



Fall 2008

Volume XVI Issue 5

# 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 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!*

### Circleville Pumpkin Festival

Thursday, October 16, 8:30 a.m. - 4 p.m.

What is your favorite half-ton, Ohio grown fruit? Want more? Last year's champion pumpkin tipped the scales at over 1,500 pounds. The Circleville Pumpkin Festival is dedicated to pumpkins, giant pumpkins, anything pumpkin flavored and everything pumpkin related. The event has grown from a small street fair in 1903 to the sixth largest festival in the nation. Join us for what is billed as "The Greatest Free Show on Earth." The registration fee is \$15.

### Autumn Countryside Tour

Tuesday, October 14, 9 a.m. - 3 p.m.

Travel with us as we explore the beautiful fall countryside. During our trip we will have a delicious lunch at Hueston Woods Lodge, explore some covered bridges along the way, and end our trip with a visit to the Barn 'n Bunk Farm Market in Trenton. Registration is \$12 with lunch on your own.

### Cookout 'round the Campfire

Thursday, November 6, 3 - 9 p.m.

or Friday, November 7, 3 - 9 p.m.

Celebrating one last blast at Cowan Lake State Park before greeting old man winter has become a tradition for members of the Senior Adult Center. Dress for the outdoors as you may wish to gather around the campfire or hike through the woods before chow time. Camp cuisine includes rib steak, baked potato, green beans, bread, whipped butter, sour cream, cookies and assorted beverages. In the event of uncooperative weather, our heated lakeside cabin features a fully equipped kitchen and enclosed patio. The \$25 registration fee includes transportation and meal.



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## More Out & About Adventures

### Time Travel Mystery Trip

Friday, November 21, 5 - 11 p.m.

Destination 1959. On a cold winter night nearly 50 years ago, Buddy Holly, Richie Valens, and the Big Bopper became Rock 'n Roll immortals. To a generation, this moment was forever remembered as "the day the music died." You are a witness to that fateful evening; in you, the music will live on! Packing houses around the United States, Canada and Great Britain, a group of critically acclaimed tribute artists have re-created the original trio's final performances. Audiences are transported back in time to the great era of rock-n-roll with "That'll Be the Day," "Peggy Sue," "La Bamba," and "Chantilly Lace." Before drifting down memory lane, your first stop is dinner at....let's just call it a place known for old rockers.



The \$36 registration fee includes transportation and concert admission, with dinner on your own.

### Radio City Christmas Spectacular - Starring the Rockettes

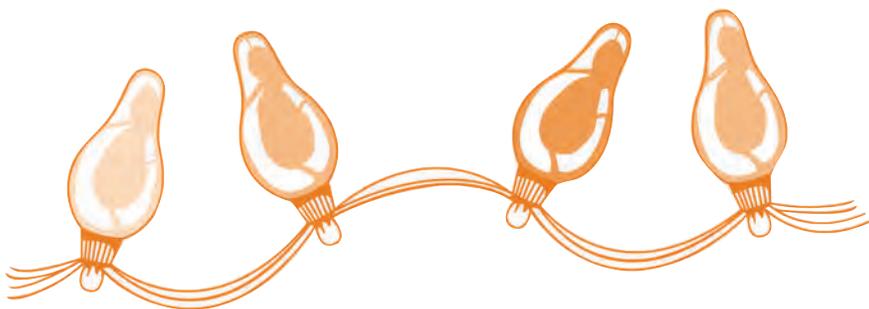
Wednesday, November 26, 2:30 - 8:30 p.m.

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.

### Clifton Mill Holiday Lights

Thursday, December 4, 3 - 9 p.m.

The best time to visit the historic Clifton Mill is during the holiday season when the mill takes on a fairy-tale quality with every inch ablaze in beautiful lights. Visit Santa's Workshop, a large-scale outdoor train and village and a huge Santa collection from all eras. Before visiting the mill, enjoy dinner at the Golden Jersey Inn. Registration is \$18 with dinner on your own.



### 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.

### Whispering Christmas

Thursday, December 18, 5 - 9 p.m.

Travel with us to Fort St. Clair Park in Eaton for a bus tour of the beautiful holiday light displays throughout the park. While in the park, we also stop at the log cabin for visit with Santa. First stop is the historic Florentine Hotel for dinner. The registration fee is \$10 with dinner on your own.



