

# THE SENIOR CONNECTION

Beavercreek Senior Center  
3868 Dayton Xenia Road  
Beavercreek, Ohio 45432  
Phone: (937) 426-6166  
Website [www.ci.beavercreek.oh.us](http://www.ci.beavercreek.oh.us)

Volume VI, Issue 7

AUGUST 2010

## CENTER HOURS:

Monday through Thursday  
9 am to 7 pm, Friday 9 am to 4p  
Saturday, 9 am 12 noon

### August - 3

Happy Hormone Clinic 5:30p

### August - 5

Health Check 11:45am

### August - 5,19

Care Coordinator 9 am  
Bingo 1 pm, Chair volleyball 2

### August - 6

Cards & Game Night 7 pm

### August - 9

Red Shirt Guys 9 am  
Red Hatters 12:30p

### August—10

Thriving With Diabetes

### August - 10, 24

Care Giver Group 9:30 am

### August - 12

Movie 1 pm

### August - 13

Family Quest 10 am

### August - 19

Hearing Checks 10:30 am

### August - 20

Corn Roast 12 noon

### August - 26

Book Club 1 pm



## ANNUAL CORN ROAST

I know you all will think it is **CORNY**, but August is here and we are fast approaching time for the annual corn roast. This year's event is scheduled for **Friday, August 20 at 12 noon**. There is no charge for members, **SHUCKS**, all we ask is that you bring a covered dish to share with others. We will provide the meat, corn, and drinks and of course our favorite **KERNNEL** Lee, and some of the Red Shirt Guys will do the grilling. Remember to dress the part of a good o'l boy (or girl) to fit the part and for possible prizes! Please sign up for this event before August 20th! Cost is only \$3 members. Non members must pay the appropriate daily fee as well as lunch cost. We don't mean to **STALK** you but this event is always a sellout so get signed up and pay today!



## LA COMEDIA - CINDERELLA

Join us on **Wednesday August 25<sup>th</sup>** for the enchantment of *Cinderella*, one of the most beloved fairy tales ever told returns to La Comedia's stage. Among the classics of musical theater, this cherished Rodgers and Hammerstein production was originally created for television and starred Julie Andrews. This glorious musical for children of all ages includes classic songs such as "In My Own Little Corner," "Ten Minutes Ago," and "Do I Love You Because You're Beautiful?" The hearts of children and adults alike will soar when the slipper fits! Please sign up at the front desk limited space available. Tickets are \$55.00 which includes charter bus, lunch and show. Bus will depart the Senior Center at 9:45am and return 3:30pm.

## REMEMBER ME

The Center has a sheet entitled Remember Me (kept on the front desk) with the name and address of those who are ill, had an operation, or lost a loved one etc. Its always so nice to receive a card or note from someone when we need it most. Feel free to pick up the list and let others know we are thinking of them.



August



## Recreation and Fitness



### EUCHRE

Euchre meets on **Fridays** from **1 to 3:30 pm**. Thanks to Patriot Ridge Community for providing treats!

### BID EUCHRE

**Tuesdays from 10 am to 12** in the game room.



### CARDS & GAMES NIGHT

**First Friday** of the month. Pizza at 6 pm (must be signed up and paid \$1.00 by 12 pm on Thursday before). Thanks Crestview Manor for providing the pizza!

### BRIDGE

Bridge **Wednesdays** from **12:30 to 3:30**.



### DOMINOS

Dominos **Wednesdays** from **2 to 4 pm**. New folks are always welcome!

### CORN HOLE

**Wednesdays** from **1 to 3 pm**.

### TABLE TENNIS

Table tennis (ping pong) meets on **Tuesdays** from **1:30 to 3:30 pm**.



### WII BOWLING

Video bowling. **Tuesday mornings** from **10 am to 11:45**.

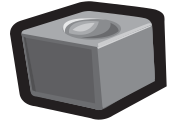


### LINE DANCING

Join Patti Burger **every Monday** for line dancing class with beginners at 1:30, advanced at 2:30 pm. No sign-up required, just drop in and dance with us!

