

CENTERPOST

Senior Adult Center
Serving our members since 1977



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

SAC'S CAFÉ AT-A- GLANCE

BRAT GRILLOUT
JULY 8

STEAK WRAP
JULY 15

PATTY MELT
PLATTER
JULY 22

PORK CHOP BBQ
JULY 29

STEAK HOAGIE
AUGUST 5

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BLT & TOMATO
SOUP
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BURGER COMBO
AUGUST 26

RIBS & SHRIMP
SEPTEMBER 2

BUTTERFLY
SHRIMP
SEPTEMBER 9

WELCOME BACK
SEPTEMBER 16

MUSICAL FISH FRY
SEPTEMBER 23

BARBECUE RIBS
SEPTEMBER 30

Lake Monsters!

Saturday, July 23, 8 a.m. - 3 p.m.

Hueston Woods State Park is where monsters as big as boats have reportedly been floating around Acton Lake...well, maybe those are the boats. Real lake monsters await beneath the waves, lurking in the murky depths, never blinking, never sleeping; suited up in scaly armor and ready to do battle. Are you ready? Bring Ohio fishing license, folding chair, bait and tackle, if planning to fish. If relaxing at the beach is more your style, suggested gear includes beach attire, beach towel, and beach umbrella. Sun protection is recommended for all, such as a wide brimmed hat, sunglasses and a good sunscreen lotion. At a half past noon, we board the bus for lunch on your own at Hueston Woods Lodge. Registration is \$8.

Ohio State Fair

Tuesday, August 2, 8:30 a.m. - 5:30 p.m.

We're off to the fair! The Ohio State Fair in Columbus is one of the greatest in the nation with 360 acres of champion-class farm animals, exhibits of all kind, exciting rides and tasty treats. Senior Day entertainment features a concert by the world famous Glenn Miller Orchestra in the air-conditioned Celeste Center at 1 p.m. Famous for unique jazz melodies, the Glenn Miller Orchestra is considered to be one of the greatest of the Big Bands. The \$30 registration includes roundtrip transportation, fairground admission and concert tickets.



Art of Murder

Thursday, August 25, 4 - 11:30 p.m.

Showboat Majestic presents *Art of Murder*, a comedy mystery with hints of satire about the world of art. At his remote countryside estate, we are introduced to Jack Brooks, a renowned, eccentric and ruggedly handsome artist. We also meet Annie, his beautiful wife; Kate, their young immigrant maid; and Vincent, a flamboyant art dealer. Foul

play is afoot and this intriguing whodunit promises to keep everyone guessing until the very last moment. First stop is dinner on your own at Montgomery Inn Boathouse. Registration is \$35.

2 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 Library Park.



Dragons vs Chiefs Thursday, July 21, 6 - 10 p.m.

Voted by Sports Illustrated as one

of the top ten hottest tickets in ALL of professional sports, the Dragons have sold out 704 consecutive games! The \$20 registration fee includes transportation and reserved seating.



Reds vs Phillies Monday, August 29, 5 - 11:30 p.m.

Cheer on the Cincinnati Reds at Great American Ball Park. Don't let the Cincinnati traffic and river-front parking spoil the fun, the \$40 registration fee includes transportation and reserved infield box seating.

Wooden Keels Vintage Wheels Saturday, July 16, 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. Registration is \$9 with food purchases on your own.

Annie Oakley Days

Saturday, July 30,
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. Registration is \$8.

Findlay Market Saturday, August 6, 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. Registration is \$7.

Shooting Star Beach Party

Saturday, August 13,
6:30 - 11:30 p.m.

Originating from the tail of the comet Swift-Tuttle, the Perseids meteors are probably the most-watched meteor shower in the northern hemisphere, having been observed annually for about 2,000 years. These meteors appear to "rain" into the atmosphere from the constellation Perseus, which rises in the northeast sky. For the best view far from city lights, we travel to the main beach at Caesar Creek State Park where the Cincinnati Astronomical Society setup stargazing telescopes. Bring a folding lawn chair or blanket and watch as these shooting stars brighten the night sky. Popcorn and hot or cold refreshments are provided. Fee \$7.

Great Darke County Fair Monday, August 22, 3 - 9 p.m.

