinnati Reds

Reds vs Atlanta Braves

Thursday, June 18, 10:30 a.m. - 5 p.m.

Share the excitement of a new 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.



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. Those requesting home pick up should be ready one hour before the scheduled departure time. 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.

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 West Michigan Whitecaps
Tuesday, May 12, 6 - 10 p.m.

Dragons vs South Bend Silver Hawks
Thursday, June 4, 6 - 10 p.m.

Dragons vs Swing of the Quad Cities
Thursday, July 16, 6 - 10 p.m.

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.

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: 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.

Individuals that book a trip through a travel agency are cautioned to carefully review the agency's refund policy for the tour.

Fun with Friends

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

Older Americans Luncheon

Sponsored by
Heartland of
Miamisburg



Thursday, May 14, 11 a.m. - 1 p.m.

Older Americans Month celebrates the contributions of all generations of America's seniors—past and present—that have helped to build and defend our nation. Every president since Kennedy has proclaimed May as the month we honor these citizens. Join us as we celebrate Older Americans Month with a special luncheon. The menu includes chicken salad sandwich, creamy broccoli soup, iced tea, punch and more. The cost is \$3 and advance registration is required.

Soup, Salad and a Speaker

Wednesday, June 10, 11:30 a.m. - 2 p.m.

Join us for a delicious luncheon featuring guest speaker Jerry Harmeyer, Manager of Camp Chautauqua. Jerry will speak about and show pictures of Chautauqua "then and now." Many of us grew up with this wonderful place to hang out where kids from all over the area would go to roller skate, swim, play tennis and miniature golf, go bowling, get a cherry coke from the Coffee Shop or take a romantic walk along the river. Please bring any pictures, memorabilia or stories to share as we reminisce about the good old days! The luncheon will include a fresh deluxe mixed salad, choice of minestrone or creamy chicken noodle soup, strawberry shortcake and beverage. Tickets are \$7.



Great Burger Corps of Discovery

Sponsored by [Place Your Company Name Here, Call Ron Reid 866-8999]

In the spirit of the great American explorers, Lewis & Clark, join the search as we carefully map out the best burgers in Southwest Ohio. 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.

Zip's Café

Tuesday, April 14, 10 a.m. - 2 p.m.

When Zip's opened its doors eight decades ago, it was all about the burgers and that has never changed. Every burger is made from beef delivered daily from Bleh Avril & Sons. Zip's Café is perhaps the benchmark by which all Cincinnati burgers are measured. Fee \$8.



Quatman's Cafe

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

Best known for their huge, tasty burgers, Quatman's offers an uncomplicated menu of grub. Pair a burger with some fries and a mug of suds and you've got a meal for under five bucks. If you're looking for more, add a salad or Quatman's popular mock turtle soup. Fee \$8.

Ollie's Trolley

Tuesday, June 23, 10 a.m. - 2 p.m.

All things considered, Ollie's may be the most popular burger joint ever in relation to its tiny size. Patrons enter one end of the trolley, place their order, and exit the other end with their grub. The surrounding outdoor picnic tables are great for summer dining. Fee \$8.



More Fun with Friends

Dining Adventures

Sponsored by Waterford Retirement Living

"Down on the farm" is the theme as we explore culinary destinations well beyond the beaten path. 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.

Waterford
Retirement Living

The Farm, Anderson Ferry

Tuesday, April 21, 4 - 8 p.m.

Although The Farm has been serving Cincinnati for over 50 years, it was only a few months ago that we first experienced the hospitality of this family operated gem. While the Thursday buffet we visited was great, Tuesday nights feature the addition of hand-carved roast beef and baked ham. The buffet also includes desserts like cheesecake, fresh salads, savory vegetables and their always popular fried chicken. Fee \$8.

The Stables, Cold Spring KY

Thursday, May 21, 4 - 8 p.m.

Locally owned and operated, the casually classy Stables conjures up the aura of Kentucky bluegrass heritage. Hearty dinner entrees include steaks, ribs, pork chops and Kentucky Hot Browns. Fee \$9.

Walt's Hitching Post, Fort Mitchell KY

Thursday, June 25, 4 - 8 p.m.

The Hitching Post features classic pit-barbequed ribs, along with steak, chicken, deep-fried shrimp and much more, all served up in a family friendly barn-like atmosphere. Fee \$9.



