



Winter 2011

Volume XVIII Issue 4

CENTERPOST

Senior Adult Center
Serving our members since 1977



SAC'S CAFÉ AT-A- GLANCE

MEATLOAF
JANUARY 7

ROAST PORK AND
POTATO SOUP
JANUARY 14

LASAGNA
JANUARY 21

PATTY MELT &
VEGETABLE SOUP
JANUARY 28

SPAGHETTI
FEBRUARY 4

TURF & SURF
FEBRUARY 11

BBQ RIBS
FEBRUARY 18

BLT &
TOMATO SOUP
FEBRUARY 25

CARVED HAM
MARCH 4

SEAFOOD BANQUET
MARCH 11

CLAM CHOWDER
& EGG ROLL
MARCH 18

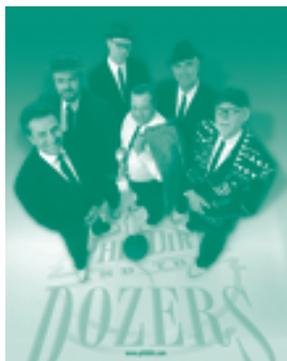
FAMILY NIGHT
FISH FRY
MARCH 25

FULL MENUS
ON PAGE 4

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

Happy New Year!

The New Year introduces a streamlined CenterPost and the all new Center Companion Membership Guide - see back cover for details.



Phil Dirt & The Dozers

Saturday, January 15, 4 - 11 p.m.

In what has become a New Year tradition, the Murphy proudly welcomes the return of America's hottest vintage rock 'n roll show. Phil Dirt & the Dozers have toured the nation for nearly three decades, performing their authentic style of 50's, 60's and 70's classics. Join this fun-filled evening beginning with dinner on your own at McDee's Pub. Registration is \$30.

Ravenscroft

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

What really happened on that darkened staircase at Ravenscroft manor—an accident or murder? The truth pits one British Inspector against five possible suspects in this classic whodunit. Ravenscroft is a thriller with so much humor and mystery that it keeps you laughing and guessing at the same time. Prior to the show at Dayton Theatre Guild, enjoy dinner on your own at Longhorn Steakhouse. Registration is \$25.



The Wizard of Oz

Friday, March 4, 5 - 11 p.m.

Journey back to simpler times with this musical celebration of the iconic 1939 MGM film, as Dorothy, Toto, and their friends the Lion, Tin Man and Scarecrow travel down the Yellow Brick Road to the magical land of Oz. You'll know you're not in Kansas any more from the moment the tornado touches down! Prior to the show at Clark State Performing Arts Center, enjoy dinner on your own at Cracker Barrel. Registration is \$40.





Out & About Adventures

Out & About Adventures are carefully selected to offer a range of affordable travels. From sports to theater and concerts to festivals, these enjoyable group outings provide stimulating and memorable experiences. You're sure to meet the nicest people and share the best of times when Out & About with the Senior Adult Center! Unless otherwise stated in the trip description, departures are from the parking lot adjacent to the Library Park.



Todd Yohn

Comedy Night I

Saturday, February 19, 4 - 11 p.m.

Todd Yohn blends stand-up comedy and original music into a non-stop, high energy show with hilarious tunes such as "If My Anatomy Had a Chat With Me" and the very popular "Orange Barrels." Todd has appeared on HBO, Showtime, and Comedy Central and is one of the original "regulars" of "The Bob and Tom Show." Prior to the show at the Murphy Theater, enjoy dinner on your own at Damon's Grill. Registration is \$25.

Comedy Night II

Saturday, March 26, 4 - 11 p.m.

David McCreary, host of Ohio Cash Explosion, delivers rapid-fire wit and unbelievable slight of hand to create an entertainment experience like no other. Also performing is fellow studio host and nationally touring comic Dan Swartwout. Prior to the show at the Murphy Theater, enjoy dinner on your own at Bob Evans. Registration is \$25.



Smucker's Stars on Ice

Sunday, March 27, Noon - 7:30 p.m.

Skating Superstars past & present come together for the world's most theatrical figure skating tour. Experience dazzling production and resounding showmanship in an unforgettable 25th anniversary celebration. Reigning Olympic Gold Medalist Evan Lysacek and Olympic Silver Medalist Sasha Cohen headline the

all-star cast. Prior to the show at U.S. Bank Arena, enjoy lunch on your own at the Montgomery Inn Boathouse. Registration is \$40 with dinner.

Jungle Jim's Safari

Thursday, March 31, 11 a.m. - 4 p.m.

Always a favorite, Jungle Jim's is a shopper's paradise and might well be America's wackiest supermarket. Visitors come from several states away for the wide selection of international foods, great deals and, of course, the free samples. First stop is lunch on your own at your choice of three restaurants located in Jungle Jim's Plaza: Rib City Grill, CiCi's Pizza or Buffalo Wings & Rings. Registration is \$8.

