



# 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

PORK CHOP BBQ  
OCTOBER 7

RIBS & SHRIMP  
COMBO  
OCTOBER 14

BUTTERFLY  
SHRIMP  
OCTOBER 21

CABBAGE ROLLS  
OCTOBER 28

BLT & SOUP  
NOVEMBER 4

SPAGHETTI  
CHALLENGE  
NOVEMBER 11

TURKEY &  
TRIMMINGS  
NOVEMBER 18

BEEF HOTSHOT  
DECEMBER 2

HOMESTYLE  
MEATLOAF  
DECEMBER 9

ROAST PORK &  
DRESSING  
DECEMBER 16

CRATCHET'S XMAS  
PARTY  
DECEMBER 14

APRICOT GLAZED  
RIBS  
DECEMBER 30

FULL MENUS  
SEE PAGE 5

## A HAUNTING MYSTERY TRIP



**Thursday, October 6, 4:30 - 11:30 p.m.**

Witness a chilling and mystifying study in mounting terror in which a small group of "psychically receptive" people are brought together in a brooding, mid-Victorian mansion known as a place possessed of evil and contained ill will. Prior to experiencing the supernatural, we feast at...well that's another mystery. The \$30 registration includes transportation and "supernatural phenomenon," with dinner on your own.

## A Christmas Carol

**Thursday, December 8, 3:30 - 11 p.m.**

Ebenezer Scrooge is back. God help us, everyone! Cincinnati Playhouse presents the timeless classic *A Christmas Carol*. Adapted from the novel by Charles Dickens, the Playhouse combines faithful storytelling, authentic costumes, elaborate sets, and with spellbinding stage magic, brings the story to life. Prior to the show, enjoy the hospitality and ambiance of Mount Adams Grill. The \$45 registration includes transportation and theater admission, with dinner on your own.



## Hairspray, The Musical

**Thursday, November 10, 3:45 - 10:30 p.m.**

Wright State University Theatre & Dance presents *Hairspray, The Musical*. It's 1962, the '50s are out and change is in the air. Tracy Turnblad, a big girl with big hair and an even bigger heart, has only one passion - to dance. She wins a spot on the local TV dance program and is transformed overnight into a teen celebrity. But can a trendsetter in dance and fashion vanquish the program's reigning princess, win the heart of heart-throb Link Larkin, and integrate a television show without denting her 'do? Prior to the show, enjoy homestyle dining at Cracker Barrel. The \$30 registration includes transportation and theater admission, with dinner on your own.



## 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.*

### Historic Woodland Tour

**Thursday, October 27, 9:30 a.m. - 2 p.m.**



Founded in 1841, Woodland Cemetery is one of the nation's five oldest rural/garden cemeteries. The Romanesque gateway, chapel, and office, completed in 1889 are on

the National Register of Historic Places.

Thousands tour the grounds each year to visit the gravesites of Wilbur and Orville Wright, poet Paul Laurence Dunbar, Queen and King of the Gypsies, Governor James Cox, inventor Charles F. Kettering and many other notable Daytonians. Following our guided bus tour, enjoy lunch on your own at Culp's Café. Registration \$9

### Autumn Countryside Tour

**Thursday, October 20, 9 a.m. - 3 p.m.**

Explore the beautiful fall countryside and covered bridges of rural Preble County! The tour itinerary features covered bridges near Lewisburg, Eaton, Lake Lakengren and Gratis - seven bridges in all, and all constructed during the period from 1829 to

PREBLE COUNTY HISTORICAL SOCIETY



1896. Along the way, enjoy lunch on your own at the beautiful Hueston Woods Lodge and end the trip with a visit to the Barn 'n Bunk Farm Market. Barn-n-Bunk specialties include

hand-dipped ice cream, home grown produce, Amish goods and unique gift items from local crafters. Registration \$12

### Prime Outlet Mall

**Tuesday, November 29, 10 a.m. - 3 p.m.**

Few places in the United States can boast a shopping destination filled with so many of America's famous names at great prices! The Jeffersonville Prime Outlet Mall is a proven favorite. With over 600 stores to choose from, just a few to visit are Brooks Brothers Factory Store, Banana Republic Factory Store, Bass Outlet, Bath & Body Works and Borders Book Store. Registration \$9

### Cowan Lake Cookout

- **Thursday, November 3, 3 - 9 p.m.**
- **Friday, November 4, 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 hike through the park or gather around the campfire.

Camp cuisine includes rib steak, baked potato, green beans, bread, and assorted

beverages. In the event of uncooperative weather, our heated lakeside cabin (pictured) features a fully equipped kitchen and enclosed patio. The \$20 registration includes everything.