Enjoy one of the top-rated county fairs in the state at the beautiful Oakwood Fairgrounds in Greenville, Ohio. The \$9 registration fee includes transportation and fairgrounds admission. Food, games and rides are on your own.

Preble Pork Festival Saturday, September 17, 8:30 a.m. - 2:30 p.m.

Always a favorite, the Preble County Pork Festival is known for delicious pork chops, handmade crafts and free entertainment. Treat yourself to a pancake & sausage breakfast upon arrival and for lunch, try the Festival's famous grilled pork chop. Performing at 1 pm, the a-cappella group Tonic Sol Fa is a long-standing Pork Festival tradition not to be missed. Registration is \$9.

National Road Treasures

Tuesday, September 6, 10 a.m. - 3 p.m.

Hop aboard as we explore National Road in Vandalia for hot deals, warm meals and cool treats. First stop is Treasures for You Bowtique, a popular high-end consignment shop featuring daily arrivals of home décor, furniture, antiques, collectables, bridal and prom wear. Next stop is lunch on your own at the Original Rib House where they proudly serve rotisserie roasted ribs, hand-cut steaks, fresh ground burgers, broasted chicken, and homemade salad dressings, and sour cream apple pie. Last but not least, we check out the cool treats at Airline Dairy Crème. Registration is \$7.

Big Picture Mystery Tour

Thursday, September 29, 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.

Authentic Bavarian Oktoberfest

Saturday, October 1, Noon - 5 p.m.

Experience all the fun of an authentic Bavarian festival while avoiding the exhaustion of a crowded urban street fair. Known for its family-friendly atmosphere, Donauschwaben Oktoberfest is held on the wooded grounds of Donauschwaben Haus. Traditional Bavarian fare at the event includes bratts and metts, pit roasted pig or chicken, home-baked pastries, pretzels and gingerbread. Imported beers, wines, and other beverages are also available. Visitors are entertained with authentic music directly from Germany and Austria, as well as many various dance groups, singers, and other entertainers. Das registration is \$9, with food purchases and the \$3 festival admission 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.

The Dock: Thursday, July 14, 11 a.m. - 3 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. The Dock features an extensive seafood menu as well as steaks, chops and burgers, all served with great pride. Registration \$8

Drew's on the River: Thursday, July 28, 4 - 8 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.

Coldwater Café: Thursday, August 11, 11 a.m. - 3 p.m.

Coldwater Café offers quality dining in a small-town setting. The decor is welcoming with a fireplace adding warmth to the ambiance. Alongside more normal fare, the menu includes culinary surprises such as ostrich. If you're in the mood for a decadent dessert, try the butter-drenched English Tea Cake. Cost \$8.

4 More Dining Adventures

Valley Vineyards: Saturday, August 20, 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 \$8 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.

Log Cabin Inn: Thursday, September 8, 11 a.m. - 3 p.m.

The Log Cabin Inn is located in a two-story cabin, where exposed logs and wooden beams lend the diner a rustic feel. Log Cabin Inn serves up good ole Southern fare. Popular with lunch-time patrons are the Cabin Burgers and the Cabin Special, a filled-to-the-edge plate of two eggs, home fries, bacon, sausage, and biscuit with gravy. Registration \$8

The Inn at Versailles: Thursday, September 22, 4 - 8 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. The trip, the town and the Inn add up to an experience worth looking forward to. Registration is \$9

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.

SAC's Cafette - New Day & Menu

Thursdays, 9 - 10:30 a.m.

"How do you live a long life? Take a two-mile walk every morning before breakfast." And, if he were here today, Harry Truman might also recommend the Senior Adult Center to fill his prescription. Walk or pedal two miles in the Fitness Room and brunch at The SAC's Cafette. The menu includes oatmeal, french toast, scrambled eggs, sausage links, toast & jelly, low-fat milk, coffee, tea, hot chocolate.

Coffee Morning - New Activity

Fridays, 10 - 11 a.m.

Coffee Mornings are popular socials and fundraisers held across the United Kingdom. Coffee and tea are served free at the Center during Coffee Morning. Sponsoring organizations may also provide free donuts, pastries, teacakes, or finger sandwiches. To sponsor a Coffee Morning at the Center, advance scheduling and \$30 fee are required. Please contact Ron Reid or Ann Harshman at (937) 866-8999 to sponsor a Coffee Morning.