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.

Buckhorn Tavern

Thursday, January 6, 4:30 - 7:30 p.m.

The rustic hideaway located along the Stillwater River features salad creations, homemade soups, bistro sandwiches, and all-American burgers. Regulars return often for house favorites: broasted chicken and barbecue ribs. Great food, relaxing atmosphere, and friendly service make the Buckhorn a favorite destination. Cost \$7.

Treasure Island

Thursday, January 27, 11 a.m. - 2 p.m.

This south town favorite is known for their inviting ambience, good eats and reasonable prices. The delicious daily specials, the Island Salad Supreme, the Potato Boat side, and the corn fritters with syrup are just a few favorites. Over the years, Treasure Island has earned a top reputation locally for menu, value, and memories. Cost \$7.

More Dining Adventures

Toll House Tavern

Thursday, February 3, 4:30 - 7:30 p.m.

Rustic character, hometown atmosphere, good eats, and reasonable prices make this a popular north-of-town destination. If Union's Toll House Tavern sounds similar to the Buckhorn Tavern, it's a fair comparison. Expect to find similarities on the menu as well, with steaks, barbecue ribs, broasted chicken, burgers, and wings. Cost \$7.

J. Alexander's

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

J. Alexander's is known for wood-fired cuisine and highest quality dining experience. An interesting element, the restaurant's kitchen is in open view of the dining room. The menu features a wide selection of American classics including prime rib of beef, steaks, fresh seafood, sandwiches, entrée salads, and daily specials. Cost \$7.

The Barnsider

Thursday, February 24, 4:30 - 7:30 p.m.

The Barnsider exemplifies an era with its rich leather seating, deep mahogany tables, and soft lighting. Specializing in quality, hand-cut steaks,

chops, and seafood since 1975, the family owned and operated restaurant is celebrating 36 years at the same location. Thursday's dinner special features a good value on barbecue ribs. Cost \$7.

Amelia's Bistro

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

Recommended by a fellow member, Amelia's Bistro is the place for delicious, reasonably-priced cuisine served in a relaxing setting. Specializing in "rustic comfort food," the menu features great salads and classic sandwiches like the Reuben, Club, and BLT; also, old favorites like turkey or beef hot shots, pot roast, and cabbage rolls. Cost \$7.

Florentine Hotel

Thursday, March 17, 4:30 - 7:30 p.m.

Ohio's second oldest Inn, the Florentine Hotel once served travelers of the stage coach line from Cincinnati to Dayton. Heartland favorites from the menu include the Reuben sandwich, orange roughy, steaks, and chops. Florentine patrons keep returning for the satisfying menu complimented by the charming atmosphere. Cost \$7.

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.

Senior Talent Expo

Thursday, March 24, 3 p.m.

The Senior Adult Center has a wealth of talent within the ranks of its membership. We have artisans, dancers, musicians, poets, and the list goes on. All members are invited to participate, and everyone is welcome to attend this entertaining program. Please register in advance if you would like to showcase a special talent and help entertain your fellow members. The Expo is free and refreshments are served following the show.

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 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.

Bingo! - Sponsored by

Heartland 

Bingo begins every Wednesday evening at 6:30 p.m. Cards are just twenty-five cents each, and all quarters are awarded as prizes. 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.



SAC's Café - Sponsored by

KINGSTON
of MIAMISBURG



Senior Adult Center
(937) 866-8999

No other need is more universal than food or more basic to human existence than sharing a meal with others. Members are welcome to invite friends and family as their guests to SAC's Café events. For children accompanied by a paying adult, age 10 & under meals are half price while age 5 & under eat free. Advance purchase is highly recommended for all events and same-day reservations or drop-ins are subject to availability.

Homestyle Meatloaf

Friday, January 7, 4:30 - 6 p.m.

Meatloaf, mashed potatoes, gravy, green beans, fresh-baked bread, dessert, and choice of beverage. \$7.

Roast Pork & Dressing

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

Slow roasted pork loin, cornbread dressing, balsamic-glazed carrots, scratch-made potato soup, dessert, and choice of beverage. \$8.

Saccaffé's Lasagna

Friday, January 21, 4:30 - 6 p.m.

Baked lasagna, garden salad or tossed salad with house garlic dressing, garlic bread, dessert, and choice of beverage. \$8.

Patty Melt & Beefy Vegetable Soup

Friday, January 28, 4:30 - 6 p.m.

Burger with melted cheese and sautéed onion on grilled rye bread, scratch-made beefy vegetable soup, dessert, and choice of beverage. \$7.