### CENTER POOL PROGRAM PLAYS 8 & 9 BALL

The Center offers a pool program on **Tuesdays @ 1 pm** and **Thursdays @ 10 am**. The program is free to members and regular participants are eligible for special tournaments held for those in the community such as students from the high school organizations, local celebrities and more. You can **chalk** it up as a good time whenever you join this very fun active group!



### BIG BOY/GIRL TOURNAMENT

This group meets every **Wednesday at 9:15 am** to play an eight ball tournament. Just show up & sign up! There are always snacks and coffee thanks to the players and the kitchen ladies!

### MAH JONGG

Mah jongg is a game for four players that originated in China. Mah Jongg involves skill, strategy, and calculation, as well as a certain degree of luck. **Wednesdays** from **9:30am to 12 noon**.



### FITNESS WITH BRIAN

**Mondays, Wednesdays, Fridays**  
11:30 am—12 noon  
All other classes will be shown on video.



### AEROBIC WORKOUT

**Mondays, Wednesdays, Fridays**  
9 am Cardio and Strength

### EXERCISE FOR ACTIVE SENIORS

Strength Training  
**Mondays, Wednesdays, Fridays**  
10 am to 11

### BINGO

Bingo is the **1st and 3rd Thursdays** of each month from 1 to 2 pm sponsored by Sterling House of Beaver Creek and Patriot Ridge! Please sign up for lunch (24 hours in advance) and then stay for the fun.



## Special Events & Programs



### BEAVERCREEK SENIOR CENTER RED HATTERS

Some 25 Red Hat Ladies enjoyed the July luncheon after a nice drive to LaPiazza in Troy. On **August 9, at 11:00 AM**, we will be celebrating our 5th Anniversary with a Pajama Brunch. There will be door prizes, lots of surprises and of course, lots of fun. C.J. Banks will be putting on a style show for us. If you like, wear your purple pj's and red night cap. If you didn't sign up and pay the \$10.00 at July luncheon please do so at Center Front Desk before the Monday, August 2nd deadline. Be sure and note the new time! And if you want to join the group or have any last minute additions or cancellations please phone the Chapter Queen, Mary Hamer, at 239-3974.



### RED SHIRT GUYS

The Red Shirt Guys are members of the Beavercreek Senior Center and get together for breakfast on the 2nd Monday of each month at **9am**. Next meeting of the minds is **Monday August 9th** at Starlite Café. Wear your red shirt and join us! For more info call Ron DeRamus at 429-2351.

### ART CLASS

Instructor Ron Lee is a very talented artist. His art class is for both novice and experienced seniors. You will be encouraged to practice the principles of fine art, art techniques, terms, materials, various mediums and their use. Classes are geared toward each individual's skill level, interests, and goals. Class is free for members only! Bring your own materials; classes are **Tuesdays at 10am-12**. Ron can **draw** upon your inner talents and won't **paint** you in a corner!



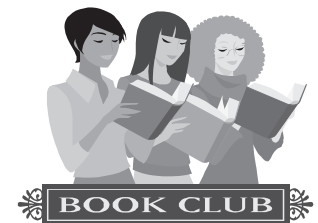
### BREAKFAST & YARD SALE

The Center will be hosting a Breakfast on **Friday September 17th from 9 to 11am** as part of a 2 day yard sale with all benefits going to the Alzheimer's Association as part of our team donations for the Walk in October. You are welcome to bring anything (no clothes please) you would like to donate for the sale. However **ALL DONATIONS MUST BE APPROVED BY THE COMMITTEE AND DROP OFF IS THURSDAY September 13 between 9 & 3 pm ONLY!** The sale will be both Friday from 9 am to 4 pm and Saturday from 9am to 12 noon! Don't miss your chance at some real treasures!!



### News & Notes LUNCH PROGRAM

The Older Americans Act supports the lunch program served at the Center on Tuesday and Thursdays at 12 noon. You must sign up by 11 am the day before by calling the Center for a reservation at 426-6166. There is a suggested (not required) donation of \$2.



### BOOK CLUB

The club meets on the **4th Thursday of the month at 1 pm** at the Center. August book is *Homer & Langley*, author E. L. Doctorow, September *One Thousand White Women* by Jim Fergus, October *Half Broke Horses*, by Jeannette Walls. Please feel free to join the group at anytime. Any questions or for more information please contact Marilyn Pfautz at 429-9139.



