

# THE SENIOR CONNECTION

Beavercreek Senior Center  
3868 Dayton Xenia Road  
Beavercreek, Ohio 45432  
Phone: (937) 426-6166

Volume VI, Issue 7

February 2010

## CENTER HOURS:

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

## February - 4,18

Care Coordinator 9 am  
Bingo 1pm  
Chair Volleyball 2pm

## February - 4

Eye Screening 10 am 12  
Health Check 11:45am

## February - 5

Cards & Game Night 7pm

## February - 8

Red Shirt Guys 9am  
Red Hatters 12 noon

## February - 9,23

Care Giver Group 9:30am

## February - 9

Thriving With Diabetes 3pm

## February - 11

Valentine Lunch 12 noon  
Movie 1pm  
NARFE MTG. 1:30pm

## February - 12

Family Quest 10am

## February - 15 Presidents Day CENTER CLOSED

## February - 19

Warm Up America 1pm

## February - 25

Book Club 1pm

## TAX PREPERATION BEGINS WEDNESDAY FEBRUARY 3RD

The Center will offer free tax preparations on Wednesdays, Thursdays, and Fridays with schedule times of 9 am, 10am, 11am, and 12 noon. Saturday times are 9 am, 10am, and 11am. Special thanks to the volunteers from the VITA program. Taxes are prepared **BY APPOINTMENT ONLY!** To schedule a time call the Center at 426-6166. **Bring your 2008 return.**



## VALENTINE DANCE/ MARDI GRAS PARTY

The Center will be combining two parties into one to celebrate the February holidays,

Valentines Day and Fat Tuesday, (the beginning of Mardi Gras). The holiday of love and the love of a holiday seem to go together and offer something for everyone! Not only will we enjoy your favorite dance tunes but also the fun, lively music of New Orleans! The **Dance Party** will be on **Friday February 12<sup>th</sup>** from **1 to 4 pm** and is sponsored by our friends at Trinity Community, Patriot Ridge, Widows home of Dayton, and Brookhaven. As you know they always provide us with great food and will add a touch of Cajun along with such favorites as sweetish meat balls, sandwiches, veggie trays, cheese balls and a chocolate fountain, & cake! Door prizes too! Tickets are on sale now at \$5 for Center members \$10 for non members. Remember you don't have to dance to enjoy all the music, food, and friends! Who knows you may find yourself enjoying a dance if you choose, with attendees, Lee or Krissi, or sponsors like Alisha, Margery, or Chrystal! That is worth the price of admission!



## EYE SCREENING

The Center will be holding a free eye screening **on Thursday, February 4, 2010**. Screenings will take place between 10:00 a.m. and 12:00 p.m., and then resume again in the afternoon at 2:00 p.m. if participant demand is dictated. Each participant will be seen for approximately 15 to 20 minutes and will have access to a vision acuity test, eye pressure screening, and a limited examination by Dr. Mehan, a local ophthalmologist.





## 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 pay \$1.00 by 12 pm on Thursday before). Thanks to 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

The Center offers a pool program on **Tuesdays @ 1 pm and Thursdays @ 10 am**. The program is free for members and those that play regularly in the program (minimum 4 times per month) are eligible to play in tournaments during the scheduled times as well as special events outside of regular times. The group plays **8 and 9 ball** games 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**.



### YOGA CLASS

Come join the fun, fitness, and relaxation of yoga. Bring a mat, \$5 for members, and \$7 for non-members. Class is ongoing so you may join at any time. Class meets **Thursdays from 9:15 am to 10:30 am**.



### 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 Beavercreek 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

The big January snow and cold didn't stop 33 of our Red Hat ladies from attending a very nice luncheon at the Longhorn Restaurant. We hope the weather will be better for our **Monday, February 8th**, outing at Cadillac Jack's at 2760 Towne Drive for a 12:30 PM lunch. If you didn't attend the January lunch you're probably not signed up so before you forget, call the center front desk at 426-6166 and have them add your name to the reservation list and don't forget to tell them if you need a ride from the center, leaving at noon. If you have any more questions or want to be a Center Red Hatter call 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 February 8th** at Bob Evans Restaurant, 3409 See Jay Dr., near Lofino's Foods. 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!



