



Summer 2010

Volume XVIII Issue 3

CENTERPOST

Senior Adult Center
Serving our members since 1977



SAC'S CAFÉ AT-A- GLANCE

BURGER & BRAT
JULY 2

PHILLY STEAK
WRAP
JULY 9

GRILLED CHICKEN
JULY 16

DOGS & SUDS
JULY 23

PORK CHOP BBQ
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GRILLED SHRIMP
AUGUST 6

BBQ RIBS
AUGUST 13

FRIED CHICKEN
AUGUST 20

BUTTERFLY
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SEPTEMBER 24

FULL MENUS
ON PAGE 7

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

Thank You Voters!

The passage of Issue 19 in May makes possible the continued operation of the Senior Adult Center as it begins its 34th year of service next year.

High-World Premier Starring Kathleen Turner

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

Cincinnati Playhouse opens its 51st season with an extraordinary world premiere.

Starring noted stage and screen actress Kathleen Turner, *High* is slated to open on Broadway after its run in Cincinnati. Ms. Turner plays the tough-talking and formerly hard-drinking Sister Jamison Connelly.

Working in a church-sponsored rehab center, she reluctantly agrees to help a defiant 19-year-old drug user and soon becomes convinced he is keeping a secret that is vital to his recovery. This powerful and gripping drama explores truth, forgiveness, redemption and real faith. Advisory: this play contains adult subject material and language. Prior to the show, enjoy dinner at the Montgomery Inn Boathouse. The \$50 fee is due at registration and includes transportation and show admission, with dinner on your own.



Dayton Dragons

Cedar Rapids Kernels, Thursday, July 22, 6 - 10 p.m.

Voted by Sports Illustrated as one of the top ten hottest tickets to get in ALL of professional sports, the Dragons have sold out ten consecutive seasons. The \$20 fee is due at registration and includes transportation and game ticket.



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!

Wooden Keels Vintage Wheels

**Saturday, July 17, 10
a.m. - 4 p.m.**

Wooden Keels & Vintage Wheels is an annual festival on the shores of Ohio's Indian Lake. For those who can remember riding to Indian Lake in a rumble seat or the wooden boats lined up in the Russells Point Harbor, this gathering will bring back many happy memories. Enjoy lunch at the Mel-O-Dee on the way to the festival and a stop on the way back at the Wot-A-Dog Drive-In for a frosty mug of root beer or some hand-dipped ice cream. The registration fee is \$9 with food purchases on your own.



Annie Oakley Days

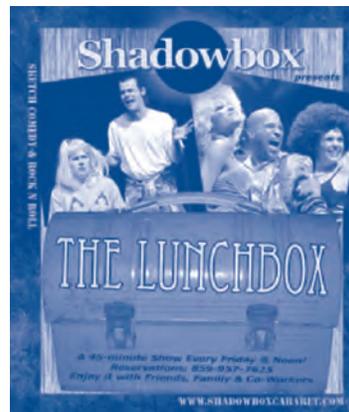
**Saturday, July 24,
8:30 a.m. - 3 p.m.**

Come for the terrific deals and celebrate the life of legendary sharp-shooter Annie Oakley. The fun starts with

bargain browsing Greenville's Sidewalk Sale, including the downtown KitchenAid Experience Center. For lunch, choose from several restaurants within a block radius, including the popular Montage. Next, we stop at Annie Oakley's gravesite memorial then on to The Ice Cream Parlor in North Star, Annie's birthplace. Cost \$9.

Trip Registration:

Trip registration begins on Thursday, July 1st at 8:30 a.m. Programs with a fee require payment at the time of registration. Unless otherwise noted in the trip description, departures are from the parking lot adjacent to Library Park.



The Lunchbox Friday, July 30, 10 a.m. - 2 p.m.

Located at Newport on the Levee, the creative performers of Shadowbox blend comedy, theatre, rock 'n' roll and dance into seamless, high-energy entertainment. Shadowbox's newest ensemble members take

the stage alongside veteran performers for The Lunchbox, a 45-minute show made up of sketches and rock 'n' roll from the Shadowbox archives. This unique and often surprising experience is complimented by a bistro-style menu prepared and served by the cast. The registration fee is \$15 including admission, with lunch on your own.

