

# 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

FEBRUARY 2012

## CENTER HOURS:

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

Tax Preparations: 9 am 12 p

Wednesdays, Thursdays &  
Fridays

Must call for appointment

February - 2,16

Care Coordinator 9 am

Wellness Checks 11:45 am

Bingo 1pm

Chair Volleyball 2 pm

February - 3

Cards & Game Night 7 pm

February - 9

NARFE Meeting 1:30 pm

February - 10

Family Quest 10 am

February - 13

Red Shirt Guys 9 am

Red Hat Ladies 12 pm

February - 14, 28

Care Giver Group 9:30 am

February - 17

Warm Up America 1 pm

February - 20

PRESIDENTS DAY CENTER  
CLOSED

February - 23

Book Club 1 pm

**ZUMBA CLASSES FOR SENIORS - FREE DEMOS ON 3 CLASSES  
THURSDAY FEBRUARY 9TH 1PM Instructor: Shawnah Tibbs**



## Zumba® Gold

Zumba® Gold takes the Zumba® formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba® Fitness-Party is known for. The zesty Latin music, like salsa, merengue, cumbia and reggaeton and the exhilarating, easy-to-follow moves. Zumba® Gold is the perfect fit for people of any age to follow. It's a dance-fitness class that feels friendly, and most of all, fun.

## Zumba® Gold Chair Class

Class is specifically designed for participants that have physical limitations. Invigorating Latin-inspired music is combined with effective and easy-to-follow moves. It's a great dance-fitness workout for the mind, body and soul.

## Zumba® Gold Toning

The Zumba® Gold-Toning program offers the best of both worlds — the exhilarating experience of a Zumba® Fitness-Party with the benefits of safe-and-effective strength training. It's an easy-to-follow, health-boosting dance-fitness program for baby boomers as well as beginners. Through dynamic lightweight resistance training and exciting international rhythms, Zumba® Gold-Toning classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination.

## **VALENTINE PARTY & DANCE**

Our Annual Valentine Party and Dance will be held **Tuesday, February 14th from 2 to 4 pm.** Patriot Ridge & Trinity Community are the sponsors which means great snacks, music and dancing. Remember this is a party and dance so if you don't dance you may still come and enjoy the party. Tickets are \$5 in advance of Friday, February 10th for members, \$7 at the door. Non members may attend the dance for \$10 per person.





## Recreation and Fitness



### EUCHRE

Euchre meets on **Fridays** from **1 to 3:00 pm**. Thanks to Patriot Ridge Community for providing treats!

### BID EUCHRE

**Tuesdays from 9 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**.



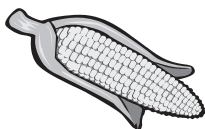
### DOMINOS

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

### CORN HOLE

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

Game is played with bean bags you toss into a hole on the board



### WII BOWLING

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



### LINE DANCING



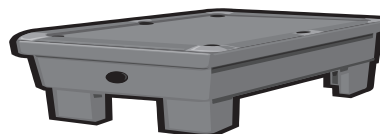
Join Patti Burger **every Monday** for line dancing class with beginners at 1:30, advanced at 2:30 pm. No sign-up required, just drop in and dance with us!

### 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 12:15 pm**.



### 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

Our last luncheon at Mimi's was enjoyed by 30 Center Red Hatters. On **Monday, February 13th at 12:15 PM** we'll go to the "OSAKA" Japanese Restaurant for a very interesting lunch that they prepare on the teppan right in front of us. The OSAKA is next to the Golden Corral. If you weren't at the January lunch you're probably not signed up so be sure and call the Center front desk before the Wednesday, **February 8 deadline**. For any last minute additions or corrections contact the Chapter Queen, Mary Hamer, at 239-3974. If there are any Center Member ladies who would like to join our fun group please call her.

## RED SHIRT GUYS

The Red Shirt Guys will meet for a delicious breakfast and good conversation at the Starlite Restaurant, 4090 Wilmington Pike (across from Meijer's) on Monday **February 13th at 9:00 a.m.** This breakfast meeting is held on the second Monday of each month and is open to all men who are members of the Beaver Creek Senior Center. You may join the fellows anytime as a new member. For more information or to join the group please contact 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.**



## TAX PREPARATION PROGRAM

The volunteers from VISTA will be at the Center beginning **February 1st through April 15th** to do free tax preparations. **You must call the Center to schedule an appointment at**

**426-6166.** Please remember to bring your 2010 tax return. Appointments are Wednesdays, Thursdays & Fridays and times are 9 am, 10 am, 11 am and 12 pm. Please be on time for your appointment as these volunteers get busy and spaces fill up fast!



## 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 donation of \$2 but not required.



## BOOK CLUB

The club meets on the **4th Thursday of the month at 1 pm** at the Center. Please feel free to join the group.

