



Summer 2009  
Volume XVII Issue 3

# CENTERPOST

Senior Adult Center  
Serving our members since 1977

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!*

### Valley Vineyard

**Thursday, August 20, 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 \$40 registration fee includes your meal.

show, the group will enjoy dinner atop historic Mt. Adams at The Rookwood, formerly the world-renowned Rookwood Pottery Company. Please register early as the earlier we purchase our group tickets, the better our seats. Cost is \$49 with dinner on your own.

### Sleuth

**Friday, October 2, 4:30 - 11:30 p.m.**

Cincinnati Playhouse opens their 50th season with a play the London Times described is as the "most fiendishly clever thriller ever written for the stage." Sleuth is a masterpiece of suspense. It is a story of a man who loves games and gamesmanship and seeks the perfect act of revenge. Does he succeed? Does he not? Whodunit? Whodunwhat? Sleuth will keep you guessing to the very end. Sleuth won the Tony Award for Best Play and inspired two film versions. Prior to the



City of  
Miami

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## More Out & About Adventures

### Ohio State Fair

**Tuesday, August 4, 8:30 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 Aces in the air-conditioned Celeste Center

at 1 p.m. The Four Aces recorded a string of hits throughout the 50s decade, including "Three Coins in a Fountain" and "Mr. Sandman." The \$30 registration fee includes roundtrip transportation, fair-ground admission and concert tickets.



### 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 Swing of the Quad Cities**

**Thursday, July 16, 6 - 10 p.m.**

**Dragons vs Great Lake Loons**

**Wednesday, August 5, 6 - 10 p.m.**

### Cincinnati Reds

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.



**Reds vs San Diego Padres**

**Thursday, July 30, 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. 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.

### Registration

New program registration begins on Wednesday, 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.

## 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.*

### Dining Adventures

**Sponsored by Waterford Retirement Living**

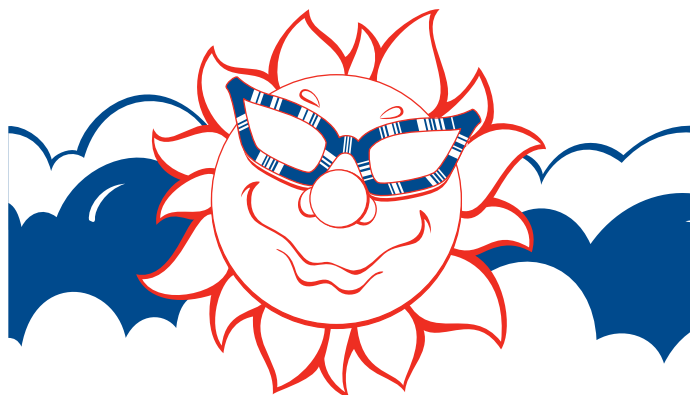
Summertime fun is the theme as we explore culinary destinations well beyond the beaten path. Advance registration is required and fees include transportation with meals on your own. Departures are from Library Park on the dates and times listed below.

**Waterford**  
Retirement Living

#### Ludlow Bromley Yacht Club

**Monday, August 10, 5 - 10 p.m.**

Located on the Ohio River across from Cincy, Ludlow Bromley Yacht Club is strictly casual and cash only. With palm trees, colorful decor and a great view on the waterfront, it's unlike any other restaurant in the area. LBYC features the popular grill-your-own-steak on Monday nights. For \$11.50, you get an 8 to 10-oz steak that you cook yourself, served with corn on the cob, baked potato, salad and a roll. Fee \$9



#### Washington Platform Saloon & Restaurant

**Thursday, September 10, 4 - 8 p.m.**

Washington Platform was originally constructed in 1860 as a saloon and restaurant and operated as such until Prohibition put it out of business in 1919. When Washington Platform reopened in the 1980s, the space was taken back to its turn-of-the-century origins. The restaurant's dinner menu features a great selection of fresh seafood and grilled sandwiches. The registration fee is \$8.