Findlay Market

**Saturday, August 14, 9
a.m. - 1 p.m.**

Findlay Market is Ohio's oldest continuously operated public market and one of Cincinnati's most cherished institutions. Findlay Market is home year-around to about two dozen indoor merchants selling meat, fish, poultry, deli and bakery goods, fresh produce and flowers, cheeses and ethnic foods. During warmer months, the historic landmark also hosts a thriving farmer's market with dozens of outdoor vendors. Fee \$7.



More Out & About Adventures

Valley Vineyards Cookout

Saturday, August 21, 4 - 8 p.m.

Come experience a legendary Valley Vineyards Cookout. Grill your own choice-cut steak or salmon and along with your entrée, enjoy a baked potato, salad, corn on the cob, fresh bread, homemade desserts and your choice of the Vineyard's wines or sparkling grape juices. Registration fee is \$10 per person with dinner on your own. Dinner prices are \$29.50 person with two glasses of wine, or \$59 per couple with one bottle of wine. Of course, all guests must be age 21 or older.



Big Picture Mystery Tour

Thursday, September 30, 10 a.m. - 2 p.m.

Can we talk? Have you ever asked yourself, "How do they do that?" Do you sometimes ponder the deeper questions like, where's something done....or when did it all begin? Our mystery tour will lead us to so-and-so to meet what's-his-name at the whatchamacallit where the doohickey does the thingamajig. Remember, there could be some indoor or maybe some outdoor activity, possibly a few steps to climb, probably a little walking and definitely some fun! Together, we will discover the Big Picture! First stop is lunch at...well, I'll think of it when we get there. The registration fee is \$9 with lunch on your own.



Dining Adventures

Many restaurants featured in Dining Adventures have website menus which can be viewed at the center by request. Fees include transportation with meals on your own. Departures are from Library Park on the dates and times listed below.

Alpha Café

Thursday, July 15, 10 a.m. - 3 p.m.

Wapakoneta's Alpha Café is steeped in rich tradition. The Café's 24-foot back bar was hand carved of white oak in 1893 by a Cincinnati company. Opposite the bar is a matching 8-foot tall wainscoting with arched mirrors and the same intricate carvings. The lunch menu features simple tavern fare and daily specials, all at reasonable prices. Cost \$8.

Harrison's Restaurant

Thursday, July 29, 4 - 8 p.m.

Owned by the same family that operates the Barnsider Restaurant and the Wellington Grille, Harrison's Restaurant is sure to be a hit. Harrison's, like its sister restaurants, uses only the freshest of ingredients and offers a wide variety of made to order appetizers, fresh salads, and delicious

sandwiches and soups. Again like its family counterparts, Harrison's menu features fresh seafood, hand cut steaks and chops and much more. Crowd favorites at the Tipp City restaurant also include in-house smoked BBQ ribs and chicken. Cost \$8

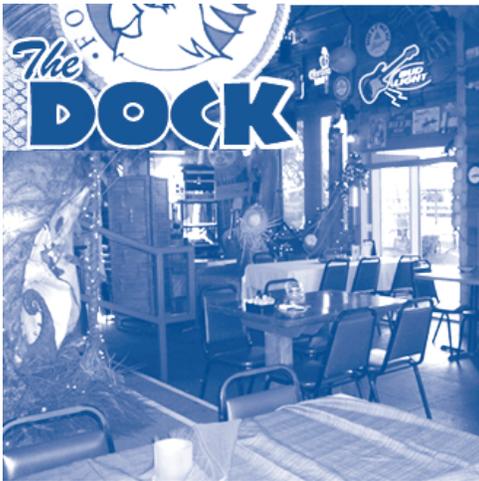
Drew's on the River

Thursday, August 5, 11 a.m. - 3 p.m.

Drew's on the River features a great menu with a tempting variety of sandwiches, appetizers, soups, chili and salads - all served in a relaxed, casual atmosphere. Situated west of Cincinnati on a scenic stretch of the Ohio River, Drew's was voted 2007's "Best Dinner with a View of the River" by CityBeat Magazine. While the view from indoors is quite panoramic, the oversized, partially shaded patio offers a front row seat on the riverbank, perfect for watching the historic Anderson Ferry. Cost \$8.