Mushrooms Lovers Spaghetti

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

Generous plate of spaghetti topped with portabella mushrooms and rich tomato sauce, served with garden salad, garlic bread, dessert, and choice of beverage. \$7.

Turf & Surf

Friday, February 11, 4:30 - 6 p.m.

Oven-roasted beef loin, shrimp fettuccini Alfredo, green beans, fresh-baked roll, dessert, and choice of beverage. Limited seating. \$10.

BBQ Rib Dinner

Friday, February 18, 4:30 - 6 p.m.

Premium pork ribs with mild barbeque sauce, scalloped potatoes, green beans, fresh baked bread, dessert, and choice of beverage. \$10.

BLT & Creamy Tomato Soup

Friday, February 25, 4:30 - 6 p.m.

Deluxe BLT sandwich, pickle spear, scratch-made creamy tomato soup, crackers, dessert, and choice of beverages. \$7.

Carved Ham Dinner

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

Carved ham, baked sweet potato, green beans, fresh-from-the-oven biscuit, dessert and choice of beverage. \$8.

Catch of the Day Banquet

Friday, March 11, 4:30 - 6 p.m.

Broiled fillet of fish, sea scallops, shrimp scampi, stewed tomatoes with mixed greens, fresh-baked roll, dessert, and choice of beverage. Limited seating. \$10.

Clam Chowder & Shrimp Egg Roll

Friday, March 18, 4:30 - 6 p.m.

Authentic 1872-recipe Maine clam chowder, shrimp egg rolls, dessert, and choice of beverage. \$8.

Family Night Fish Fry & Bake Sale

Friday, March 25, 4:30 - 6 p.m.

Lightly breaded, deep-fried pollack fillets, macaroni & cheese, stewed tomatoes, creamy coleslaw, roll, raspberry gelatin, and choice of beverages. Fresh baked (not store-bought, please) donations requested. Public invited. \$8 (bake sale á la carte).

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 and environmental appreciation activities. Active Pathways offer members exceptional opportunities to stay active and enjoy life.

Ballroom Dance Lessons

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

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

Session 1: January 4 - February 8

Session 2: February 15 - March 22

Ballroom dancing is all the rage and provides an enjoyable experience with the benefits of a great workout. Beginners learn to lead and follow to the tempos of Foxtrot, Swing, Cha-Cha, Rumba and Waltz. Intermediate level provides greater challenge for students with previous ballroom dancing experience. Held at the Senior Adult Center, advance registration with fee is required. Cost is \$47 per six-week session or \$42 with early bird payment at least a week in advance. A partner is preferred but not necessary and leather sole shoes are recommended.

Line Dance Lessons

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

Session 1: January 3 - February 7

Session 2: February 14 - March 21

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, advance registration with fee payment is required. Cost is \$25 per six-week session or \$20 for early bird payment at least a week in advance.

Zumba Gold

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

Session 1: January 5 - February 9

Session 2: February 16 - March 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 per 6-week course with advance registration required.

Morning Zumba

Fridays, 10 - 10:45 a.m.

Session 1: January 7 - February 11

Session 2: February 18 - March 25

Same description as Zumba Gold, except Friday morning classes are held at the Community Park Center located on South First Street, Miamisburg. For active SAC members, the cost is \$20 per 6-week course with advance registration required.

Fitness Room Orientation

At least one day advance registration is required for this 90-minute class offered on the second Tuesday 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.

Merry Milers - sponsored by

Join this energetic bunch for stretching, toning, walking and camaraderie every Monday, Wednesday and Friday morning. The Merry Milers gather in the Dayton Mall food court at 9:15 am. Before or after, members of the group independently walk the Mall's main concourse and each time around is a merry mile. Merry Miler-ing!

Waterford

Retirement Living

- **Annual Merry Miler Banquet** - Wednesday, March 23, 11 a.m. to Noon. Held at the Senior Adult Center, the menu includes chicken salad or ham salad on whole wheat toast, creamy broccoli soup, low-fat milk, unsweetened iced-tea, and coffee. Advance reservations requested and all Center members welcome. Cost \$4



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 designated 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.

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.

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 in the belief that learning is a lifelong endeavor.

Dulcimer Lessons

Tuesdays, January 4 - March 29

1 - 2 p.m. Level 1

2:30 - 4 p.m. Level 2

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. Level 2 lessons are recommended after advancing from the Level 1 course. Registration is \$10. Practice dulcimers may be purchased for \$60 from the instructor.

Jewelry Making

January 13: Valentine Bracelet

February 10: Mardi Gras Bracelet

March 24: Springtime Bracelet

Participants enjoy the art of beading with easy step-by-step instruction. Held at the Senior Adult Center, advance registration with \$10 fee is required for each date; additional \$5 supply fee is paid to the instructor at each class. All classes are held at the Senior Adult Center from 6 to 8 p.m. on the Thursdays listed above.