## 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.*

### Soup, Salad and a Speaker

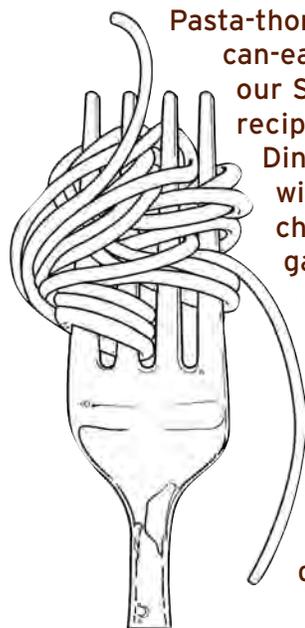
**Wednesday, October 8, 11:30 - 2 p.m.**

Join us for a delicious luncheon featuring our guest speaker - Vickie Jo Boyer, who recently retired after 50 years of teaching dance to the Miamisburg community. Vickie is also a breast cancer survivor, and in recognition of "Breast Cancer Awareness Month" she will be sharing her incredible story. Served in the upper east wing, lunch includes a fresh deluxe salad, choice of tomato basil or creamy chicken noodle soup, pumpkin ice cream pie and beverage. Tickets are \$10 and available at the Senior Adult Center or the Parks & Recreation Office.



### Pasta-thon Spaghetti Olympics

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



Pasta-thon features all-you-can-eat spaghetti with our Saccafe family-recipe meat sauce. Dinner is served with a garden salad, choice of dressing, garlic bread and a made-from-scratch sugar waffle. Beverages include brewed iced tea, pink lemonade, 2% milk and root beer. Tickets for this fundraiser dinner are \$9 each.

### Cratchit's Christmas Party

**Friday, December 16, 11 a.m. - 1 p.m.**

When, at last, the family drew round the hearth, Bob Cratchit proposed a toast. "A Merry Christmas to us all, my dears!" to which Tiny Tim replied last of all, "God bless us, every one!" Cratchit's Christmas Party includes baked ham, sweet potatoes, green beans, fresh baked bread and punch with entertainment following the meal. Cratchit's Christmas Luncheons are \$5 each.

### Bingo

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

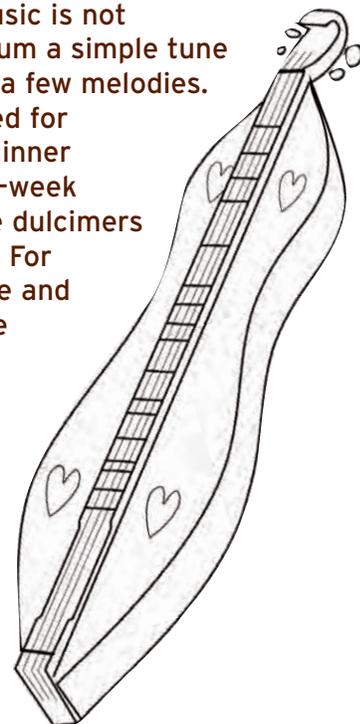


Bingo cards are just twenty-five cents each and all quarters are awarded as prizes. On the first and third Wednesdays of each month, 50-cent hotdogs are sold while they last. Birthday cake is served at the half-time break on the second Wednesday. Seating is strictly non-reserved. If needed, please call at least a day ahead for transportation. Bring a covered dish with 8 to 10 servings to share on the fourth Wednesday of each month for a carry-in meal starting at 5:30 p.m.

### Beginner Dulcimer Lessons

**Beginner: Wednesdays, October 8 to December 10, 4 to 5 p.m.**  
**Intermediate: Tuesdays, October 7 to December 9, 3:30 to 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 for the ten-week class 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. Musicians that can play the following listed instruments are invited to join the Tuesday Intermediate course to assist the class: recorder, harmonica, banjo, mandolin, string instruments and other acoustic instruments.





## More Fun with Friends

### Dining Adventures formerly Dining Destinations

Fall colors and holiday cheer are the themes as we explore culinary destinations 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 Farm, Cincinnati

Thursday, October 23, 4 - 8 p.m.

If you're looking to satisfy a big hunger, look no further. The Farm has been serving Southwest Ohio and the Tri-State for over 50 years. The Thursday buffet includes barbecued baby back ribs, fried chicken, homestyle meatloaf, spaghetti & meatballs, potato, vegetables; salads, rolls, soft drinks, milk, coffee, tea, and dessert. Fee \$8

#### Buckhead Mountain Grill, Bellevue KY

Thursday, November 20, 10 a.m. - 2 p.m.