More Dining Adventures



The Dock Thursday, August 12, 4 - 8 p.m.

Tropical paradise flows throughout The Dock with the indoor waterfall pond, palm trees, saltwater aquarium and mementos collected from

many trips to the islands of the world. The "Boathouse" dining room provides a panoramic view of the outside patio, koi ponds and water fountains. Located in Enon, The Dock features an extensive seafood menu as well as steaks, chops and burgers, all served with great pride. Cost \$8

Toots - Good Food & Fun Thursday, September 9, 11 a.m. - 3 p.m.

Toot's was, as the old saying goes, born in a barn. Toot's opened in 1995 inside a century-old former dairy barn located in Loveland. A sports bar to the core, Toot's caters to both adults and children (and kids at heart) with arcade games on every side of the restaurant. Their extensive and attractive menu includes "Sea-tizers" (seafood appetizers), half-pound burgers, ribs, platters and baskets of goodies. Cost \$8

Knotty Pine on the Bayou Thursday, September 16, 4 - 8 p.m.

This Cold Springs KY attraction (or spectacle to the average Buckeye) is the place for authentic Cajun cuisine. With uneven floors and "outdoor" seating on the enclosed porch, where else can guests better enjoy fried alligator, frog legs, crawfish, seafood etouffe, piquant gumbo, as well as a wide variety of seafood and beef selections? For first-timers, it's an experience not to be soon forgotten. Cost \$8

Fun with Friends

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

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.

Ice Cream Social Sunday, July 11, 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.



More Fun with Friends

Picnic in the Park

Thursday, August 26, 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.

6th Annual Canine Carnival

Saturday, September 18, 10 a.m. - 2 p.m.

Spend the day at Library Park with your "best friend." This free event features vendors specializing in canine 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 a.m. - Welcome and Registration for all contests

10:30 a.m. - Weiner Dog Race

11 a.m. - Silliest Dog Tricks

11:30 a.m. - Best Groomed

Noon - Pets on Parade

12:30 p.m. - Most Poise and Presence

1 p.m. - Costume Contest

1:30 p.m. - Dog/Owner Look Alike



Cruise the Burg Tailgate Party

Saturday, September 25, 4 - 6 p.m.

Cruise the Burg events are organized by the Miamisburg Merchants Association (MMA). Hotrods, custom trucks and classic cars of all types flock to the downtown cruise-ins. The September cruise-in includes a tailgate party on Miami Avenue, a block west of Market Square. The Senior Adult Center is joining the party with the minibus providing the "tailgate" service. Truly a high performance

machine, the Center's minibus sports a custom fiberglass body with two-tone paint, bucket seats and a turbocharged V-8. Although participation is free, please bring a covered dish or picnic item to share. A checklist of suggested carry-in items is available at the Center. Advance reservations are needed and transportation is on your own. A comfortable lawn chair is suggested.

Bingo! - Sponsored by Heartland

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. All seating is strictly non-reserved. 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. If needed, please call at least a day ahead for transportation. Pickup for Bingo begins shortly after 5 p.m. and shortly after 4 p.m. for covered dish night.



More Fun with Friends

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

New Member Welcome

If you've recently joined the Center or have considered joining, you're invited to a reception in your honor. The Center's trips and activities are discussed, followed by a guided tour and refreshments afterwards. Receptions are held on the second Wednesday of each month at noon.

Opportunity Knocking

Volunteer positions are available for the Center's front desk to answer phones, take messages and greet visitors. Interested persons may contact Ann Harshman at the Center.

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.

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 terms, please join us in welcoming Betty Zawacki, Bill Koehler, John Sherer, Sharon Maddox and Berta Yenney as Secretary.

Annual Membership Meeting

Thursday, September 2, 4 p.m.

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.



The Senior Adult Center...

...has been operated by the City of Miamisburg Parks & Recreation Department since 1977. The benefits provided by the Center's programs are recognized as vital to aging well, especially during retirement years. As aging well is a lifelong adventure, many of the Center's programs are accessible to interested adults of all ages. For more information on membership and activities within this newsletter, please call (937) 866-8999.

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.