For more information please contact Marilyn Pfautz at 429-9139. February book— Cutting for Stone by Abraham Verghese.





## BOOK NOOK



DEATH COMES TO PEMBERLEY – by P. D. JAMES - IT is 1803, six years since Elizabeth and Darcy embarked on their life together at Pemberley, Darcy's estate. Their peaceful, orderly world seems almost unassailable. Elizabeth has found her footing as the chatelaine of the great house. They have two fine sons, Fitzwilliam and Charles. Elizabeth's sister Jane and her husband, Bingley, live nearby. Her father visits often and there is optimism about the prospects of marriage for Darcy's sister, Georgiana. Preparations are underway for the much anticipated autumn ball. Then on the eve of the ball a coach careens up the drive carrying Lydia, Elizabeth's disgraced sister, who with her husband, the very dubious Wickham, has been banned from Pemberley. She stumbles out of the carriage, hysterical, shrieking that Wickham has been murdered. Pemberley is plunged into a frightening mystery. Remember, please read, initial and return for others to enjoy.



### TRAVEL with DEB

“Pretend that every single person you meet has a sign around his or her neck that says, “Make me feel important!”” Mary Kay Ash, the founder of Mary Kay cosmetics said that. What a great attitude to start the New Year and an intelligent way to make new friends and influence people. The Beavercreek Senior Center travelers are very important! Our schedule for 2012 includes sites that have been requested by your fellow travelers. The schedule is as follows:

**April 17:** Hollywood Casino

**May 8:** Amish Family Luncheon and touring in Holmes County

**June 5:** Cincinnati Reds game against Pittsburgh and Ribs on the River

**July 11:** World Singing Games in Cincinnati

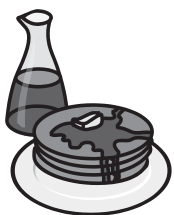
**August 14:** Mystery Tour

**September 6:** Buckeye Lake

**October 9-14:** Branson, Mo. (two shows a day, might include The Osmond's, George Jones, Oak Ridge Boys)

**November 10:** Legends of Hollywood Show at Bearcreek

Flyers should be available near the front desk of the Senior Center by the time you receive this newsletter. Any questions leave a message for me at the front desk.



### DAY OF CARING—PANCAKE BREAKFAST

A Day of Caring is a locally managed & operated nonprofit charity whose mission it is to increase the awareness of the challenges of hunger & homelessness. For 20 years 10,000 volunteers have come together the last Sunday in February to lend their support at the Signature “Pancake Brunches”. The group has given back over \$500,000 to our local communities having supported organizations such as The Foodbank, Habitat for Humanity, St Vincent DePaul, and F.I.S.H. The Center will join the program this year with a **Pancake Brunch on Sunday February 26th, from 10am to 1:30pm at the Center.** Tickets are \$6.00 adult & children 12 and over, \$4.00 for seniors and kids under 12. All 100% of the tickets sales go back in the county in which it was raised. Lets get together and enjoy friendship and good food and support our community.

## STAFF NOTES AND MORE

### Lee's Notes To Folks,

As I write this column our January luck has finally run out. We had a mild first half of January but the cold weather has arrived. I completed our annual report last month and I would say we had another busy year with over 58,370 visits to our Center. From fitness to fun to making new friends once again we were the place to be in 2011 and will be the place to be in 2012! February is here which means pitchers & catchers report to camp at the end of the month. Our Reds have made some big moves this off season to improve the team, especially with pitching (you can never have enough) so I am looking forward to this year and see what they can do. I am already ready to go down on Debbie's Reds game trip, especially because we get to go eat at Montgomery Inn Ribs for dinner before the game. We hope you will attend our Valentine Party/Dance on February 14th. There will be good music, good food, and of course good people! We will also have the league of Women voters here in March to show a film on the difficulties of women as they pursued their right to vote. We also want to thank Dr. Jim Sayer for presenting another great class, "Modern Day Presidents" with response so large we had to hold the class in the Theater! Thanks Jim!

Til next time...



### BEAVERCREEK STRUMMERS

The Center's performance band have returned to the Center for practices on Thursday mornings at 9:30 am. The band plays many shows throughout the community and If you are interested in a performance contact us at 426-6166. Any member is welcome to bring their instruments and play with them at practice. Free to members only, non members pay daily fee. The Group is currently looking for a new (back up) keyboard player.