Scrappin'-n-Chattin'

January 14, 6 - 11 p.m.

February 4, 6 - 11 p.m.

March 4, 6 - 11 p.m.

Scrappin'-n-Chattin' is an evening of scrap booking with old and new friends. Everyone receives a table space for lots of "craftivity." Bring your own scrapbooking supplies; pizza, chips and beverages are provided. Held at the Senior Adult Center, advance registration with \$10 fee is required for each Friday date listed above.

Introduction to Computers

Mondays, February 28 - March 21

This course is geared toward introducing the beginner to basic computer function and software operation, including Microsoft Word and Excel. All classes are held from 6:30 to 8:30 p.m. at Miamisburg High School's computer lab, room 200. Advance registration at the Center is required. All course materials included, the fee is \$40 or \$35 if paid at least a week prior to the first class.

More Expanding Horizons

Sinclair College Classes: Winter Quarter: January 3 - March 20, 2011

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 Spring Quarter begins March 28 and the spring history topic will be announced by early February.

Fitness Conditioning

Monday, Wednesday & Friday, 4 - 5 p.m.
Dave Pence, Instructor

China & World Economies

Mondays, 1:15 - 3:45 p.m.
Brian Weiss, Instructor

Aerobic Conditioning

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

Painting & More

Fridays, 1 - 4:15 p.m.
Jennifer Bristol, Instructor



At Your Service

Away We Go Travel Preview

Wednesday, January 26, 2 p.m.

Translucent seas, enchanted isles, sapphire blue lakes, storybook forest, starry desert skies, and romantic mountain hideaways - get packing and let Joy Tour & Travel do the planning! Held at the Center, Joy Tour & Travel representatives Joyce Wingham and Kathy Graft will present trip plans for 2011 and answer questions regarding travel. Admission is free, refreshments are served, and reservations appreciated - the journey starts here! Can't make the Travel Preview or would like additional information? Call Joy Tour and Travel at 513-777-8221 or 800-875-4569 and ask to speak to Joyce or Kathy.

Starting an Exercise Routine: Part I

Thursday, January 20, 10 - 11 a.m.

Discussion focuses on the fundamentals of exercise, and the basic components of any exercise program. Learn how to start safely, set goals, and stick with your program. Please register at the Center in advance for this free program presented by Kettering Medical Center Network.

Over 50, Eating Well

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

Nutrition recommendations for people 50 and above and good nutrition for a healthy lifestyle are presented, as well as ideas for meal plans and tips on cooking for one. Please register at the Center in advance for this free program presented by Kettering Medical Center Network.

Visiting Nurse

The Community Health Nurse from Public Health, Dayton & Montgomery County performs free blood pressure and blood sugar tests at the Center on the first Tuesday of each month from 10 to 11:30 a.m. and 12:30 to 1 p.m. No appointment needed.

Volunteer Income Tax Assistance

Tuesdays, February 1 - April 12, by appointment.

The Center is again offering free income tax preparation each Tuesday throughout the filing season. VITA tax preparers are trained and certified by the IRS in preparing uncomplicated returns. Appointment times are mid-mornings and early afternoons. Please contact the Center on or after January 10 for your appointment.

Disclaimer: The City of Miamisburg does not endorse the products or services represented within this newsletter that are provided by persons or agencies other than the City of Miamisburg. 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.



FAMILY FISH FRY & BAKE SALE - PAGE 4 ANNUAL SENIOR TALENT EXPO - PAGE 3 2011 TRAVEL PREVIEW - PAGE 7

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

Winter quarter registration opens on Monday, January 3 at 8:30 a.m.

Payment of fee is required at the time of registration. Cash, major credit cards and check payable to the City of Miamisburg are accepted.

For questions or comments, please call 937-866-8999.

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

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Continued from the front cover:

The New Year introduces a streamlined *CenterPost* and the all new *Center Companion*. The quarterly published *CenterPost* now serves as the Senior Adult Center's Recreation Guide - focusing solely on new trips, activities and special events. The *CenterPost* will continue to be updated quarterly and delivered to members' homes in the last weeks of March, June, September, and December. The programs and services offered by the Senior Adult Center remain unchanged.

The all new *Center Companion* serves as the Center's Membership Guide - outlining information on membership, volunteer opportunities, and core program descriptions, as well as general information on the Center's operations. The *Center Companion* first edition should be available by early January. Members may pick up their *Center Companion* while visiting the Center. Reprints will be published only as needed, so members are asked to retain their copy of the *Center Companion* for later reference.

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 Monday, January 17 in observance of MLK Day.

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.



Answers on Aging

Senior Helpline 223-HELP (4357)
www.info4senior.org