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
11:30 a.m. Lunch	10:00 a.m. Blood Pressure 1 st Tuesday	8:30 a.m. Quilting	11:30 a.m. Lunch	11:30 a.m. Lunch
1:15 p.m. History	11:30 a.m. Lunch	11:30 a.m. Lunch	12:45 p.m. Aerobics	1:00 p.m. Bridge
4:00 p.m. Fitness	12:45 p.m. Aerobics	1:00 p.m. Line Dancing	1:00 p.m. Cards & Games	1:00 p.m. Crafts
6:00 p.m. Pinochle	2:00 p.m. Creative Writers 2 nd & 4 th Tue.	4:00 p.m. Fitness	1:00 p.m. PC Meeting 1 st Thursday	1:00 p.m. Painting
	6:00 p.m. Bridge	5:30 p.m. Zumba Gold		4:00 p.m. Fitness April, May Only
	6:00 p.m. Euchre	5:30 p.m. Covered Dish last Wednesday		
	6:00 p.m. Thirty-One	6:30 p.m. Bingo		

More Fun with Friends

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, 50-cent hotdogs are sold while they last. 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 last Wednesday of each month for a carry-in meal starting at 5:30 p.m.



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 10 a.m. and noon to request lunch reservations for the following day or to inquire about lunch transportation.

Beginner Dulcimer Lessons

Introduction: Wednesdays, April 8 - 29, 3:30 - 5 p.m.

Intermediate: Tuesdays, April 7 - June 30, 3:30 - 5 p.m.

The Dulcimer is a stringed folk instrument rooted in the mountains of Appalachia. Since reading sheet music is not required, the beginning player can strum a simple tune almost immediately and quickly learn a few melodies. Intermediate lessons are recommended for students that have completed the beginner course. Registration is \$10 and a limited number of practice dulcimers are available for use in the classroom.

For students that wish to practice at home and are in need of a dulcimer, new practice dulcimers may be purchased for \$60 from the instructor.

Home Party Spring Bazaar

Saturday, April 25 - 9 a.m. - 2 p.m.

Popular home party products such as candles, baskets, jewelry, skin care, cooking supplies and more are featured at this free bazaar held at the Senior Adult Center. Come and browse some of the new and old favorites offered at home parties. Home Party Vendors - please call Rosalie at 866-8999 to reserve a space with six-foot table for \$20.



Miamisburg Fire Levy - Please Vote Yes!

The City of Miamisburg will ask voters to approve a replacement Fire Levy on the May 5 ballot. The City's existing 3.0-mill Fire Levy was passed in 1990, but since that time the effective millage has dropped to just 1.34 mills. The levy placed on the upcoming ballot will replace that existing levy and restore the original 3.0 millage.

According to City Manager Bill Nelson, the need to restore the 3.0 millage amount is not related to the recent announcement that the City and Miami Township could be forming a joint fire district later this year. Rather, he said the general economic conditions facing the City have prompted Council to review current revenue sources.

"With the funding model proposed for a potential joint fire district, it will continue to be a responsibility of the City of Miamisburg to fund fire and EMS services provided in our jurisdiction," the city manager said. "Initially, the City's share of the operational costs for these services should remain somewhat consistent with the formation of a joint fire district."

The revenue generated from the Fire Levy is a key component of funding the City's fire and EMS services, but it does not cover all costs. Approximately 71 percent of the current costs for these services are allocated from the City's General Fund. Nelson said the City ended 2008 with a projected budget deficit of \$1 million, and so providing relief to the General Fund is a high priority.

If the new 3.0-mill levy passes in May, it will become effective Jan. 1, 2010. It will cost the owner of a \$100,000 home an additional \$50.73 annually.



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.



Happy Days Tribute

Friday, April 17, 4:30 - 6 p.m.



Happy Days centered on the life, family and friends of teenager Richie Cunningham. During its 11-season run, the show's timeline nostalgically depicted the years 1955 through 1965. The appeal of the era is due in part to the music we remember. Holly and Greg Charlesworth will take us back to those happy days with live karaoke performances on the SAC's Café stage. The menu features all the favorites from Arnold's Drive-In: burgers and cheeseburgers served with fries or onion rings, coleslaw and choice of beverage including sodas and shakes. Cost \$8.