### EXERCISE BALL CLASS

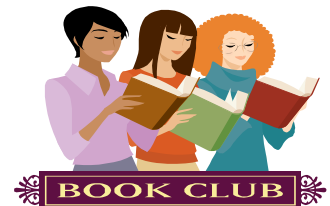
The Center offers exercise ball class on the 4<sup>th</sup> Thursday of the month. Next class is **January 28<sup>th</sup> 1:00pm-2:00pm**. You must bring own ball. Please sign up at the front desk Limited space available! We have a live instructor for the class and the benefits of ball class are many.



### 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. The book for February is *Outliers* author Malcolm Gladwell. New folks are always welcome so feel free to stop in on February 25<sup>th</sup> at 1 pm.





## BOOK NOOK



THE ANGELS OF MORGAN HILL - Donna VanLiere Jane Gable thinks 1947 will be like every other year in Morgan Hill, Tennessee, but it turns out to be the year everything changes. Jan first lays eyes on young Milo Turner, the day that her abusive, alcoholic father is buried in the Morgan Hill cemetery.. The Turners are the first black family ever to move into the area ,and while their presence challenges the tight-knit community, Jane and her brother, John, have found new friends Then tragedy strikes the Turner household and the Gable family is asked to make a decision that might open us a whole new world and bring them closer than ever. Or it might bring them nothing but trouble and heartache. On their journey Jane discovers that angels are all around us, every day, in the most extraordinary - and ordinary-ways. Remember, initial and return for others to enjoy

## TRAVEL with JO



Do you know: Peanuts are one of the ingredients of dynamite? Also, do you know Bamboo is grown in Ohio? Actually I thought Bamboo had something to do with Pandas but it seems it's good for much more than cute furry animals. Come along on our trip April 13 and find out what more can be done with bamboo. Also, and this is all in our own back yard, you can wander the streets of Waynesville. I must admit as close as it is I've never seen "downtown". Lunch at the Hammel House. Is it haunted? Should we think again about that? It is well over 150 years old and probably hosts a lot of secrets. Oh well, just so the food is good!! Included in this trip is "Grandma's Garden", just in time to get suggestions for spring planting. I can't wait to get my hands in dirt and start all the beautiful flowers of spring and summer. We might see some things to enhance our homes and yards. Any wine connoisseurs among us? At Valley Vineyards you'll get a chance to try out some of theirs, or if you don't do wine, grape juice will work.

Wine was produced here even before the Civil War. Ohio is really an amazing state and this day will give you a chance to understand even more of it, and as I said, "In our own backyard".

This is just the beginning of our travel for 2010. May 20, a Dinner Cruise on the B&B Riverboat down on the O-hi-O. I've never been disappointed with one of those. Bring along a 'boyfriend' or a 'girlfriend'. If you can't find one of those, a husband or wife would do. Or, just a friend. It will be a very nice evening with a coach load of friends. June we get into our annual ball game but more of that later. I just heard the Red's signed a kid from Cuba(?) that has never even seen a major league game. How can that be?

Brochures available at the Center. Hope to see you OTC



## STAFF NOTES AND MORE

### Lee's Notes To Folks,

We have gotten one cold month behind us and are now in the shortest month of the year so that has to mean spring is coming soon! My Bengals had a good season but seemed to run out of gas, but our Buckeyes are Rose Bowl Champs! My Reds signed a 22 year old pitcher from Cuba that has been clocked throwing 102 mph, so that could prove to be big as the Reds try to get back to winning more games! I hope you can join us for our dance this month as we attempt to warm up our bodies and hearts! We have a busy March coming up for you including our Saint Patrick's Day Party.