As the name suggests, this destination has a rugged lodge atmosphere with an inviting fireplace and a spectacular view. The menu features hearty American fare with homestyle appeal such as fried green tomatoes and meatloaf. The house specialty is Wyoming-style pot pie with chunks of succulent chicken and a flakey top crust. Cost \$8

#### Inn at Versailles, Versailles OH

Thursday, December 11, 10 a.m. - 2 p.m.

Experience a taste of the Old World with the Inn's charming mix of grand architecture, intriguing art, warm décor and enticing menus. The Inn's menu offers a full range of traditional choices and house favorites. Treat yourself to a holiday dining experience. 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
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	10:00 a.m. Kroger	12:45 a.m. Aerobics	1:00 p.m. Bridge
4:00 p.m. Fitness	12:45 a.m. Aerobics	11:30 a.m. Lunch	1:00 p.m. PC Meeting 1 <sup>st</sup> Thursday	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. Painting
7:00 p.m. Line Dance	6:00 p.m. Bridge	5:30 p.m. Covered Dish 4 <sup>th</sup> Wednesday		4:00 p.m. Fitness
	6:00 p.m. Euchre	6:30 p.m. Bingo		
	6:00 p.m. Thirty-One			

## More Fun with Friends

### Bowling League

The bowling league meets at 10 a.m. Thursday mornings at Poelking Lanes South. The cost is \$55 for 10 weeks of bowling. Please contact the Center if you would like to be on a team or sub list. All levels of bowling skills are welcome.



### 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.

### 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.

## 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.*



### Oktoberfest

Friday, October 10,  
4:30 - 6 p.m.

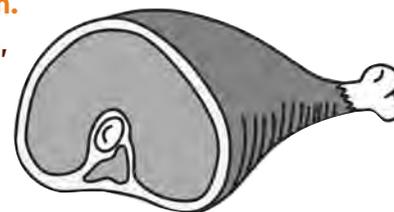
Kielbasa with sauerkraut, potato pancakes, fresh applesauce, fresh baked bread, apple strudel and choice of beverages. Cost \$7.



### Country Griddle

Friday, October 31, 4:30 - 6 p.m.

Grilled ham served with a bacon, egg & hash brown scramble, fluffy biscuits, side of sausage gravy, fruit cup and choice of beverages. Cost \$7.



### Veteran's Day Meatloaf Dinner

Tuesday, November 11, 4:30 - 6 p.m.

Meatloaf with mashed potato & gravy, peas, corn, lettuce wedge, fresh baked bread, tapioca pudding, and choice of beverage. Cost \$7.

### Hungarian Goulash

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

Authentic Hungarian goulash with vegetables and 'csipetke' (pinched noodles), fresh baked bread, sugar cream pie, and choice of beverages. Cost \$7.



## More SAC's Café

### Mama Saccafe's Lasagna

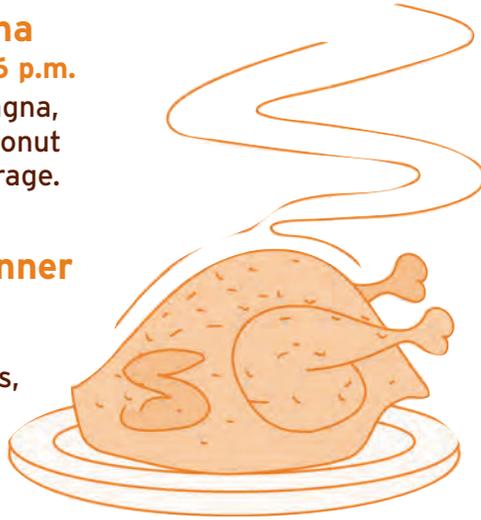
Friday, November 14, 4:30 - 6 p.m.

Our Saccafe family recipe lasagna, tossed salad, garlic bread, coconut cream pie, and choice of beverage. Cost \$8.

### Turkey & Trimmings Dinner

Wednesday, November 19,  
4:30 - 6 p.m.

Roast turkey, mashed potatoes, turkey gravy, dressing, green beans, cranberry salad, bakery roll, pumpkin pie, and choice of beverage. Cost \$7.



### Rib Dinner

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

Half-slab of premium pork ribs with mild barbecue sauce, hand-cut french fries, lettuce wedge, fresh-baked bread, 1-2-3-4 cake, and choice of beverages. Cost \$10.

### Shrimp Dinner

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

Golden fried butterfly shrimp, oriental stir-fry with vegetables and noodles, lettuce wedge, fresh baked bread, rice pudding, and choice of beverages. Cost \$9.