### D&D Classic Automobile Restorations

**Thursday, November 17, 10:30 a.m. - 4 p.m.**

Sheetmetal, assorted hammers, and a rare car missing impossible-to-find fenders. The craftsmen



at D&D painstakingly produce award-winning, concours quality restorations on classic, collectable automobiles. Rolls Royce, Bentley, and Duesenberg epitomize the caliber of autos

restored by D&D. And yes, they can hammer raw steel into anything from a new fender to a complete body. First, enjoy lunch on your own at Buffalo Jacks. Registration \$9

### Whispering Christmas

**Thursday, December 15, 5 - 9 p.m.**

Whispering Christmas is an annual holiday celebration that has been held at Fort St. Clair in Eaton for over 20 years. Enjoy a bus tour of the beautiful holiday light displays throughout the park and a stop at the log cabin for hot coco and cookies. First stop is dinner on your own at Rob's Restaurant in Brookville. Registration \$8

# 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.*

## Crop Nights

- Friday, October 7, 6 - 11 p.m.
- Friday, November 4, 6 - 11 p.m.
- Friday, December 2, 6 - 11 p.m.

Enjoy an evening of scrapbooking, sharing ideas while meeting old and new friends. Everyone receives table space for lots of "craftivity." Bring your own scrapbook supplies; pizza and refreshments are provided. Held at the Senior Adult Center, advance registration with fee is required for each Crop Night. Cost is \$15 per night or \$10 with early bird payment at least a week in advance.

## Introduction to Computers

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

November 7, 14 & 21

Geared toward the beginner, participants learn the basics of computer operation and software application, including Microsoft Word and Excel. Course is held at Miamisburg High School's computer lab, room 200. Advance registration at the Center is required. Cost is \$35 per person or \$40 with early bird payment at least a week in advance.

## Emergency Preparedness

Thursday, October 6, 6:30 - 9 p.m.

Get informed on how to develop an emergency plan and build a disaster supply kit. Discussion includes tips on water purification and stocking a pantry. Held at the Senior Adult Center, advance registration required with \$10 fee.

## Sinclair College Classes

Fall Quarter: September 8 - November 23 (no Sinclair classes on Veteran's Day)

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 and, if not a current member of the Center, a membership application. Sinclair classes resume for the Winter Quarter on January 9, 2012. The Winter History topic will be announced by mid October.

## Digital Photography

Tuesdays, October 4 - 25, 6:30 - 8:30 p.m.

Class is two hours for each of four weeks, including a field trip to local parks. Learn light, composition and creative techniques. Bring your own digital camera and manual. Held at the Senior Adult Center, advance registration is required with \$35 fee.

## Introduction to Facebook

Monday, October 24, 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.

## Dulcimer Lessons

Tuesdays, October 4 to December 20

- Level 1: 1 - 2 p.m.
- Level 2: 2 - 3:30 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. Level 2 lessons are recommended for students that have advanced from the Level 1 course. Registration is \$10 for the ten-week class. Practice dulcimers may be purchased for \$60 from the instructor.

### Fitness Conditioning

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

### Medieval History

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



## 4 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.*

### **Veteran's Day Spaghetti Challenge**

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

SAC's Café chefs believe they make the best spaghetti and challenge the competition to a cook off. Selected by lottery, 5 lucky diners serve as impartial judges, testing "Brand A" and "Brand B" to decide the winner. Dinner includes a generous plate of SAC's Café (award-winning?) spaghetti served with meaty sauce, garlic bread, tossed salad, and choice of beverage. Advance reservations are highly recommended as seating is limited to 125. Cost \$8 and members of the Center that are veterans eat free (also see page 5 for SAC's Café menus)

### **Home Party & Holiday Bazaar**

**Sunday, November 13, Noon - 4 p.m.**

Artisans, craft vendors, and all your favorite home party products including candles, baskets, jewelry, skin care, cooking supplies and more are featured. Held inside the Senior Adult Center, enjoy lunch and browse the many new products and old favorites offered at home parties and festivals.

### **Friday Coffee Morning**

**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.

### **SAC's Cafette Breakfast**

**December 27, 28 & 29, 9 - 10:30 a.m.**

- **Tuesday - scrambled eggs & sausage links**
- **Wednesday - biscuits & sausage gravy**
- **Thursday - pancakes & fruit**

"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. Seating is limited and advance reservations are highly recommended. Cost \$3

### **Lunch with Joel Getts**

**Monday, November 28, 1 - 2:30 p.m.**

Author, educator and Miamisburg native Joel Getts is our guest lecturer. Lunch includes a garden salad with grilled chicken and a bowl of creamy potato soup. Following lunch, Mr. Getts will speak on the American Revolutionary War. Advance registration required. Cost \$5

### **Cratchit's Christmas Party & Bake Sale**

**Wednesday, December 14, 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, roll, and choice of beverage; with entertainment following the meal. Advance reservations are highly recommended as seating is limited to 125. Cost \$5 (also see page 5 for SAC's Café menus) Please contact Berta Yenney at (937) 436-0593 to help with the Bake Sale.