**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.



### THRIVING WITH DIABETES

These meetings are held at 3pm the second Tuesday of each month at the Center. Next meeting will be **Tuesday, February 9th at 3 pm** at the Beaver Creek Senior Center, 3868 Dayton-Xenia Road in Beaver Creek. Guest speaker will be the Bull Family Diabetes Center, "Your Professional Source for Diabetes Care and Support" Come learn all of the services this group has to offer to educate you on your diabetes needs and care.

These meetings are free to all members of any Senior Center in Greene County, Ohio. The fee for non-members \$5.00. Comments and suggestions for future presentations are welcome. For more information please contact the Center at 426-6166.



### UPCOMING EVENTS

- March - 3 Stamp Club
- March - 4, 18 Care Coordinator, Bingo, Chair Volleyball
- March - 5 Cards & Game Night
- March - 4 Health Check
- March - 8 Red Shirts, Red Hatters
- March - 11 Movie
- March - 9 Thriving With Diabetes
- March - 9, 23 Care Giver
- March - 16 Saint Patrick's Day Party
- March - 18 Hearing Checks
- March - 19 Warm Up America
- March - 25 Book Club



### SENIOR STAMP CLUB

The rejuvenated stamp club will meet on **February 3rd** and the very 1<sup>st</sup> Wednesday of the month thereafter. All interested persons are welcome, so please attend.



### 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!

### **CARE COORDINATION AND SUPPORT**

Many of us are looking forward to spring, but winter will be with us for a while longer and being cautious about our time out in the cold, snow and ice as well as planning for time held up at home is a priority. If the weather is questionable and your outing is not critical, please stay home. If you have offers for transportation, picking up groceries/errand running, and visitors to you – say yes. If you are running low on necessary items, stock up for a few weeks out. If being away from the action is a worry, plan for more phone calls, e-mailing and the always meaningful handwritten notes. And of course take advantage of the many opportunities at the Center – it is warm, safe, fun and transportation is available!

As we plan ahead to later in the month and beyond, here are some things to consider:

***It's My Money, My Stuff and My Life!* ~ February 24, March 3, 10, 17 & 24 ~ 6:30pm – 9:00pm**  
OSU Extension, 100 Fairground Road, Xenia Cost - \$35 per household/The program will cover Estate and other Tax Consequences; Assets, Wills and Advanced Directives; Trusts and Insurance; Probate and Personal Belongings; and Long Term Care Issues and is a wonderful program no matter your age or financial situation.

***Tenth Annual Senior Artisan Show ~ Sundays, March 7, 14 and 21 from 1pm to 3:30pm and Wednesday, March 24 from 11am to 2pm*** Fairborn Art Association Gallery, 221 North Central Avenue, Fairborn/Entries include framed oil, acrylic and watercolor paintings, sculpture, woodcarving and jewelry. We are fortunate to have a number of Beaver Creek seniors who share their creations, but we welcome contact from other 60+ artisans who might be interested in submitting a piece or two this year. **We invite and encouraged everyone to visit this very special show.**

***Normal Aging vs. Dementia ~ Wednesday, April 14<sup>th</sup> from 7pm to 9pm***

Greene County Council on Aging Office, 140-A Rogers Street, Xenia

This session is designed to help us better understand the difference between normal memory lapses and other changes we might expect as we get older and dementia, whether it be Alzheimer's disease, vascular dementia or other disease process. Coping strategies for changes associated with "normal aging" and next steps when a disease process may be the root of symptoms will be discussed.

***Diabetes & Wellness Fair ~ Friday, April 23<sup>rd</sup> from 9am to 3pm,*** Greene County Fairgrounds

This is a free event open to individuals of all ages. A number of screenings will be offered and information on many topics will be available at booths from local organizations and businesses. This event is sponsored by IHS Pharmacy and Wellness Center, Greene Memorial Hospital and the Greene County Council on Aging.