Ice Cream Social

Sunday, July 10, 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. New this year, the Ice Cream Social is held at Riverfront Park and moves to the Center in the event of inclement weather. While at the social, please take a moment to thank our sponsors.

Fall Rummage Sale & Bake Sale

Saturday, September 17, 9 a.m. - 3 p.m.

Household items, collectables, toys, tools, books, puzzles, jewelry, outerwear and fashion accessories await the bargain hunter. After shopping for bargains, stop by the lunch counter for a hotdogs, chili, assorted sodas, and fresh-baked goods. Many donations are needed to help make the Rummage Sale a successful fundraiser for the Center. Please drop off donations weekdays between the hours of 9 a.m. and 5 p.m. Most donations are accepted with the exception of large appliances or furniture. The spring rummage sale netted over \$400 and the spring bake sales nearly \$300 - thank you for your support!

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 p.m. If needed, please call at least a day ahead for transportation. Pickup for Bingo begins at 5 p.m. or 4 p.m. for covered dish night.

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.

Line Dance Lessons

Mondays, 7:00 - 8:30 p.m.

- **Session 1: July 11 - August 15**
- **Session 2: August 22 - October 3**
(no class September 5)

Line Dancing is a fun and energetic way to exercise and have a great time. All experience levels welcome and no partner is necessary. Leather-soled, closed toe shoes are required. Held at Community Park Learning Center, advance registration with fee payment is required. Cost is \$35 per six-week session or \$30 with early bird payment at least a week in advance.

Zumba Gold

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

- **Session 1: June 29 - August 3**
- **Session 2: August 10 - September 14**

Designed especially for the older active adult, Zumba Gold promotes weight loss and improves heart health, while Latin music and dance steps add fun to the workout. 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, advance registration with fee payment is required. Cost is \$25 per six-week session or \$20 with early bird payment at least a week in advance.

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.

Sponsored by - **Merry Milers Waterford**
Retirement Living

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!

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.

6 SAC's Café

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.

Brat Grillout

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

Grilled bratwursts with choice of toppings: Coney sauce, shredded cheese, grilled onion, sauerkraut; served with homemade potato salad, baked beans, salad, fresh strawberry pie, and choice of beverage. Cost \$7.

Southwestern Steak Wrap

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

Tender steak filets tossed with mild southwestern spices, roasted bell peppers and onions with chipotle sour cream sauce and mayonnaise, served chips, ice cream, and choice of beverage. \$9

Patty Melt Platter

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

Patty melt sandwich, chips, pickle spear, dessert and choice of beverage. \$6

Pork Chop Barbecue

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

Thick-cut grilled pork chop, corn on the cob, green beans, salad, dinner roll, dessert, and choice of beverage. \$9

Steak Hoagie

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

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

Family Night Spaghetti Dinner

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

Generous plate of spaghetti served with meaty sauce, garlic bread, tossed salad, ice cream, and choice of milk, coffee, brewed iced tea, or assorted Pepsi beverages. Public invited - see above for child discounts. \$8

BLT & Tomato Soup

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

BLT, tomato soup, pickle spear, deviled egg, dessert and choice of beverage. \$8

Burger Combo Basket

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

Quarter pound ground beef patty on a sesame seed bun, crisp lettuce, tomato, Bermuda onion, mayonnaise, pickle chips and (optional) American cheese; served with fries, coleslaw, and a shake. \$7

V-J Day Ribs and Shrimp

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

A half order of barbecue pork ribs complemented by a half order of butterfly shrimp, french fries, coleslaw, dessert and choice of beverage. \$10

Butterfly Shrimp Basket

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

Golden fried butterfly shrimp, oriental vegetables with noodles, fruit salad, and choice of beverage. \$9

Welcome Back

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

In its heyday, Lazarus Department Stores operated 30 dining facilities, including restaurants, cafés and bakeries and coffee shops. From the Lazarus recipe book: hidden sandwich, scalloped apples & carrots, cream cheese Rhubarb pie, and choice of beverage. Limited seating. \$7

Musical Fish Fry Fundraiser

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

No, the fish don't sing or dance; better yet, Ken & Mary perform Musik According to Akkordians - a celebration of Oktoberfest. Dinner includes golden fried pollock filets, macaroni & cheese, stewed tomatoes, creamy coleslaw, raspberry gelatin, and choice of beverage. Public invited. \$10

Barbecue Ribs

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

Half-slab of premium pork ribs with mild barbecue sauce, baked potato, baked beans, salad, fresh-baked bread, dessert, and choice of beverage. \$10

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.