### UPCOMING EVENTS

TAX PREPERATION - Wednesdays,  
Thursdays, & Fridays call for appointment  
March - 1,15 Care Coordinator, Wellness  
Checks, Bingo, Chair Volleyball  
March - 2 Cards & Game Night  
March - 7 Stamp Club  
March - 8 NARFE Meeting  
March - 9 Family Quest  
March - 13, 27 Care Giver Group  
March - 16 Warm Up America  
March - 22 Book Club



### SENIOR STAMP CLUB



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

### 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!

### FOR CAREGIVERS FROM YOUR COUNCIL ON AGING

This is the time of year when we encourage everyone to think twice before heading out when the weather is questionable. So we once again promote being cautious, but this time we have some suggestions as to what you might do while captive in your home. Assuming you have all of your papers ready and organized for 'tax time' and you are caught up with laundry and dusting your collectibles... how about spending a portion of a day or two going through photos to both enjoy special memories and to jot down the who, what, where and when for those not already catalogued? If you are like many of us, this will take much longer than a day or two, but we won't let that deter us! If you find pictures you are hazy about, set them aside and the information may come to you later or someone in your circle of family and friends might be able to help fill in the blanks. And if you come across duplicates and pictures that are damaged or have no meaning to you or those with whom you might share them, put them in a box labeled '*duplicates/last chance before throwing away*'. For some pictures, consider attaching a note that shares the story behind the shot. You may also consider writing a 'story' for multiple pictures and then share the collection as a special gift – birthday, Christmas, or just because, with someone in your life. What a treasure this would be! When the weather is clear and getting about is safe, invite a friend or family member to share the pictures and memories with. And if you are limited in whom you might invite for such a visit, please contact Karen Burkhardt at the Council or stop in when she is at the Center. She will do what she can to find a new friend to accept this special invitation!

### CARE COORDINATION

Karen Burkhardt will be available at the Center for her "office hours" on Thursdays, February 2<sup>nd</sup> and 16<sup>th</sup> from 9am to noon. She is also available for phone calls, e-mails, and other appointments by contacting her at 937-376-5486 or karen.b@gcco.org. She is a tremendous resource for Beavercreek seniors, so don't hesitate to call and allow her to be of help.

### FOR YOUR CALENDER:

***It's My Money, My Stuff and My Life!*** ~ February 27, March 5, 12, 19 & 26 ~ 6:30pm – 9:00pm

OSU Extension, 100 Fairground Road, Xenia Cost - \$35 per household and scholarships are available through the GCCOA. The program will cover Assets, Wills and Advanced Directives; Insurance; Trusts and Issues with Probate; Personal Belongings; and Senior Services, Medicare, Medicaid & Where to Turn. This is a wonderful program ~ no matter your age or financial situation.

***Senior Artisan Show*** at the Fairborn Art Association Gallery, 221 North Central Avenue, Fairborn  
**Sundays, March 4, 11 and 18 from 1pm to 3:30pm and Wednesday, March 21 from 11am to 2pm**

Entries include framed oil, acrylic and watercolor paintings, sculpture, woodcarving and jewelry. We have a number of Beavercreek seniors sharing 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 encourage everyone to visit this very special show ~ the art and refreshments are great!

For more information or to request brochures/flyers, please contact the Council at 937-376-5486, 1-888-795-8600 or carol@gcco.org.

The caregiver group meetings are Tuesday February 14<sup>th</sup> and 28<sup>th</sup> from 9:30am to 11am. The meetings are open to anyone caring for an older loved one. Council team members Carol Kunze and Karen Burkhardt invite you to attend and share your story, explore options to situations you are facing, and feel supported by others. (937-376-5486 or carol@gcco.org).

## MORE PROGRAMS



### 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). As the cold weather approaches remember we do **NOT** go by the school closings for the Center or transportation program. We will make a 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 9 am.

### WELLNESS CHECKS



Crestview Manor is here the **1st Thursday** and Green Oaks on the **3rd Thursday** of the month from **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.



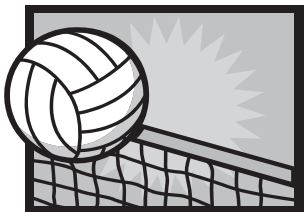
### FAMILY QUEST

This genealogy class meets the **2nd Friday of each month at 10 am** at the Center. If you have wanted to learn more about your family tree this is the group for you. Many regret not talking to Mom and Dad while they were still living to hear the many stories. Genealogy research is a gift to you, your grand and great grand children. This group is open to members of the Center at no cost. Group meets in the computer room at the Center.



### 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.

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**WHAT'S HAPPENING**

**BEAVERCREEK GOLF CLUB**

**February 12th**  
Sunday Brunch  
11-2pm

\$14.95+ adults / \$7.95+ children

**The Tuskegee Airmen**

Alternate Solutions, ComeForcare Senior Services , and Vitas Hospice is sponsoring the viewing of an upcoming movie Red Tails about the Tuskegee airmen at the Center on **Thursday February 23rd from 1 to 2:30pm.**

This is a Documentary and movie trailer about: From 1940 to 1946 the Tuskegee airmen served their country as the 1st African American Military aviators in the US armed forces. See a gripping documentary detailing their heroics and watch the trailer for the blockbuster film "Red Tails" a George Lucas production for release in 2012.