#### Jim & Jack's on the River

**Thursday, July 9, 4 - 9 p.m.**

Jim & Jack's on the River serves scrumptious appetizers, sandwiches and impressive dinner dishes like New York strip steak, barbecue baby back ribs and deep fried jumbo shrimp. Calorie counters can build their own salads or peruse the light menu. A cruise-in at Jim & Jack's is part of the fun with our own ride sporting a modified coach, two-tone paint with custom graphics, chrome wheels, bucket seats, big-block turbocharged V-8 and six-speed transmission. Fee \$9

### 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.

#### Quatman's Café

**Tuesday, July 14, 10 a.m. - 2 p.m.**

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

#### Arthur's Café

**Tuesday, August 22, 10 a.m. - 2 p.m.**

The hands-down favorite in Hyde Park is Arthur's Café. Located just off Hyde Park Square, Arthur's regulars especially enjoy the legendary burgers. The moderately-priced menu also includes sandwiches, pastas, salads and homemade soups, plus a full list of appetizers. Fee \$8.



## More Fun with Friends

### 5th Annual Canine Carnival

**Saturday, September 19, 10 a.m. - 2 p.m.**

Spend the day at Library Park with your "best friend." This free event will feature vendors specializing in your dog's health and well-being, including information on grooming, security, veterinarian services, pet massages, monuments, training and supplies. All pets must be kept on a leash and owners will be responsible for cleaning up after their furry friends. Schedule of Events:

- 10:00 a.m. Welcome and Registration for all contests**
- 10:30 a.m. Weiner Dog Race**
- 11:00 a.m. Silliest Dog Tricks**
- 11:30 a.m. Best Groomed**
- 12:00 p.m. Pets on Parade**
- 12:30 p.m. Most Poised and Presence**
- 1:00 p.m. Costume Contest**
- 1:30 p.m. Dog/Owner Look Alike**



### Bingo

**Sponsored by Heartland of Miamisburg**  
**Wednesdays, 6:30 - 9 p.m.**

Bingo cards are 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.

Heartland

### Ice Cream Social

**Sunday, July 12, 6 - 8 p.m.**

All are invited to the annual Ice Cream Social. 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.



### Picnic in the Park

**Thursday, August 27, 4 - 8 p.m.**

Mark your calendar and join us at Mound Park for our annual picnic. Members attending the picnic should bring a covered dish to share and plan to arrive around 4 p.m. as the meal will begin shortly after. The Center provides chicken, chilled beverages and disposable tableware. 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.

## 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 <sup>st</sup> 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	2:00 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 <sup>nd</sup> & 4 <sup>th</sup> Tue.	4:00 p.m. Fitness	1:00 p.m. PC Meeting 1 <sup>st</sup> Thursday	1:00 p.m. Painting
	6:00 p.m. Bridge	5:30 p.m. Zumba Gold		4:00 p.m. Fitness September 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

### Line Dance

The Line Dancers meet in the Center's east wing on Wednesday afternoons at 2 p.m. Focusing on beginners and advance beginners, the group welcomes any level of experience and no dance partner is needed. Line Dance Lessons return in October and the fee is \$20 for six, one-hour classes.

### Fall Bowling League Returning in September

The bowling league meets at Poelking Lanes South on Thursday mornings at 10 a.m. Please contact the Center if you are interested in being on a team or sub list. 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 10 a.m. and noon to request lunch reservations for the following day or to inquire about lunch transportation.

### Shop Hops

To qualify for these low-cost trips, seniors must be age 55 or over, reside within the Miamisburg School District, be a current member of the Center, and complete an annual rider form. Riders must pre-select from the listed destinations and request seat reservations from one day to one week in advance of each trip. Although actual times and trip duration vary based on the number of rides requested, riders are asked to be ready for curbside pick up by 9:30 a.m. Drivers must adhere to authorized stops on pre-approved routes; please do not ask the driver to make an unlisted stop. Shop Hops average about 90 minutes in duration and are subject to cancellation or rescheduling. Please call the Center for more information or to request pick up.