Burger & Brat Grillout

Friday, July 2, 4:30 - 6 p.m.

Grilled burgers or bratwursts served with homemade potato salad and baked beans, salad, fresh strawberry pie and choice of beverage. Cost \$7.

Philly Cheese Steak Wrap

Friday, July 9, 4:30 - 6 p.m.

Thinly-sliced ribeye with choice of toppings: mushrooms, onions, banana peppers and cheese; served with chips, pickle spear, fresh strawberry shortcake and choice of beverage. Cost \$7.

Grilled Chicken Cutlet

Friday, July 16, 4:30 - 6 p.m.

Grilled chicken cutlet, mixed vegetables, deluxe salad, dinner roll, peach cobbler and choice of beverage. Cost \$7.

Dogs & Suds Duo

Friday, July 23, 4:30 - 6 p.m.

Two hotdogs with choice of toppings: Coney sauce, diced onion, pickle relish, sauerkraut, shredded cheese; served with broccoli slaw, chips, ice cream and choice of beverage, including root beer. Cost \$6.

Pork Chop BBQ

Friday, July 30, 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 Shrimp Skewer

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

Grilled shrimp, loaded twice-baked potato, cottage cheese with fruit, dinner roll, ice cream and choice of beverage. Cost \$9.

BBQ Rib Dinner

Friday, August 13, 4:30 - 6 p.m.

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

Chicken Dinner

Friday, August 20, 4:30 - 6 p.m.

Golden fried chicken strips, mashed potatoes, country gravy, peas & carrots, biscuits, ice cream and choice of beverage. Cost \$8

Butterfly Shrimp Dinner

Friday, August 27, 4:30 - 6 p.m.

Golden fried butterfly shrimp, french fries, creamy coleslaw, dinner roll, pie a la mode and choice of beverage. Cost \$10

Tavern Salad & Sampler Platter

Friday, September 3, 4:30 - 6 p.m.

An unbeatable combo: the tavern salad features sliced grilled steak on deluxe garden salad; the sampler platter includes deep-fried shrimp, breaded mushrooms and onion rings. Served with fresh-baked roll, fruit kabob and choice of beverages. Cost \$10.

Musical Fish Fry Fundraiser

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

No, the fish don't sing or dance; better yet, Ken & Mary perform Musik According to Akkordians—a tribute to Lawrence Welk. Dinner includes all you can eat deep-fried cod, macaroni & cheese, stewed tomatoes, creamy coleslaw, raspberry gelatin and choice of beverage. Public invited. Cost \$10 - children under 12 half price.

Italian Spaghetti

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

Generous plate of spaghetti topped with a rich tomato & herb sauce with ground sirloin and sweet Italian sausage. Served with garlic bread, garden salad and choice of dressing or tossed salad with house garlic dressing, Mousse di Melone, and choice of beverage. Cost \$7.

Soup & Sandwich

Friday, September 24, 4:30 - 6 p.m.

Navy bean soup with diced ham and optional toppings: chopped green onion, sour cream; served with crackers, grilled cheese sandwich, brownie and choice of beverage. Cost \$6.



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.

Montgomery County GetUp Initiative

Healthy lifestyles are achievable for all ages. The City of Miamisburg Parks and Recreation Department is proud to be a community partner for the Montgomery County GetUp initiative. As part of the plan to promote healthy lifestyles, the Miamisburg Parks and Recreation Department offers many opportunities to get active. Watch for the special heart icon next to a program description that indicates this activity supports maintaining a healthy lifestyle.

Line Dance Lessons

Mondays, 7:30 - 8:30 p.m.

Session 1: July 5 - August 9

Session 2: August 16 - Sept. 27

(no class on September 6)

Line Dancing is a fun and energetic way to exercise and have a great time. Learn new steps and moves each week you can use on the dance floor. No partner is necessary and leather-soled, closed toe shoes are required. Held at Community Park Learning Center, the fee is \$25 for each six-week session or \$20 for early bird payment at least a week in advance.

Water Exercise - On Your Own

Session 1: Tuesday, June 22, 7:45 - 9 p.m.

Session 2: Thursday, July 15, 7:45 - 9 p.m.