## BOOK NOOK



THE HELP - by Kathryn Stockett - a book about three women - 23 year old Skeeter has just graduated from Ole Miss and her mother will not be happy until Skeeter has a ring on her finger. Abileen is a black maid, a wise, regal woman raising her seventeenth white child. She is devoted to the little girl she looks after, though she knows both their hearts may be broken. Minny, Abileen's best friend, is short, fat and the sassiest woman in Mississippi. She can cook like nobody's business, but she can't mind her tongue, so she's lost another job. A deeply moving novel filled with poignancy, humor and hope. THE HELP is a timeless and universal story about the lines we abide by and the ones we don't. Remember, initial, date and return for others to enjoy.

## TRAVEL with JO & DEB



Notice the different heading? My responsibilities are becoming less and less so Deb will be gradually taking over and Jo will be gone. Since the final four of my reign are coming up Deb will need space to tell you all she is planning. She has some very good ideas and most of them different from any I have done. The end of this month will see many of us heading to the Outer Banks. September 29 we have a trip to Beef & Boards in Indianapolis to see Camelot. We have 3rd row center seats and as I recall the food is good. Get your name on! The Mystery October 18 is still a Mystery and EnterTRAINment is December 8. Brochures available at the Center. SYOTC?? And now, here is Deb.

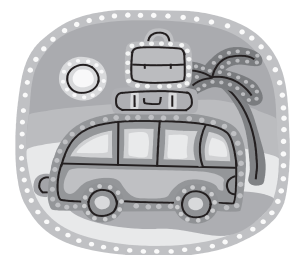
Imagine a fun day at the gambling boat or a stroll down the National Mall in Washington, D. C. Join me next year as I take the reins from Jo. I can't promise to have 16 years or great weather, but I will do my best.

Please look me up at the Senior Center on most Mondays. I drive the van for our Transportation Department. Let me know where you have always wanted to go and see if we can plan to cross some destinations off your bucket list.

I look forward to my new role and with Jo's assistance we should make 2011 an exciting year for senior travel. **Deb**

From Lee

**WE THANK JO SO MUCH FOR HER DEDICATED SERVICE FOR TRIPS AND TRAVEL FOR ALL OF US FOR 16 YEARS!!! SHE WAS AMAZING AND MADE ALL OUR TRIPS BETTER HAVING HER AS OUR LEADER!!**



## STAFF NOTES AND MORE

### Lee's Notes To Folks,

We had a very busy, hot July. I want to thank all those folks that felt the need to knock me in the water from the dunk tank at the GCCOA picnic. I appreciate you worrying about me and helping me cool off! Also thanks to all those that purchased bake good at the auction from our less than official auctioneer. Also thanks to those that came to the spaghetti dinner. We had a great time and the entertainment was just that, entertaining! Lots coming up this month including corn roast and a trip to La Comedia! Sign up soon for both these programs as these tickets go fast!

**Til next time...**

### BEAVERCREEK STRUMMERS

The Beaver Creek Strummers, the Center's performance band, have given several performances in many of the area nursing homes, assisted livings, senior church groups as well as bigger outdoor venues like Lofino Park, Greene County Fair and much more. If you are interested in a performance contact us at 426-6166. Any member (non member pay daily fee) is welcome to bring their instruments and play with them at practice on Mondays at 1pm at C.I. Beaver Hall, (the old Senior Center).

### THRIVING WITH DIABETES

These meetings are held at 3pm the second Tuesday of each month at the Center. Next meeting will be **Tuesday, August 10th at 3 pm** at the Beaver Creek Senior Center, 3868 Dayton-Xenia Road in Beaver Creek. The group has a special guest speaker each month to discuss a variety of topics, questions, and concerns as they relate to diabetes. This month, **Theresa Ryan from Dayton & Montgomery County Public Health Services, "How stress Affects Diabetes"**. These meetings are free to all members of any Senior Center in Greene County, Ohio and \$5 for non-members. Comments and suggestions for future presentations are welcome. For more information please contact Judy Ireton at 431-1823.