Introduction to Facebook

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

Facebook has more than 500 million active users worldwide. Learn about social networking from creating your Facebook profile to finding friends and sharing photos. Important tips on security and privacy are also covered. Course is held at Miamisburg High School's computer lab, room 200. Advance registration at the Center is required with \$10 fee.

Scrappin'-n-Chattin'

July 1, 6 - 11 p.m.

August 5, 6 - 11 p.m.

September 2, 6 - 11 p.m.

Scrappin'-n-Chattin' is an evening of scrap booking with old and new friends. Everyone receives 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.

Pedi-Party

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

• Session 1: July 12

• Session 2: September 13

Enjoy a soothing treatment while soaking your feet. Learn about proper foot care from a certified beauty consultant. Held at the Senior Adult Center, advance registration with \$8 fee is required for each session.

Dulcimer Lessons

Returning in October

At Your Service

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.

Aging Gracefully

Thursday, July 21, 10 a.m.

Aging Gracefully...How well are you aging? Learn the myths and the facts of aging at this free program presented at the Senior Adult Center. A KMC Registered Nurse will provide tips to make you feel younger for a longer time.

Understanding Medicare Choices

Friday, September 23, 9 - 10 a.m.

For many if not most of us, understanding Medicare choices can be confusing. Now is the perfect time to ask question about your Medicare options. The UnitedHealthcare® Medicare Solutions portfolio of plans is presented by licensed Independent Agent Ty Daniels. This informational meeting is held at the Center. Afterwards, free coffee and cake are provided during Friday Coffee Morning (also see page 4), compliments of Daniels Insurance Agency.

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 Monday of each month from 9:00 a.m. to 11:00 a.m. No appointment needed.

Sinclair College Classes

Summer Quarter:

June 15 - August 23, 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. Fall History topic will be announced by mid July.



Fitness Conditioning

Monday, Wednesday & Friday, 4 - 5 p.m.

Dave Pence, *Instructor*

Aerobic Conditioning

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

Dave Pence, *Instructor*

Rebuilding Europe and Asia after WWII

Mondays, 1:15 - 3:45 p.m.

Brian Weiss, *Instructor*

Painting & More

Fridays, 1 - 4:15 p.m.

Jennifer Bristol, *Instructor*



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

Summer quarter registration opens on Friday, July 1 at 8:30 a.m.

Payment of fees 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.

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Pizzazz in the Park Concert Series - Now at Riverfront Park

All concerts are held Sundays at Riverfront Park in Miamisburg with free admission. Jake & Elwood Blues Revue will perform 2 hours with all other performances 75 to 90 minutes in length. Concert goers are encouraged to bring folding lawn chairs or blankets for seating. Riverfront Park is located at E. Central and Miami Ave., 1 block west of Main Street. In the event of unfavorable weather, concert location may move 4 blocks east to the Senior Adult Center at 305 E. Central Ave.

- **June 26, 7:00 p.m.****The Rejects** - kings of kazoo rock
- **July 3, 7:00 p.m.**.....**Evan Lanier & The Bluegrass Express** - bluegrass
- **July 10, 6:30 p.m.**.....**Ice Cream Social/Kettering Banjo Society** - Dixieland banjo
- **July 17, 7:00 p.m.****Paragon Quartet** - Barbershop Quartet
- **July 24, 7:00 p.m.****Phat Like Dad** - classic rock, blues, alternative country
- **July 31, 7:00 p.m.****Chazz** - eclectic mix of rock, pop, folk
- **August 7, 7:00 p.m.****The Greasers** - Oldies rock, do wop, Beach Boys
- **August 14, 6:30 p.m.****Jake & Elwood's Blues Revue** - #1 Blues Brothers tribute band



Answers on Aging

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



Become a fan

Hours of Operation & Holiday Closings

Monday through Wednesday.....8:30 a.m. - 9 p.m.

Thursday and Friday.....8:30 a.m. - 5 p.m.

The Center is closed on the following holidays:

Monday, July 4 in observance of Independence Day;
and Monday September 5 in observance of Labor Day.