Shrimp Dinner

Friday, May 1, 4:30 - 6 p.m.

Ten golden-fried butterfly shrimp served with oriental vegetables & noodles, lettuce wedge, fresh baked bread, fresh strawberry pie and choice of beverage. Cost \$10.

Baked Spaghetti & Meatballs

Friday, May 8, 4:30 - 6 p.m.

Generous plate of baked spaghetti with made-from-scratch meatballs served with garlic breadsticks, garden salad, raspberry gelatin and choice of beverage. Cost \$7.

Down Home Thanksgiving

Friday, May 15, 4:30 - 6 p.m.

Inspired by the SAC cookbook, the menu features buttermilk biscuits topped with diced up fried baloney and country gravy served with fried taters, collard greens, homemade apple pie and choice of beverage. Cost \$7.

Char-Broiled Steak

Friday, May 22, 4:30 - 6 p.m.

Char-broiled ribeye or rib steak, baked potato with choice of toppings, corn nibblets in butter sauce, lettuce wedge, fresh-baked bread, Bill Knapp's chocolate cake and choice of beverage. Cost \$12.

Rib Dinner

Friday, May 29, 4:30 - 6 p.m.

Half-slab of premium pork ribs with mild barbecue sauce served with scalloped potatoes, green beans, lettuce wedge, fresh-baked bread, cupcake and choice of beverage. Cost \$10.

Beef Hotshot

Friday, June 5, 4:30 - 6 p.m.

Beef hotshot served with mashed potatoes and gravy, green beans, lettuce wedge, peach cobbler and choice of beverage. Cost \$7.

Fried Chicken

Friday, June 12, 4:30 - 6 p.m.

Fried chicken served with mixed vegetables, mashed potatoes, gravy, buttermilk biscuits, fruit salad plate and choice of beverage. Cost \$9.

Pork Chop Barbecue

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

Thick-cut pork chop served with homemade potato salad, baked beans, deviled eggs, fresh baked bread, ice cream and choice of beverage. Cost \$8.

Alaskan Salmon

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

Grilled Alaskan-caught salmon served with baked sweet potato, corn casserole, lettuce wedge, fruit kabob, fresh-baked bread and choice of beverage. Seating is limited. Cost \$10. (fish may contain small bones)



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.

Wild Times

Tuesday, May 19, 9 a.m. - 2 p.m.

Master Naturalist Jack 'Wildman' Schoenberger is your guide to Wild Times. Join Wildman for a spring fishing trip at Possum Creek MetroPark. First stop is at Subway to pick up sandwiches for a noon picnic lunch at the park. Fishing licenses are not required on this trip. The registration fee is \$9. Bait and lunch purchases are on your own.

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.

Ballroom Dance Lessons

Beginner: Tuesdays, 6:30 - 7:45 p.m.

Intermediate: Tuesdays, 7:45 - 9 p.m.

April 7 - May 19

Ballroom dancing is all the rage. Come learn how to Foxtrot, Swing, Cha Cha, Rumba and Waltz your way around the dance floor. Intermediate level is more challenging and not appropriate for the beginner. Held at the Senior Adult Center, the fee is \$42 per person for each 6-week course with advance registration required.

Zumba Gold

Wednesdays, 5:30 - 6:15 p.m.

Session 1: April 8 - May 13

Session 2: May 20 - June 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. Held at the Senior Adult Center, the cost is \$20 for each 6-week course with advance registration required.

Fit-Mit-Spass - New*

Saturdays, 10 - 11 a.m.

Session 1: April 11 - May 16

Session 2: May 23 - June 27

Imported from Germany, Fit-Mit-Spass is a great aerobic workout for the older, active adult set to dance steps and fitness movement. The fun, low-impact activity is designed to lift the spirits while improving strength and balance. Held at the Community Park Learning Center, the fee is \$20 for each 6-week course with advance registration required.

Integrated Asian Arts - New*

Saturdays, 11 a.m. - 12 p.m.