### UPCOMING EVENTS

September - 2 Health Check  
 September - 2, 16 Care Coordinator, Bingo, Chair Volleyball  
 September - 3 Cards & Game Night  
 September - 6 **CENTER CLOSED**  
 September - 9 Movie, NARFE Meeting  
 September - 10 Family Quest  
 September - 14 Thriving With Diabetes  
 September - 14, 28 Care Giver Group  
 September - 16 Hearing Checks  
 September - 17 Warm Up America  
 September - 23 Book Club  
 September - 29 Beef & Boards Trip  
 September - 30 Ball Exercise Class



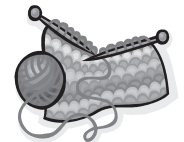
### SENIOR STAMP CLUB

The rejuvenated stamp club meets on the 1<sup>st</sup> Wednesday of the month. All interested persons are welcome, so please attend. Next meeting **July 2nd at 1 pm.**



### KNITTING CLASS - KNIT WITS

The Center is offering a beginners knitting class, **Thursdays from 2 to 3:30 pm.** You will need 1 pair of #7 knitting needles and 1-sugar'n cream skein (ball) of yarn. This is a drop-in class and new folks are welcome! This class is free and for members only. Great instructor (volunteer) provided!



## INFORMATION

### FROM YOUR COUNCIL ON AGING! **FROM THE COUNCIL**

We were again honored to be invited to participate in the Fourth of July parade with the Center. It was 'a bit' on the warm side, but a great deal of fun. It was wonderful to see so many smiling faces and furiously waving arms as the Center van drove by. We even had a chance to see the floats, vehicles and walkers that came behind us as we enjoyed our ice cream and cold water under the shade tree at the Brethren Church Ice Cream Social. We tried our best to behave and hope to be included in 2011.

And thank you to the Center staff and members who supported the Council's Old Fashioned Picnic. It was a great success and the heat, humidity and a few refreshing showers from the sky didn't detract from the day. It was wonderful to have the Center van full of spirited senior, including driver Don Rose, pull up the lane. The food was plentiful and tasty, the raffle items and candy counting jar were popular, and the baked goods auction was both entertaining and profitable – thanks to Auctioneer Extraordinaire Lee Duteil. The addition of a dunking booth was extremely popular. Who would have guessed that so many people of all ages would enjoy dunking both Krissi and Lee into the tank?!

#### **DID YOU KNOW?**

Did you know that the Council's Directory of Services and Support is available at the Center? Have you picked up your copy and/or one for an adult child to have on hand? Of course you can always ask your questions at the Center or call the Council, but it is also nice to have your very own! The Directory is also on the Council's website ( [www.gcco.org](http://www.gcco.org) ) and is updated as changes are brought to our attention.

And for those of you on the Internet, if you or your family members happen to be Facebook followers, the Council is also on Facebook. Just search for "Greene County Council on Aging" or go to the link on our website. We would be delighted to have you as a Facebook friend.

#### **AT THE CENTER:**

Karen Burkhardt will be available at the Center on August 5<sup>th</sup> and 19<sup>th</sup> from 9:00am to 12:00noon. Appointments, walk-ins and visitors are all welcome. She will be happy to talk with you about any questions or concerns you have regarding health insurance, prescription drug plans – including the donut hole and the 2010 rebate checks, or other consumer issue. Karen can be contacted via e-mail ([karen.b@gcco.org](mailto:karen.b@gcco.org)) or at the Council (376-5486, extension 121).

#### **FOR CAREGIVERS:**

The Caregiver Support Group will meet at the Center on Tuesday August 10<sup>th</sup> and 24<sup>th</sup> at 9:30am and the monthly meeting at Byron Church on Trebein is August 3<sup>rd</sup> at 10:30am. We hope that you will consider prioritizing one or both of these groups into your already busy schedules. Taking some time for yourself and learning from other caregivers benefits both your loved one as well as yourself!