### **Bingo! - sponsored by Heartland**

**Fridays, 10 - 11 a.m.**

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. **The Center will close at 5 p.m. on the last Wednesday of December. Arrive at 1 p.m. on December 28 for light refreshments and the game will start at 2 p.m. Covered Dish will move to December 21 at 5 p.m.** Please check page 8 for the complete list of holiday closings and yearend schedule. If needed, please call at least a day ahead for transportation.

### **The Farm Party**

**Tuesday, November 22, 4 - 8 p.m.**

The Farm is a family operated banquet hall that has served Southwest Ohio for over 50 years. Tuesday's buffet includes hand-carved roast beef and baked ham; fresh salads, savory vegetables and fried chicken; as well as assorted beverages and desserts. The \$13.95 senior price includes everything, except wine or beer. Registration \$8

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.

## Pork Chop Barbecue

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

Thick-cut grilled pork chop, scalloped potatoes, green beans, lettuce wedge, dinner roll, dessert, and choice of beverage. \$9

## Ribs & Shrimp Combo

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

A half order of barbecue pork ribs complemented by a half order of butterfly shrimp, baked potato, lettuce wedge, dessert and choice of beverage. \$10

## Butterfly Shrimp Basket

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

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

## Cabbage Roll Dinner

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

Cabbage rolls, mashed potatoes, corn nibblets, fresh baked bread, German chocolate cake, and choice of beverage. \$9

## BLT & Tomato Soup

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

BLT, tomato soup, chips, dessert, and choice of beverage. \$8

## Turkey & Trimmings

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

We're aiming our muskets on the juiciest gobblers for this Thanksgiving feast! The menu includes: oven-roasted turkey, mashed potatoes, turkey gravy, dressing, green beans, roll, cranberry sauce, pumpkin pie, and choice of beverage. \$7

## Beef Hotshot

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

Traditional beef hotshot, deluxe garden salad, scratch-made apple pie, and choice of beverage. \$7

## Homestyle Meatloaf

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

Baked meatloaf, mashed potatoes, brown gravy, green beans, fresh baked bread, dessert, and choice of beverage. \$8

## Roast Pork & Dressing

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

Roast pork, cornbread dressing, mashed potatoes, pork gravy, roll, pecan pie, and choice of beverage. \$8

## Apricot Glazed Ribs

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

Half-slab of premium apricot-glazed pork ribs, sauerkraut, mashed potato, salad, fresh-baked bread, dessert, and choice of beverage. \$10

## 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. Menu price guide: \$=modest \$\$=moderate \$\$\$=upscale \$\$\$\$=formal

### School House Restaurant: Thursday, October 13, 10:15 - 1:30 p.m. \$\$

Built in 1863, this building housed the first school in the Midwest with a second story. Menus are written daily on the original slate blackboard. Popular entrées include fried chicken, roast beef, meatloaf, baked cod, and fried shrimp. Mashed potatoes, vegetables, salad, and bread are included with most meals. Expect some wait as seating is not reserved; hence, the early departure to arrive at the 11 a.m. opening. Registration \$8

### Millrace Restaurant: Tuesday, October 18, 10:30 a.m. - 2 p.m. \$\$

The Millrace Restaurant offers home cooked meals and a picturesque view of Clifton Gorge. Breakfast is served all day and the lunch menu features a variety of homemade soups, salads, and sandwiches. Whole grain breads, cookies and pies are baked fresh daily. While there, browse the Clifton Mill gift shop. Registration \$8

### Florentine Hotel: Thursday, December 1, 4:45 - 7:30 p.m. \$\$

Ohio's second oldest Inn, the Florentine Hotel once served travelers of the stage coach line from Cincinnati to Dayton. The charming, cozy atmosphere compliments the menu of heartland favorites. Registration \$7

### Golden Lamb: Tuesday, December 20, 11 - 2 p.m. \$\$\$

The Golden Lamb is Ohio's oldest inn. Located midway between the ports of Cincinnati and the National Road, the Inn was visited by several U.S. presidents and a long list of famous travelers. The tradition of fine country dining continues at the Golden Lamb. Registration \$7

## 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.

### Ballroom Smooth Dance

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

- **Beginner: September 20 - October 25**
- **Intermediate: November 1 - December 6**

Foxtrot, Waltz and Tango - learn the tempo of each dance, as well as how to follow and lead with your dance partner. A partner is required and leather sole shoes are recommended. The Intermediate class is geared toward couples with previous ballroom dance experience. Held at the Senior Adult Center, advance registration with fee is required. For each course, cost is \$47 per person or \$42 with early bird payment at least a week in advance.

### Ballroom Latin Dance

Tuesdays, 7:45 - 9 p.m.