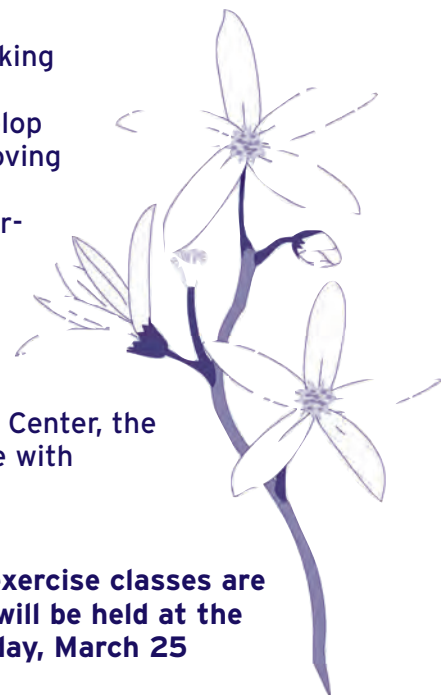
Session 1: April 11 - May 16

Session 2: May 23 - June 27

As you progress through the ranking system toward your black belt, proper form and movement develop the mind-body connection, improving coordination, strength, flexibility and stamina. This is a great alternative for the healthy, active senior to study Asian Arts weaponry and self-defense without the risks of board-breaking or free-sparring. Held at the Community Park Learning Center, the fee is \$20 for this 6-week course with advance registration required.

*Free Demonstrations

Come see what these new, fun exercise classes are all about! Free demonstrations will be held at the Senior Adult Center on Wednesday, March 25 beginning at 1 p.m.





More Active Pathways

Merry Milers

Sponsored by Wood Glen

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!



Walkabouts

Sponsored by Elmcroft of Washington Township

Walkabouts promote walking to good health at fairs, festivals, special tours and select shopping destinations. The registration fee is in addition to admission charge, if any, and lunch is on your own. Departures are from Library Park on the dates and times listed below.



A Taste of Cincinnati

Saturday, May 23, Noon - 5 p.m.

Since its inauguration in 1979, Taste of Cincinnati has become one of the nation's largest street festivals. The event moved to Fountain Square last year, taking advantage of a \$42-million renovation. Over 40 Cincinnati restaurants serve up delicious and delectable menu items. Cost \$10.

Troy Strawberry Festival

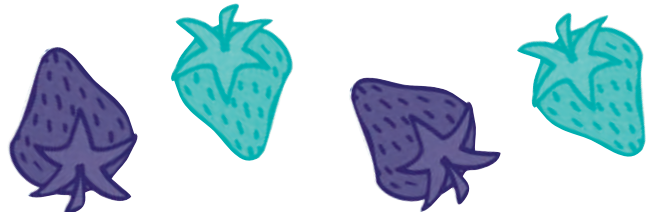
Saturday, June 6, 10 a.m. - 3 p.m.

It's strawberry time again! We will celebrate a delectable summertime favorite at the largest strawberry festival held in the entire Miami Valley. This popular trip is held on the levee above the Great Miami River in Troy. Cost \$10.

Prime Outlet Mall, Jeffersonville

Thursday, April 30, 10 a.m. - 3 p.m.

Few places can boast a shopping destination filled with so many of America's famous names at great prices! With over 60 shops and factory outlet stores to choose from, just a few to visit are Brooks Brothers, Banana Republic, Bass Outlet, Bath & Body Works and Borders Book Store. The mall's food court offers many choices for a lunch break. Cost \$9.



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.

New York, Your Way!

May 10-15, 2009 - \$1,299

Wine, Rail and Redwoods

Sept. 20-25, 2009 - \$1,629

Keeneland

A Sat. in Oct. (TBA) - \$127

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.

Vera Bradley Outlet Sale

April 30, 2009 - \$71

Grand Canyon Railway and Las Vegas

May 29-June 3, 2009 - \$1,183

Alaska Cruise/Tour

Aug. 12-23, 2009 - \$2,199



Expanding Horizons

Expanding Horizons 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.

Creative Scrapbooking

Mondays, 6 - 8 p.m.

Session 1: April 6 - May 11

Session 2: May 18 - June 22

This six-week class will teach the importance of preserving the past, enriching the present and inspiring hope for the future. The class will show different ways to preserve memories by scrapbooking, digital storybooks, computer software and organizational tools. Registration is \$15 for this six week class.

Culture Quests

Sponsored by [Place Your Company Name Here, Call Ron Reid 866-8999]

Culture Quest destinations reflect the history of human endeavors in literature, music, art and more. The registration fee is in addition to admission charge, if any, and lunch is on your own. Departures are from Library Park on the dates and times listed below.