- Plaza Hops are offered weekly on Wednesdays to Kroger or the Miamisburg Plaza from Big Lots to Goodwill. The \$1 roundtrip fee is collected by the driver.
- Mall Hops are offered monthly on second Fridays to the Dayton Mall, Miamisburg Wal-Mart or Aldi Market. The \$1 roundtrip fee is collected by the driver.



## 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.*

### 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.

### Alaska Cruise/Tour

August 12-23, 2009 - \$2,199

### Sounds of Branson

October 20-25, 2009 - \$899

### Country Christmas in Nashville

November 21-23, 2009 - \$469

### 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.

### Wine, Rail and Redwoods

September 20-25, 2009 - \$1,629

### Keeneland

A Saturday in October, 2009 (TBA) - \$127

### Bahamas by Bus

January 29-February 7, 2010 - \$1,737  
(includes Hilton Head, S.C, Savannah, GA., Key West, FL and Nassau, Bahamas)





## 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.*



### Footlong Dog & Suds

**Friday, July 10, 4:30 - 6 p.m.**

Footlong hotdog with choice of toppings: coney sauce, diced onion, pickle relish, shredded cheese; served with assorted chips, ice cream and choice of beverage, including rootbeer. Cost \$5.

### Steak Hoagie

**Friday, July 17, 4:30 - 6 p.m.**

Chopped steak on hoagie roll with choice of toppings: mushrooms, onions, banana peppers and cheese; served with chips, pickle spear, ice cream and choice of beverage. Cost \$7.

### Soup & Sandwich

**Friday, July 24, 4:30 - 6 p.m.**

Deluxe BLT sandwich, creamy homemade tomato soup, lettuce wedge, assorted crackers, ice cream and choice of beverage. Cost \$6.

### Tex-Mex Combo

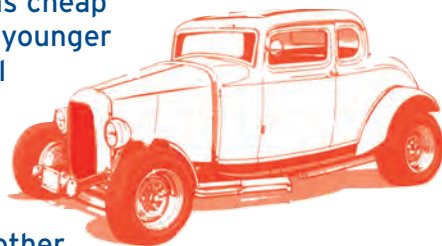
**Friday, July 31, 4:30 - 6 p.m.**

Beef burritos, chili with beans, Spanish rice, sour cream, garden salad, ice cream and assorted of beverage. Cost \$7.

### Where were you in '62?

**Friday, August 14, 4:30 - 6 p.m.**

The tag line for the 1973 George Lucas film, American Graffiti asked movie goers, "Where were you in 1962?" The movie took us back to a time when gas was cheap and a favorite pastime for the younger crowd was cruising to the local drive-in for a burger. The "Deuce Coup" Ford portrayed in the film remains as THE classic hotrod of automotive history. Our menu features another

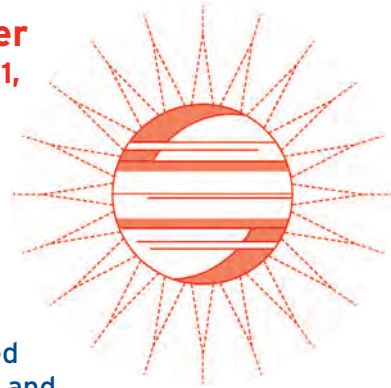


American classic, the deluxe burger - a quarter pound ground beef patty on a sesame seed bun, crisp lettuce, tomato, Bermuda onion, mayonnaise, pickle chips and (optional) American cheese. Your burger is served with fries and rings, coleslaw, and a malt or float for dessert. Cost \$7. **Bring photos of any pre-1964 car you've owned to compete for "People's Choice."**

### Shrimp Dinner

**Friday, August 21, 4:30 - 6 p.m.**

Golden-fried butterfly shrimp served with oriental vegetables & noodles, garden salad, fresh baked bread, ice cream and choice of beverage. Cost \$10.