Exercising in the water burns lots of calories but feels like play! Simply treading water can zap 11 calories a minute, the same as a 6 mph run. Water exercise improves flexibility and range of motion and also strengthens and tone muscles without impact to vulnerable joints. This class will teach you all of the fun exercises you can do on your own at Sycamore Trails Aquatic Center. Advance registration is required at Sycamore Trails Aquatic Center. Cost is \$10 per session.

Zumba Gold

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

Session 1: July 7 - August 11

Session 2: August 18 - Sept. 22

Fridays, 10 - 11 a.m.

Session 1: July 9 - August 13

Session 2: August 20 - Sept. 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.



More Active Pathways

River Ducks Wanted

Days & Times TBD

Get off your nest, shake a tail feather and join the River Ducks to lose weight, improve wellness and energize your day. Walking greatly improves the body's defenses against diabetes, heart disease, osteoporosis and hypertension. Participants flock together and walk or waddle on the area's pedestrian/bike trails. To develop a walk schedule, a core group of walkers and coordinators are needed. If interested in this activity, or to request further information, please contact Ron Reid at the Senior Adult Center.

Merry Milers - sponsored by



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 mall. Once around the mall's main concourse is a merry mile and walkers report their miles at the upstairs gatherings. Merry Miler-ing!

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 6 p.m. 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

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 and she can be reached for questions and take reservations by calling 513-777-8221 or 800-875-4569.

- **Tall Ships Celebration, Bay City, MI:**
July 15-18, 2010 - \$989
- **West Virginia Train Adventure:**
August 5-7, 2010 - \$499
- **Thousand Island and Ottawa:**
September 12-17, 2010 - \$949

AAA Travel Agency

Liz Campbell is our representative from Miami Valley AAA Travel Agency in Dayton and she can be reached at 937-281-2519.

- **Cruise the Mighty Mississippi:**
July 12-15, 2010 - \$659



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.

Beginning Knitting

Mondays, 6:30 - 8:30 p.m.

Session 1: July 5 - August 9

Session 2: August 16 - Sept. 27

(no class on September 6)

Discover the fundamentals of knitting while creating a beautiful shawl for spring and summer. Beginners learn the basics with either a triangular or rectangular shawl. Progressing at their own rate, knitters with some experience may even do some beginning lace work. Held at the Senior Adult Center, a supply list is provided upon registration. Advance registration required with \$25 fee.

Scrappin'-n-Chattin'

Session 1: Friday, July 9, 6 - 11 p.m.

Session 2: Friday, August 6, 6 - 11 p.m.

Session 3: Friday, Sept. 10, 6 - 11 p.m.

Scrappin'-n-Chattin' is an evening of scrap booking with old and new friends. Everyone receives a large round table and space for lots of "craftivity." Bring your own scrapbooking supplies. Pizza and drinks are provided. Invite your friends and enjoy a fun Crop Night! Registration fee is \$10 per session.

Staging Interior Design

Wednesdays, July 21 & 28, 1 - 3 p.m.

Your home may be the most important asset you own and you want to get the most from your investment when placing it on the market. When an interested buyer decides your home is within their desired location and price range, you are halfway to making the deal. From there, the prospective buyer's decision greatly depends on the impression created after they enter your home. This is where the experience of a professional stager can help plant that "sold" sign. Discussion points include: increasing curb appeal, impact of color, how to de-clutter, identifying room styles, furniture placement and choosing accessories. In-home consultation by a certified staging professional, such as instructor Nancy Scott, is valued at \$50 per hour, minimum. Held at the Senior Adult Center, advance registration with \$20 fee is required.

Dulcimer Lessons

Dulcimer Lessons will resume in the fall.

Sinclair College Classes: Summer Quarter: June 16 - August 24, 2010

Sinclair College courses offered at the Senior Adult Center for seniors 60 or older have free 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 September 9 and the fall history topic will be announced by mid July.

Fitness Conditioning

Monday, Wednesday, Friday, 4 - 5:00 p.m.

Dave Pence, Instructor

Colonialism in Africa

Mondays, 1:15 - 3:45 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.

Jennifer Bristol, Instructor



Around the Center

The following regularly scheduled activities are held at the Senior Adult Center.