Verdin Bell Museum and World Peace Bell

Thursday, April 23, 10 a.m. - 3 p.m.

As North America's oldest bell and clock company, Verdin's craftsmanship is represented at more than 35,000 sites world-wide. The beautifully restored St. Paul's Church in Cincinnati is Verdin's corporate headquarters and home to the Verdin Bell and Clock Museum. "The World Peace Bell," the World's largest swinging bell, was created by The Verdin Company and is located across the river in Newport. First stop is lunch at Marabelle's Tavern, featuring a charming atmosphere and upscale comfort foods with everything on the menu made in-house. Cost \$10.

Significant Books

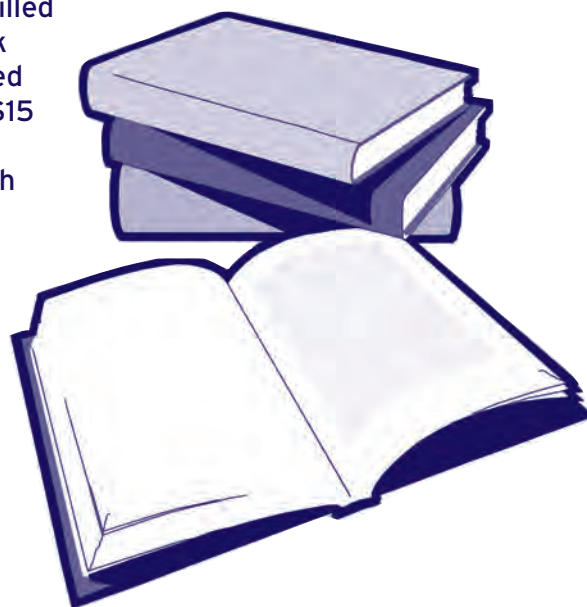
Tuesday, May 5, 10 a.m. - 3 p.m.

First stop is lunch at Habit's Café, which has an extensive menu with moderate prices featuring burgers ground fresh daily from a local prime butcher and massive orders of Fish & Chips. Also popular are the made-to-order potato rags. After lunch, the group will browse the nooks and crannies of Significant Books, a purveyor of rare, antiquarian and used books with about 40,000 titles ranging in price from under \$10 to you-don't-want-to-ask. Our final stop is at Aglamesis Brothers, famous for serving gourmet chocolates and premium ice cream since 1908. The nostalgic turn-of-the-century ice cream parlor was recognized by Bon Appetit magazine as one of the last authentic ice cream parlors remaining in the country. Cost \$10.

Holocaust Remembered

Tuesday, June 9, 10 a.m. - 3 p.m.

The oldest Jewish seminary in the America's, Hebrew Union College was founded in Cincinnati back in 1875. Today, HUC is an international seminary and university of graduate studies with additional campuses in New York, Los Angeles and Jerusalem. "Mapping Our Tears" is an exhibit on the HUC campus that takes us back in time to 1930s Europe. The exhibit features stories of eye witnesses to the Holocaust: refugees, survivors, rescuers, and liberators. Every item in the exhibit is connected to a person from the Cincinnati area that survived the Holocaust and WWII to tell their stories to the world. Lunch is at Tink's Café, known in Clifton's gaslight district for their upscale casual cuisine. An online check of their menu found a grilled flank steak salad priced at \$13 or \$15 for a Kobe burger with bay fries. Cost \$10.





More Expanding Horizons

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 complete list of common household items needed to help craft each basket.

Merrilly's Mini Market Basket

Monday, April 13, 6:30 - 9 p.m.

Woven on an oval wood base, this basket features a simple "plaid design" in a pastel color. The basket is finished with a wood notched handle. The measurements are 7" wide x 5" deep x 7 1/2" high. Kit will include instructions to make a fabric liner from a "fat quarter." Advance registration with \$15 fee is required. An additional \$25 supply fee is paid to the instructor the first night of class.

Pansy Wall Basket

Monday, May 18, 6:30 - 9 p.m.

Woven on a half round wood base, this basket features a "lattice work" design woven in natural reed. The basket itself is woven in a terra cotta color. The basket is finished with a "pansy tie-on." The measurements are 7 1/2" wide x 6 1/2" deep x 9 1/2" to the top of the handle. Registration with \$15 fee is required. An additional \$30 supply fee is paid to the instructor the first night of class.