- **Intermediate: September 20 - October 25**
- **Beginner: November 1 - December 6**

Rumba, Cha Cha and Swing - learn the tempo of each dance, as well as how to follow and lead with your dance partner. A partner is required and leather sole shoes are recommended. The Intermediate class is geared toward couples with previous ballroom dance experience. Held at the Senior Adult Center, advance registration with fee is required. For each course, cost is \$47 per person or \$42 with early bird payment at least a week in advance.

### Line Dance Lessons

Mondays, 7 - 8:30 p.m.

October 10 - November 28  
(no class on November 7 & 14)

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 or \$30 with early bird payment at least a week in advance.

**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.

### Zumba Gold

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

- **Session 1: September 21 - October 26**
- **Session 2: November 2 - December 7**

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 session or \$20 with early bird payment at least a week in advance.

### River Ducks Walk With Doc

Saturdays, 9 - 10 a.m.

- **September 24, October 1 & October 15**

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 chronic diseases. Participants flock together and walk or waddle on designated trails. This Fall, River Ducks join the "Walk With Doc" program at Community Park. Meet the Doctor at the Learning Center; enjoy a 5-minute presentation, followed by a 45-minute outdoor walk. At the conclusion of the walk, chat with the Doc and receive a healthy snack, blood pressure check, and pedometer. No pre-registration required for this free program.

### 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.

### Merry Milers - Sponsored by Waterford

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!

Retirement Living

**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.

## Veteran Aid & Attendance Benefit

**Friday, November 4, 10 a.m.**

Families of veterans and surviving spouses should understand the benefit is not dependent upon service-related injuries. A representative from US Veteran Resources will explain how the Aid & Attendance benefit can help pay for home care, nursing care or assisted living care. US Veteran Resources is a not-for-profit organization focused on educating health care professional, financial advisors, veterans and their families about the Veteran Aid & Attendance Benefit. Refreshments are provided by First Light Home Care.

## Health and Fitness Fair

**Wednesday, Nov. 16 – 9 a.m. to Noon,**

Representatives from various health-related organizations are on hand to answer questions about their products and services. Flu shots, health screenings, fitness activity information, door prizes, giveaways and concessions are also offered on site.

- **Flu shots** - are available by appointment, call the Senior Adult Center to schedule at (937) 866-8999.

Kettering Medical Center offers the health screenings listed below. For information on fees or to schedule an appointment, contact the KMC Community Wellness Department at (937) 558-3988.

- **Balance and Fall Risk Screening**
- **Heart Screen Level 1** - Complete lipid profile (total cholesterol, HDL, LDL and Triglycerides) and a blood glucose level. A 12-hour fast is necessary, during which you may drink water only and take medications.
- **Heart Screen Level 2** - Carotid Intima Media Thickness (CIMT) can assess future risk of heart attack by measuring the layers of the carotid artery. Additional ultrasound tests detect plaque in carotid arteries (neck) and check for poor circulation in lower extremities.
- **Osteoporosis Screening** - done without radiation to detect bone loss.

## Mood & Food

**Tuesday, October 18, 7 p.m.**

Presented by a KMC Community Wellness registered dietitian, the topic explains how mood can influence what we choose to eat and how what we eat can affect our moods. Free and held at the Center, advance registration is required.

## Medicare 101

**Thursday, November 17, 10 a.m.**

Medicare is confusing and, with newly passed health care legislation, it will only get more complicated. This seminar covers all the basics of HMOs, Medicare A and B, prescription cards for Medicare Part D and more. Presented by Kettering Medical Center and McGohan Brabender, operator of Senior Solutions Medicare Resource Center. Free and held at the Center, advance registration is required.

## Away We Go Travel Preview

**Wednesday, October 12, 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 representative Joyce Wingham will present trip plans for 2012 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.

## 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.



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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

**Fall quarter registration opens on Monday, October 3 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.

Questions or comments, please call 937-866-8999.

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

**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**

In observance of the Holidays, the Center is closed on the following dates: Thursday, November 24; Friday, November 25; Friday December 23; and Monday, December 26.

**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.

**Yearend Schedule**

The Center traditionally closes at 5 p.m. on the last week of the year. Card groups are welcome to gather at 1 p.m. on Tuesday, December 27 and Thursday, December 29. Bingo players are welcome to gather at 1 p.m. on Wednesday, December 28. Friday Bridge will meet as usual at 1 p.m. on December 30. The Center is closed on Monday, December 26 and will remain open until 6 p.m. on Friday, December 30 for SAC's Café. Check the complete holiday closing schedule and winter weather plan on this page. Don't miss the fun, mark your calendars!



Answers on Aging  
 Senior Helpline 223-HELP (4357)  
[www.info4seniors.org](http://www.info4seniors.org)



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