**For more information or to request brochures/flyers for any of the above programs, please contact the Council at 937-376-5486, 1-888-795-8600 or [carol@gcco.org](mailto:carol@gcco.org).**

#### ***Care Coordinator Update:***

At the writing of this page, the final interviews are taking place for the Beaver Creek Care Coordinator position. If all goes well, the individual who will have the honor of working with the seniors of Beaver Creek, including spending regular time at the Center will be on board this month. In the meantime, please don't hesitate to contact the Council if you have an issue or challenge we can assist you with (376-5486 or 1-888-795-8600).



## TRANSPORTATION

Our transportation program provides trips to dialysis, doctors, groceries, hairdressers, the Center and more. Transportation is provided in Beavercreek and Beavercreek Township and requires a 48 hour notice. Medical requests take top priority when scheduling riders for each day. We also go to Miami Valley Hospital and the Base Hospital for these medical services only. Punch cards are available for riders in various denominations to cover the \$2 per trip, (\$4 round trip). **Remember we do NOT go by the school closings for the Center or transportation program. We will make final decision by 8 am that day and will put on local channel 7 if we are closed. If you are signed up for a ride that day we will make every effort to call you to let you know if we are operating. When in doubt you may call the center at 426-6166 after 8:30am.**



## WELLNESS & HEARING CHECKS



Crestview Manor is here the **1st Thursday** of the month **11:45 to 12:45** to provide health checks, blood pressure, glucose, etc. Sears Hearing Aid Center/Miracle Ear will be **hear the 3rd Thursday, from 10:30 am to 11:30 pm**. It is important to have your hearing aids serviced regularly. Bring your current hearing aid, no matter what make or model, and we will check performance & function.



## MOVIE - UP



Carl Fredrickson, a 78-year-old curmudgeonly balloon salesman, is not your average hero. When he ties thousands of balloons to his house and flies away to the wilds of South America, he finally fulfills his life long dream of adventure but after discovering an 8-year-old stowaway named Russell, this unlikely duo soon find themselves on a hilarious journey in a lost world filled with danger and surprises.



## 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**. Our very own PAT LUNDY Why and how I got started in genealogy – why did you?(SNOW NOT ALLOWED!)

## Beavercreek Women's League Welcomes Hope Taft

Beavercreek Women's League presents former Ohio First Lady Hope Taft's presentation of the Ohio Governor's Mansion Gardens, Nature of Invention, at their **Wednesday, February 3, 2010, 10am** meeting at Hawker United Church of Christ, 1617 Longview Drive, Beavercreek, north of the Senior and Cultural Enrichment Center. Hope Taft as First Lady of Ohio, 1999-2007 focused on promoting positive youth development, alcohol and other drug prevention and community volunteerism.



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.

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# The Senior Connection

ANOTHER TIMELESS CLASSIC  
FROM A PAST MEMO FROM MOLLIE  
BY MYRA TURNER

Happy Valentine's Day! Happy Love Month! Happy Heart Month!  
Hail to February!

This is the month decreed (by whom, I am not sure) to be the month of love; to be the month dedicated to sweethearts; to be the month in which we all are to exude LOVE. To be sure it is the shortest of the months. Perhaps the decrier thought none could survive a regular month of 30 or 31 days of such self less ness of REAL LOVE!!

Which brings us to the question what is real love, and how best to express it? Is real love found in newly weds? Or in their grandparents who may have spent 60 or more years together? Is it parents for their children? Is it grandparents fro the newest baby in the family? Is it to be found in life long friendships? Is real love to be found in our FAITH, what-ever it may be?

I believe that real love is an interweaving of all these different loves plus the openness of a truly happy heart. What is a 'happy heart'? One for which time and distance have no meaning for the happy heart as winnowed out the chaff of unhappiness and ties up the sheaves of meaningfulness. The 'happy heart' shines through the smiles and hugs we bestow on all we meet.

There is nothing more important in life than to love! So hail to February and its reminder to all of us TO LOVE!!