Pillow Holder Basket

Monday, June 8, 6:30 - 9 p.m.

This basket is large enough to hold lots of throw pillows or afghans. The design is fairly simple until you get to a band of "cross stitch" woven with caning material over black walnut veneer. An absolutely beautiful basket measuring 25" wide x 12" deep x 11" high (17" to the top of the handle). Advance registration with \$15 fee is required. An additional \$40 supply fee is paid to the instructor the first night of class.



At Your Service

Taking Control of Your Health

Thursday, April 16, 10 - 11 a.m.

A KMC RN will help you learn how to structure your office visit and give you tips so that you can better manage your personal health. Please register in advance at the Center for this free program.

Walking Program

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

Walking the right way can lead to better health, fitness and attitude. Walking the wrong way can cause injury and wasted effort. Join our Exercise Physiologist and learn the basic components of a good walking routine. You will learn about proper walking technique, type of clothing to wear, keeping hydrated and common walking mistakes. Please register in advance at the Center for this free program.

Pain Management Including Arthritis

Thursday, June 18, 10 - 11 a.m.

A KMC RN will discuss the causes, symptoms and some methods of relief of arthritis and other pain in this free session. Please register in advance at the Center for this free program presented by Conover Health Plus, part of the Kettering Health Network.

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.

Visiting Nurse

The Community Health Nurse from the agency of Public Health 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.

Answers on Aging

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.

More At Your Service

AARP Driver Safety Program

Monday, April 27, 8:30 a.m. - 1 p.m.

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older that has helped millions of drivers remain safe on today's roads. Class participants learn about current rules of the road, tips on

safely operating a vehicle in today's driving conditions, and some adjustments for age-related changes in vision, hearing, and reaction time. Although advance registration is required, the \$12 fee for AARP members or \$14 fee for non-AARP members is paid to the instructor at the start of the class. Many auto insurance companies provide a multiyear discount to AARP graduates!

Sinclair Classes

Spring Quarter: March 30 - June 14

Sinclair College courses offered at the Senior Adult Center for seniors 60 or older have free enrollment open. 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's Summer Quarter begins June 17 and the Monday Class topic will be posted at the Center in throughout the month of May.

Fitness Conditioning

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

Adventures in Astronomy

Mondays, 1:15 - 4 p.m.
Prof. Lori Cutright, Instructor

Aerobic Conditioning

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

Painting & More

Fridays, 1 - 4:15 p.m.
Instructor TBA



News, Notes and Notices

Open House

Friday, May 29, 6 - 8 p.m.

Center volunteers and staff are eager to welcome members and visitors to the 2008 Open House. Festivities planned throughout the evening include entertainment, refreshments, tours and door prizes. Why not pick up SAC's Café tickets (see page 6) and invite someone to join you for an enjoyable dinner as well as the open house?

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 noon. Please call the Center to R.S.V.P.

Nominations and Elections

The Participant Committee is an advisory group serving as a liaison between members and staff. Responsibilities include meeting with staff once a month, developing goals and conducting the annual membership meeting. The two-year term of five members concludes in May and we extend our thanks to Gary Barnes, Pat Barnes, Rosina Beachler, Berta Yenney and Betty Zawacki for their teamwork and dedication.

Nominations are accepted through April 29, after which candidate's names will be posted at the Center. Current Center members may vote for their choice of candidates throughout the month of May. Members considering nomination may contact any current member of the Participant Committee for information. All votes must be cast in person at the front desk using the official ballot. Ballot choices cannot be accepted over the phone or by mail.



NEW PROGRAMS: CULTURE QUESTS - PAGE 9 GREAT BURGER CORPS OF DISCOVERY - 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

12



Hours of Operation

Monday through Wednesday ...8:30 a.m. - 9 p.m.
Thursday and Friday8:30 a.m. - 5 p.m.

Holiday Closings

The Center will close on Monday, May 25 in observance of Memorial 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, resident dues are \$15 per year, while non-resident dues are \$20 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 fee for a resident associate is \$25 annually and the non-resident associate fee is \$30.

Registration

New program registration begins on Wednesday, April 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.