The Fall Caregiver Tune-Up is set for Thursday, September 30<sup>th</sup> from 4:30pm to 8pm. The theme is "Broadway Dinner and A Show" and it will be held at the Beavercreek Senior Center. It will be a great "night on the town" for caregivers rarely if ever having such a treat. Brochures will be sent to those caregivers known to the Council and we invite others to contact the Council to request more information. For additional information on the caregiver groups, the Tune-Up or other support for caregivers, please contact the Council at 376-5486 or [pam.d@gcco.org](mailto:pam.d@gcco.org) .

## MORE PROGRAMS

### TRANSPORTATION



### WE NEED SOME NEW VOLUNTEER DRIVERS!

The Centers drivers are all volunteers and with a busy schedule of riders and busy schedule for drivers we could use some more volunteers! Our transportation program provides trips to dialysis, doctors, groceries, hairdressers, the Center and more. Our vans are smaller 10 passenger vans that do not require a CDL license to operate. We provide the training needed for new drivers and an escort to help with the pick ups. Shifts are generally 9 am to 12 and 12 to 4 pm, Monday through Friday. If you have an interest in joining us please stop by or call the center at 426-6166.

### WELLNESS CHECKS



Crestview Manor is here the **1st Thursday** of the month **11:45 to 12:45** to provide health checks, blood pressure, glucose, etc. The friendly nurses often bring little presents for those that get checked out each month.. The ladies will also keep a log of each visit to see how folks are maintaining their health. Thanks Crestview! **NOW HEAR THIS!** Kelly from Miracle Ear is back with us (yea) on the **3rd Thursday** of the month at **10:30am!** Kelly can check your hearing aids, batteries etc.



### MOVIE OLD DOGS

Charlie and Dan have been best friends and business partners for thirty years; their Manhattan public relations firm is on the verge of a huge business deal with a Japanese company. With two weeks to sew up the contract, Dan gets a surprise: a woman he married on a drunken impulse nearly nine years before (annulled the next day) shows up to tell him he's the father of her twins, now seven, and she'll be in jail for 14 days for a political protest. Dan volunteers to keep the tykes, although he's up tight and clueless. With Charlie's help is there any way they can be dad and uncle, meet the kids' expectations, and still land the account?

### FAMILY QUEST

Beavercreek Senior Center members may join our genealogy group. Genealogy research is a gift from you to your grand and great grandchildren. Many regret not talking to Mom or Dad while they were still living to hear the many stories. The group **meets 2nd Friday of the month at 10 am.**

### CHAIR VOLLEYBALL

One of the new and more exciting games in many senior centers is chair volleyball. Teams have 6 players per side just like regular volleyball only they are stationed in chairs with a 4 foot net and the ball is a beach ball! Before you judge from hearing about the game come watch it played and/or join in the fun! We have a regular group that just has a **ball,** (pun intended). Join us on the **1st and 3rd Thursdays of the month at 2 pm** for all the fun!





BEAVERCREEK  
SENIOR  
CENTER

Mailing Address: 1368 Research Park Dr.  
Beavercreek, Ohio 45432

Location Address: 3868 Dayton Xenia Rd.

\*\*\*If you are interested in receiving this  
newsletter, please contact the Center.

PRSR STD  
US POSTAGE  
PAID  
DAYTON, OHIO  
PERMIT NO 728

# The Senior Connection

## ANOTHER TIMELESS CLASSIC FROM A PAST MEMO FROM MOLLIE

Welcome to the 'dog days'. It seems to me that we covered that saying once before, so we shall just let that die. I am much more involved in August as a wonderful time for frolicking as in a vacation; or as a time to sit on the porch, or the patio, and catch up on some books I've been meaning to read and just haven't gotten around to.

Now let us get back to the 'frolicking' vacations! Just what do you consider a 'frolicking' vacation? It is time spent in the August sun, sitting by the sea on the sand? (All right don't forget the suntan lotion.) Would you enjoy hiking in the cool mountainous shade of the trails of one of the U.S. national parks? (Watch out for the bears.)

Or do you often dream of the vacation you never got to take? The one that you were going to go on 'someday!' How many times have you planned that trip in your reveries? And now, somehow, it has become an impossible dream. If you are certain you cannot follow that dream, then perhaps it is time to visit the library. Find as many books as you can about the place of your dreams, sit on your porch or patio and let the pictures and the words fill you mind and your heart! Whatever you do in August, do it with love!