## 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.*

### Tai Chi

Wednesdays, October 1 - December 3, 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 held at the Community Park Learning Center.

### Wild Times

Tuesday, October 7, 9 a.m. - 2 p.m.

Master Naturalist Jack 'Wildman' Schoenberger is your guide to Wild Times. Traveling to Possum Creek, Jack and MetroPark's resident naturalist will lead a tour of the farmstead and hayride across the prairie. First stop is Kathy's Kitchen for breakfast. Good walking shoes and appropriate outdoor attire are recommended. The registration fee is \$9 with breakfast on your own.



### Ballroom Dance Lessons

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

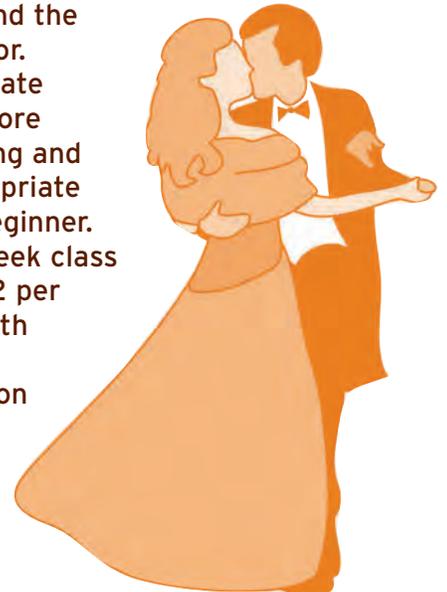
Intermediate: Tuesdays, 7:45 - 9 p.m.

Session 1: September 30 - November 4

Session 2: November 11 - December 16

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. Each 6-week class fee is \$42 per person with advance registration required.



# More Active Pathways

## Zumba Gold

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

Session 1: October 1 - November 5

Session 2: November 12 - December 17

Dance your way to better fitness, 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 \$20 for each 6-week course.

## 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.

## 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!

## Warm Water Aerobics

Tuesdays and Thursdays, 3 - 4 p.m.

Session 1: September 30 - November 6

Session 2: November 13 - December 18

Are your muscles aching and your joints hurting? Then join us for these relaxing and therapeutic warm water aerobic classes taught in Kingston of Miamisburg's beautiful state-of-the-art pool. Registration for each six-week class is \$50.

### 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.



## 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

### Walkabouts

Sponsored by Elmcroft of Washington Township

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 the admission charge, if any, and lunch is on your own. Departures are from Library Park on the dates and times listed below.



#### Mount Airy Forest & Arboretum, Cincinnati

Thursday, October 9, 10 a.m. - 3 p.m.

There is no doubt that the 1,470 rolling acres of forest and meadows, the 120-acre arboretum, and 30 miles of trails offer lots of scenic spaces to enjoy, but don't miss the tree house! A written description hardly seems adequate. Connecting to twelve living trees and accessible by ramp, the half-million dollar tree house project was designed by Forever Young Treehouses. First stop is lunch at Walt's which some Cincinnatians argue is the true King of Barbecue. Cost \$9.

#### Fountain Square, Cincinnati

Thursday, November 12, 10 a.m. - 3 p.m.

Fountain Square is Cincinnati's prized cultural landmark. Designed to rival the great fountains of Europe, the bronze and granite fountain glorifies the blessings of water. Truly a world-class metro-

politan square, the adjacent ice skating rink is on the same scale as the rink next to New York's Rockefeller Center. Top-notch restaurants, retail and entertainment, including Macy's Fountain Place and Cadillac Ranch, make Fountain Square the Heart of the Queen City. Cost \$9.

#### Wes Cowan Auctions, Cincinnati

Tuesday, December 2, 10:30 a.m. to 3:30 p.m.

Cowan's is owned and operated by Wes Cowan. An internationally recognized expert, Wes stars in the PBS television series History Detectives and is a featured appraiser on the traveling Antiques Roadshow. The Cincinnati-based auction house specializes in historical American artifacts including Civil War memorabilia, American Indian Art and items relating to the opening of the American West. Our group will preview items that will be sold at the Fall Americana Auction. First stop is lunch at the Village Kettle. 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.*