### Pork Chop Barbecue

**Friday, August 28, 4:30 - 6 p.m.**

Thick-cut pork chop served with corn on the cob, baked beans, deviled egg, fresh baked bread, ice cream and choice of beverage. Cost \$8.

### Grilled Chicken Wings & Drumsticks

**Friday, September 11, 4:30 - 6 p.m.**

Grilled chicken wings and drumsticks, peas & carrots, mashed potatoes, country gravy, buttermilk biscuits, fruit salad and choice of beverage. Cost \$7.

### Rib Dinner

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

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

### Orange Roughy

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

Blackened Orange Roughy, sweet potato soufflé, broccoli with cheese sauce, 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

**Saturday, September 26, 10 a.m. - 3 p.m.**

Master Naturalist Jack 'Wildman' Schoenberger is your guide to Wild Times. The Ohio wilderness in the 19th Century was punctuated by farms and farm communities. As the fall harvest approached, so would the tradition of country fairs. Join Wildman for an Old Fashioned Country Fair at Carriage Hill MetroPark. All the sights and sounds of an 1880's country fair are recreated with living history talks and demonstrations. Afterwards, the group will stop at the popular Mel-O-Dee Restaurant for lunch. The registration fee is \$9 with lunch 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.

## Aqua Stretch and Tone

**Mondays, Wednesdays and Saturdays, 9:30 - 10:30 a.m.**

**July 13 - August 8 at Sycamore Trails Aquatic Center**

Join this water exercise program to improve cardiovascular fitness and muscle tone with reduced stress on hips, knees and lower back. This will be a low to moderate intensity level workout. Flotation belts are provided. Registration is \$38 or \$32 for Miamisburg residents.



## Zumba Gold

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

**Session 1: July 8 - August 12**

**Session 2: August 19 - September 23**

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.

## 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!





## More Active Pathways

### 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.



#### Annie Oakley Days

Saturday, July 25, 8:30 a.m. - 3 p.m.

Come for the terrific deals, stay to celebrate the life of legendary sharp-shooter at the festival named after her. First, we head to downtown Greenville where bargains line the streets for the Annie Oakley Days Sidewalk Sale. Among the many shops to browse is the KitchenAid Experience Center. Next, we have lunch at the Bistro Off Broadway, serving a unique menu of time-tested recipes in a casual environment brimming with memorabilia. Last stop is the Annie Oakley Festival held at the Darke County Fairgrounds. Cost \$10.

#### Preble County Pork Festival

Saturday, September 19, 8:30 a.m. - 3 p.m.

Always a favorite, this annual festival is known for delicious pork, handmade crafts and free entertainment. Treat yourself to a pancake & sausage breakfast upon arrival and for lunch, try the Festival's famous grilled pork chop. A Pork Festival tradition not to be missed, the a-cappella group Tonic Sol Fa entertains at 11 a.m. We end the day viewing the festival's parade from the grandstands. The registration fee is \$10 with festival purchases on your own.

## At Your Service

### Visiting Nurse

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.

### 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.

#### 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.

### Sinclair Classes

Summer Quarter: June 17 - August 25

Sinclair College courses offered at the Senior Adult Center for seniors 60 or older have free open enrollment. 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 Fall Quarter begins in September and the fall history topic will be announced in August.

#### Fitness Conditioning

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

#### A Brief History of India

Mondays, 1:15 - 4 p.m.  
Brian Weiss, Instructor

#### Aerobic Conditioning

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

#### Painting & More

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





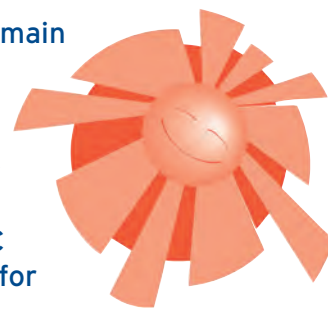
## More At Your Service

### A Matter of Balance

**Tuesdays & Thursdays, October 6 - 29, 9:30 - 11:30 a.m.**

A Matter of Balance is an award-winning program designed to help older adults manage falls and increase activity levels. Healthcare professionals from Kettering Medical Center Community Wellness will teach participants positive coping

methods to reduce fear of falling and remain independent. Classes will incorporate group discussion, problem-solving strategies, videos, and gentle physical exercise. Held at the Miamisburg Senior Adult Center, advance registration is required for this free program. Call KMC Community Wellness at 937-384-4884 for more information or to register.