Mondays		Tuesdays		Wednesdays		Thursdays		Fridays	
8:30 am	Billiards	8:30 am	Billiards	8:30 am	Billiards	8:30 am	Billiards	8:30 am	Billiards
11:30 am	Lunch	10:00 am	Visiting Nurse 1st Tuesday	8:30 am	Quilting	11:30 am	Lunch	10:00 am	Zumba Gold
1:15 pm	History	11:30 am	Lunch	11:30 am	Lunch	12:45 pm	60+ Aerobics	11:30 am	Lunch
4:00 pm	60+ Fitness	12:45 pm	60+ Aerobics	1:00 pm	Afternoon Tea	1:00 pm	Cards	1:00 pm	Bridge
6:00 pm	Pinochle	2:00 pm	Creative Writers 2nd & 4th Tue.	2:30 pm	Dulcimers	1:00 pm	PC Meeting 1st Thursday	1:00 pm	Craftivities
		6:00 pm	Bridge	4:00 pm	60+ Fitness			1:00 pm	Painting & More
		6:00 pm	Euchre	5:30 pm	Zumba Gold			4:00 pm	60+ Fitness (Starting Sept.)
		6:00 pm	Thirty-One	5:30 pm	Covered Dish Last Wed.			4:30 pm	SAC's Café
				6:30 pm	Bingo				

At Your Service

Answers on Aging

The Miami Valley has many agencies providing information 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.

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.

Diabetes 101

Thursday, July 15, 10 - 11 a.m.

Learn the basics of diabetes and what resources are available to the new diabetic. Kettering Health Network offers this free program at the Senior Adult Center. Advance registration at the Center is required.

Disclaimer:

The City of Miamisburg does not endorse the products or services represented within this newsletter. These are presented only as a service. Individuals are encouraged to seek any professional advice they feel is necessary before making a decision regarding participation in the products or services introduced in this publication.

Understanding Nutrition

Thursday, August 19, 10 - 11:30 a.m.

Make healthy, nutritional food choices by understanding the food pyramid and interpreting the information on food labels. Kettering Health Network offers this free program at the Senior Adult Center. Advance registration at the Center is required.

Exercise and Aging

Thursday, September 16, 10 - 11:30 a.m.

Exercise is an important component of health at any age; however, as we age activity can become increasingly difficult. Join our exercise physiologist and learn about the benefits, guidelines and types of exercises that will help keep you motivated. Kettering Health Network offers this free program at the Senior Adult Center. Advance registration at the Center is required.



ICE CREAM SOCIAL - PAGE 4 MUSICAL FISH FRY - PAGE 7

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Permit No. 132

Official City of Miamisburg Web site:
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

- Frank Glick
- Marge Glick
- Bill Koehler, Chair
- Sharon Maddox, Vice Chair
- Jean Miller
- Donna Mae Rentschler
- John Sherer
- Margie Slanker
- Betty Zawacki
- Berta Yenney, Secretary

Staff Representatives

- Rosalie Carpenter
- Ron Reid

City of Miamisburg
Parks & Recreation Department. A Nationally Accredited Agency

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Pizzazz in the Park

All concerts are held on Sundays at Library Park with free admission. Performances are 75 minutes in length and concert goers are encouraged to bring folding lawn chairs or blankets for seating. Library Park is located at Central Ave. and Fifth St in Miamisburg. In the event of unfavorable weather, concerts may move one block west to the Senior Adult Center at 305 E. Central Ave.

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 is closed Monday, July 5 in observance of Independence Day and Monday, September 6 in observance of Labor Day.

- June 27, 7:00 p.m.....Ivory Doghouse - classic pop hits
- July 4, 7:00 p.m.The Impossibles - big band, 40s favorites
- July 11, 6:30 p.m.....Ice Cream Social with Kettering Banjo Society - Dixieland banjo
- July 18, 7:00 p.m.Phat Like Dad - classic rock, blues, alternative country
- July 25, 7:00 p.m.....Don Pease & the Country Ramblers - country, bluegrass
- August 1, 7:00 p.m.The Music Makers - polka and popular tunes
- August 8, 7:00 p.m.Fairborn Community Band - Americana, big band
- August 15, 7:00 p.m.....The Rejects - kazoo rock