### 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.

### A National Christmas, Washington, DC

December 9-11, 2008 - Cost: \$616 per person

### Elvis Presley Birthday Celebration, Memphis, TN

January 7-10, 2009 - Cost TBA

### Carnival Splendor Eastern Caribbean Cruise

January 10-17, 2009 - Cost \$600 per person



### 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.

### Holiday Celebration at the Greenbrier

December 1-3 or 8-10 or 14-16, 2008  
Cost: \$735 per person

### Cruising Italian Style in Western Caribbean

January 25-February 1, 2009  
Cost: \$719 per person

### Las Vegas and More Winter Getaway

February 17-24, 2009 - Cost: \$1,419 per person

## 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.*

### Intermediate Computers

**Mondays, October 13, 20 & 27  
6:30 - 8:30 p.m.**

This three-week course is a continuation of instruction for students previously enrolled in the Beginner Computer Class. Designed for students with a basic knowledge of computer operation, Intermediate Computers focuses on improved understanding of Microsoft Word and Excel. Advance registration at the Senior Adult Center is required and the \$30 fee includes all handout materials. Classes are held at Miamisburg High School's Computer Lab, room 200.



### Creative Scrapbooking

**Mondays, 6 - 8 p.m.**

**Session 1: September 29 - November 3**

**Session 2: November 10 - December 15**

Preserve the past, enrich the present and inspire hope for the future with ideas presented in this program. Held at the Senior Center, these six-week classes presents a variety of ways to organize and preserve memories with scrapbooking, digital storybooks and computers. Advance registration with \$15 fee is required. Supplies are not included and may be purchased from the instructor.



### Creative Writers

**2nd & 4th Wednesdays, 2 p.m.**

**From Are You a Writer? by Ray Roberts**

If you think you can't write, you are probably wrong. Perhaps not a novel, nor a number-one song.

You might write of friends, or your family's pet. How do you know you can't, if you haven't tried yet?

Perhaps you'd like to try, this fun new thing to do. Then come meet the group, that wants to welcome you.

## 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.

### 'lil Punkin Basket

**Monday, October 13, 6:30 - 9 p.m.**

Woven completely in dyed reed on an 8" square hoop this basket resembles a pumpkin when finished! Perfect for little trick or treaters or to hold a plant at home. Advance registration with \$15 fee is required. An additional \$15 supply fee is paid to the instructor the first night of class.

### Falling Leaves Basket

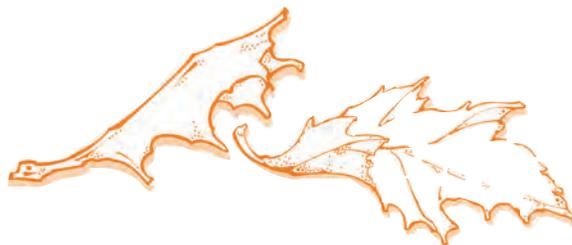
**Monday, November 17, 6:30 - 9 p.m.**

Woven on a 10" x 9" flat topped swing handle in braided seagrass this basket is a definitely a quick to weave basket. Perfect for the beginner! It is finished with a leather oak leaf and wooden acorns. Because of the swing handle its great for holding muffins or mail. Advance registration with \$15 fee is required. An additional \$25 supply fee is paid to the instructor the first night of class.

### Criss Cross Candle Basket

**Monday, December 8, 6:30 - 9 p.m.**

Woven on a 4" round wood base, this basket was designed to hold a tall candle in a glass jar with openings so you can see the candle and its flame. Safety was taken into consideration in the design of this basket and it is only as tall as the shoulder of a common glass candle. A criss-cross design is woven onto the finished basket. Advance registration with \$15 fee is required. An additional \$10 supply fee is paid to the instructor the first night of class.





## At Your Service

### Annual Health Fair

Thursday, October 23, 9 a.m. - 3 p.m.

Take advantage of this special day at the Senior Adult Center for flu shots, health screenings, information and giveaways. Dozens of organizations that serve mature adults will have representatives on hand to greet you. Flu shots are administered by Public Health, Dayton & Montgomery County to ages 18 and over. Recipients wishing to have Medicare direct billed for the cost must bring their Medicare card. Please call the Center at 866-8999 for your flu shot appointment.

### A Day of Screenings

Thursday, November 20, 9 a.m. - 12:30 p.m.

Focused on your health and well being, Kettering Medical Center Network offers the following screenings at the Senior Adult Center. Advance registration is required for each screening by calling Years Ahead at 704-0920.

#### Osteoporosis Screening

A simple, five-minute test determines bone loss without radiation and results are immediate. Cost is \$15 or \$10 for Years Ahead Plus members.

#### Stroke Screening

A series of three tests to detect blockages in carotid arteries (neck); to look for silent enlargement of the aorta (aneurysm); and to check for poor blood flow to the legs. Cost is \$109 or \$99 for Years Ahead Plus members.