## 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.*

### 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.

#### Mapping Our Tears - Stories of Survival

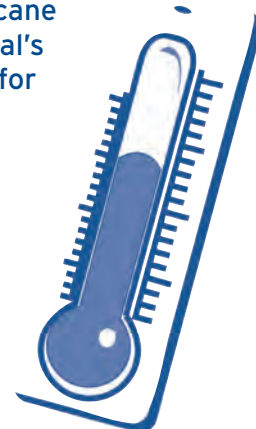
**Tuesday, July 28, 10 a.m. - 3:30 p.m.**

Located on the campus of Hebrew Union College, Mapping Our Tears is a special exhibit that will take us back in time to 1930s Europe. Every item in the exhibit is connected to a person from the Cincinnati area that survived the Holocaust and the war to tell their stories. A \$5 per-person donation at the door is appreciated to help support the exhibit and docent-led tour. Prior to the tour, we stop at Sitwell's Coffee House for lunch. Their menu includes sandwiches, salads, vegetarian dishes and local favorites like the "Best BLT Ever" and the "New York Egg Sandwich." At Sitwell's, you're part of the family, so be sure to say hi to Lisa and Mr. B. Following the tour we make a quick stop at Servatii's Pastry Shop. Operated by fourth-generation Master Bakers, Servatii's pastry shops are another Cincinnati favorite. A phrase from Star Trek best describes everything you'll find at Servatii's: "Resistance is futile." Registration fee is \$10 with lunch on your own.

#### Women & Spirit - Catholic Sisters of America

**Tuesday, August 25, 10:30 a.m. - 3 p.m.**

Cincinnati Museum Center at Union Terminal presents an exhibit revealing the lives of a group of Americans who helped shape the nation. Meet women who corresponded with President Thomas Jefferson, talked down bandits and roughnecks, lugged pianos into the wilderness, and provided the nation's first health insurance to midwestern loggers. Discover the sisters' courage during the Civil War, the Gold Rush, the San Francisco Earthquake, the Influenza Epidemic, the Civil Rights Movement, and Hurricane Katrina. Lunch is at Union Terminal's food court and exhibit admission for seniors 60 and over is \$7. Registration fee is \$8 with lunch and admission on your own.





## 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.

#### Star Spangled Recipe Card Basket

**Monday, July 20, 6:30 - 9 p.m.**

Woven on a 3" x 6" rectangular base, this basket is woven in a plaid design in navy, burgundy and natural. The basket is finished with a 3 star wire handle and a pottery star. Kit includes a package of 4" x 6" recipe cards. Advance registration with \$15 fee is required. An additional \$30 supply fee is paid to the instructor at the class.

#### Susan's Darning Basket

**Monday, September 28, 6:30 - 9 p.m.**

Woven on an oval wood base, this basket is woven in alternating natural and dyed reed. Basket is finished with a hand-carved swing handle and dyed seagrass. Advance registration with \$15 fee is required. An additional \$35 supply fee is paid to the instructor at the class.

#### Quilter's Pincushion Basket

**Monday, August 10, 6:30 - 9 p.m.**

Woven on an assembled pincushion base, this basket features a sloping design and a matchstick border. Choose to either wire the buttons on or sew them onto the side of the basket. Kit includes a spool of quilting thread and a hand-made pincushion.

Registration with \$15 fee is required. An additional \$30 supply fee is paid to the instructor at the class.



## News, Notes and Notices

### PIZZAZZ IN THE PARK CONCERT SERIES

The 2009 Pizzazz in the Park Concert Series begins on Sunday, June 14. All concerts are held on Sundays at Library Park with free admission. Concert goers are encouraged to bring folding lawn chairs or blankets for seating. Performances are 75 minutes in length starting at 7 p.m., except on July 12 when the Kettering Banjo Society entertains from 6:30 to 8:00 p.m.

- June 14** Evan Lanier & the Bluegrass Express – bluegrass
- June 21** Antioch Shrine Brass Band – brass band classics
- June 28** Double Play – classic pop hits from 50s, 60s & 70s
- July 5** Kettering Civic Band – concert band, show pieces, marches
- July 12** Ice Cream Social with Kettering Banjo Society – Dixieland banjo
- July 19** The Impossible – big band favorites from the 40s and later
- July 26** Beaver Creek Strummers – old favorites, folk, Hawaiian, polka
- August 2** The Music Makers – polka and popular tunes
- August 9** Dayton Letter Carriers Band – rag time, big band, show tunes
- August 16** Chazz – eclectic mix of pop, folk and rock classics



## More News, Notes and Notices

### Stay-n-Play in Miamisburg!

Look no further than Ohio's Best Hometown for great fun this summer at the following destinations:

- Sycamore Trails Aquatic Center is a state-of-the-art complex featuring zero depth entry, waterslides and giant umbrellas. Open swim begins at noon and daily admission rates are as low as \$3 for seniors.
- Mound Golf Course is a charming 9-hole course adjacent to the famous Indian Mound. Stop by Mound's Grill where the half-pound Mound Burger is by far the best burger around town.
- PipeStone Golf Course is a premier 18-hole course designed by world-renowned Arthur Hills. PipeStone's "19th Hole" is a great place to enjoy a meal or your beverage of choice.



### New Member Welcome

If you've recently joined the Center, you're invited to a reception in your honor. The Center's trips and activities 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.

### Annual Membership Meeting

**Thursday, September 3, 4 pm**

Hear Ye, Hear Ye! The Participant Committee will conduct the annual meeting to permit the membership an opportunity to voice any suggestions, comments or concerns. All Center members are encouraged to get to know their elected representatives by attending this meeting.

### Participant Committee

We wish to thank all the candidates on the Participant Committee ballot. The following elected members were installed at the June PC meeting. As they begin their two-year terms, please join us in welcoming Frank Glick, Marge Glick, Jean Miller, Donna Mae Rentschler and Marge Slanker.

### Busy Bee Spotlight

Betty Zawacki serves as coordinator for the Bingo and SAC's Café programs, as well as volunteering at most of the Center's special events and fundraisers. Combined, these activities have an annual attendance well over 5,000, nearly a fifth of the Center's annual program attendance. Since joining in 1995, her commitment to this Center has always been commendable. She served as the Cookbook Committee Chairperson in 1998 and has since completed a fourth 2-year term on the Participant Committee Advisory Board. Betty also enjoys participating regularly at Tuesday night Euchre and the new pilot program on Thursday afternoons referred to as Cards, Games & More. Betty Z is truly a Busy Bee.



### 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.



# ICE CREAM SOCIAL & ANNUAL PICNIC - PAGE 4 WHERE WERE YOU IN '62 & SAC'S CAFÉ - PAGE 6

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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
- Frank Glick
- Marge Glick
- Brenda Litsch
- Tom Litsch
- Jean McAlexander
- Jean Miller
- Donna Mae Rentschler
- Margie Slanker

### Staff Representatives

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



City of Miamisburg  
Parks & Recreation Department  
Nationally accredited since 2004

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### Hours of Operation

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

### Holiday Closings

The Center will close on Friday, July 3 in observance of Independence Day and Monday, September 7 for 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.

### 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:

- **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 refund. No refunds are given after the deadline.
- **Road Trips:** For refund approval, cancellation notice and refund request must be received at least one full calendar week prior to the departure date. For cancellations made past the deadline, refunds are given only if the trip roster is filled to capacity.
- **Individuals that book a trip** through a travel agency are cautioned to carefully review the agency's refund policy.