#### Cholesterol Screening

This is a basic cardiovascular health assessment that measures lipid levels (LDL, HDL and triglycerides), glucose, blood pressure and other risk factors for heart disease. Cost is \$21 or \$18 for Years Ahead Plus members. 12-hour fast required.



### 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.

### Advance Directives - Living Wills and Durable Power of Attorney

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

Kettering Medical Center Network presents this important topic about what needs to be done legally to assure that your wishes are known in the event of an emergency. Advance directives may be completed at this session and a

Notary Public will be on hand. Please register in advance at the Center for this free program.

### 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.

## Sinclair Classes

Fall Quarter: September 8 - November 24

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.

#### 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

#### Presidential Election 2008

Mondays, 1:15 - 4 p.m.  
Jenny & Kathy Sooy, Instructors

#### Painting & More

Fridays, 1 - 4:15 p.m.  
Shirley Harbaugh, Instructor



## News, Notes and Notices

### Almost New Sale

**Saturday, October 11, 9a.m. - 1 p.m.**

Get your children and yourself a whole new fall wardrobe by shopping at our Almost New Sale. Buy or sell clean, good, used clothing. To Sell—call Rosalie at 876-8999 to rent a 6 foot table and two chairs for \$20. To Buy—Be prepared to purchase some great bargains! Admission is FREE.

### Great White Elephant Sale

**Saturday, October 18, 9a.m. - 1 p.m.**

It's open season on white elephants at this safari and hunters can bag their limit. The jungle is full of rare and exotic cheap-anzee deals. While on the hunt, be sure to snare a mystery surprise bag. Find the map to the fabled lost treasure in your mystery bag and win dinner for up to four guests at the Pastathon Spaghetti Olympics—a \$40 value. Many donations are needed to make this a successful fundraiser. Most items are accepted except large furniture and appliances. Hotdogs, chili and assorted beverages are available in the kitchen.



### Opportunity Knocking

Volunteer positions are available for the Center's front desk to answer phones, take messages and greet visitors. Interested persons may attend a brief meeting at 10 a.m. on Wednesday October 15 or may contact Ann Harshman at the Center.

### Home Party Holiday Bazaar

**Saturday, November 15, 9 a.m. - 1 p.m.**

All your favorite home party products including candles, baskets, jewelry, skin care, cooking supplies and more will be featured. Come and browse the new and old favorite items offered at popular home parties. Admission is FREE. Home Party Vendors—Please call Rosalie at 866-8999 to reserve space with a 6-foot table and 2 chairs for \$20.

### 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.

### 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.

### Busy Bee Spotlight

Hardly a day goes by that Mary Cox does not meet with friends and share some smiles. That's because nearly every day the Center is open Mary is busy at one or more group activities. If Aerobics, Bridge, Pinochle, Euchre, Fitness Conditioning, Health Screenings, Fundraisers, and Special Events were all college courses, Mary could have earned her degree in recreation studies long ago. Mary and the countless members like her that so generously share their time with one another are the greatest assets of this Center. We hereby bestow to Mary the honorary title 'Doctor of Recreational Arts.' Dr. Mary Cox invites all practitioners and students of recreation to join her practice, no appointment needed.

*Busy Bee  
Spotlight*





# PASTA-THON SPAGHETTI OLYMPICS - PAGE 3 GREAT WHITE ELEPHANT SAFARI - PAGE 11

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[www.ci.miamisburg.oh.us](http://www.ci.miamisburg.oh.us)

## 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

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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.  
The Center is closed Thursday, November 27;  
Friday, November 28; Wednesday, December 24;  
Thursday, December 25; and Thursday, January 1. Also,  
the Center will close at 5 p.m. on Monday, December 29,  
Tuesday, December 30 and Wednesday, December 31.

### Winter Delays & Closings

When Miamisburg City Schools are closed due to winter weather conditions, then all morning programs (8 a.m. - noon) are cancelled. A decision will be made by noon regarding afternoon programs (noon - 4 p.m.) and by 4 p.m. for evening programs (4 - 9 p.m.). In the event Miamisburg City Schools are on a weather-related one or two hour delay, the Center will follow the schools' scheduled openings. Members are invited to call the Center for information on delays or closings.

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 \$10 per year, while non-resident dues are \$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 fee for a resident associate is \$20 annually and the non-resident associate fee is \$25.

### Registration

New program registration begins on Wednesday, October 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.