

## HUBER HEIGHTS SENIOR CENTER

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Huber Heights, Ohio 45424-3946

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Program Coordinator: Pat Larson  
(937) 237-7912

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### Center Hours

Mon. - Thur. 9 a.m.-3:30 p.m. (closing varies)

Friday 9 a.m.-2:30 p.m. (closing varies)

### BOARD OF TRUSTEES

**President:** Jim Boggs - 937-572-0727  
**Vice President:** Judy Blankenship  
**Secretary:** Ninetta Hawkins  
**Treasurer:** Liz Gitzinger  
**Trustee:** Jerry Nottingham  
**Trustee:** Betty Beery  
**Trustee:** Carolyn Freeman  
**Trustee:** Mary Lemaster  
**Trustee:** Donnie Moore

Newsletter printing by Prestige Printing  
937-236-8468

### RAYS OF SUNSHINE

#### Get Well

Jan Vargo  
Margaret Swan

#### Thinking of You

Linda Croley  
Janice Graham  
Katie Durst  
Betty Beery

#### Sympathy

Sharon Ferrero in memory of husband, Gerald  
Family of Charles Jobe

Sunshine Coordinator: Bobbi Markley 937- 233-8866

### COMMITTEE CHAIRMAN NEEDED

If you are interested in serving as the Ways and Means Chairperson, please contact board president, Jim Boggs, at 937-572-0727. You could start working now to set up a committee and plan fundraisers for next year. Guidance and support are available.

### Mission Statement

To work with, assist, and promote fellowship, happiness, entertainment and good will among senior citizens: to encourage a better way of life, by association and helping each other, to make the rest of our lives on earth more enjoyable, to share our God given gifts of eyesight, hearing, speaking, knowledge and maneuverability to seniors who are less fortunate in health.

**Disclaimer:** The Huber Heights Senior Center and the City of Huber Heights do not endorse any products, services, or claims presented in this newsletter or at the Senior Center. Opinions expressed in this newsletter are not necessarily that of the Huber Heights Senior Center or the City of Huber Heights. Members/readers should seek independent expert advice before making any financial or health decisions. Members/readers involved in physical activities such as exercise are reminded to participate at their own pace and risk and contact a licensed physician prior to engaging in strenuous or potentially strenuous activity.

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Volume 2021 No. 6

Published Monthly

June  
2021



Senior Center

NEWSMEN

### TAI CHI CLASS

Open to beginners

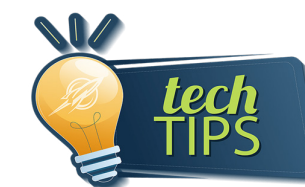
The next eight-week session will be open to beginners as well as current students and offered at 1:30 p.m. on Fridays starting June

18. Cost is \$30 and due when registering. Refunds are not issued once the first class is held. Tai Chi is an ancient Chinese exercise and taught by Sue and Bill McCabe from TAMA Martial Arts and may help to improve your flexibility, balance, focus, and strength. **Note:** no class on June 11.



### TECH TALKS

Presentation: Teleconference Basics

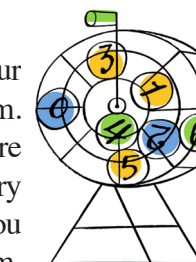


How can we stay in touch or have an office visit when we cannot meet in person? Use your cell phone, tablet, or computer to not only hear other people, but see them as well. Through teleconferences, you can meet with your doctor, your insurance agent, or visit with your family and friends! We will explore free or inexpensive apps to stay in touch. We will also learn some tips and tricks for best results using your devices.

Marina Dodaro will offer Tech Talks instead of Tech Tips for now. Join her at 9:30 a.m. on Monday, **June 28**, to learn how to apply this method of communication that is more prevalent than ever. Register June 2-23; phone calls accepted.

### BINGO IS BACK

Many members have been waiting a long, long time for bingo to start up again. Our first bingo will be Tuesday, June 15, at 1 p.m. Card distribution will begin at 12 p.m. Until further notice, there will not be a community refreshment table, but you are welcome to bring your own personal snacks or beverages. Many thanks go to Mary Lemaster for assuming the role of the primary bingo operator. Please see her if you have questions or comments. Volunteers are needed to set up the tables at 10 a.m. Please call 937-237-7912 if you can help.



### MINI-BINGO

The center will offer mini-bingo at 12:30 p.m. on Wednesday, **June 23**. Each person will be issued two cards (no choice of cards). *Wright Nursing and Rehabilitation* will conduct the games and provide non-monetary prizes. Members only may register June 2-17; phone calls accepted. Please call if you need to cancel.

**Request:** three people are needed to help set up tables at 11:30; call 937-237-7912 by June 18 to volunteer.

### CLOSINGS

The center will be closed on June 1, 8, 11. Beginning June 2, business hours will 9-3:30 (closing time varies) and the center will open again on Tuesdays starting June 15.



### GOLDEN Qi (Chair Chi)

The Tai Chi instructors offer this free program from 9:45-10:30 on Fridays; bring water bottle. It is designed for those who need to sit to exercise and focuses on improving breathing, joint and muscle flexibility, and strength by incorporating gentle Tai Chi movements, occasionally using fans or wooden balls. **Note:** no class on June 11.

### REFLECTION

A friend is one of the best things you can be and the greatest things you can have. ~ Sarah Valdez

### COMMITTEES

Historian:	Alma French	Parade:	
Ways & Means:		Photographer:	Treva Couturier
Travel:	Carolyn Freeman	Welcome:	Pat Lokai
Sunshine:	Bobbi Markley	Webmaster:	Tom Brickner
Bingo:	Mary Lemaster	Kitchen:	Margaret Collier
Nominating:	Alma French	Kitchen Supplies:	Mary Lemaster
Membership:	Betty Beery	Newsletter Mailing:	Barb Shultz

### MARK YOUR CALENDAR

(subject to change on short notice)

2021: No dues if paid in 2020  
June 9: Board meeting 12:30  
June 23: Mini-bingo  
June 28: Speaker  
July 3: Parade  
July 24: Paper shredding

### VOLUNTEER RECEPTIONISTS

Katie Durst	Linda Leek
Barbara Farina	Mary Lemaster
Carolyn Freeman	Doris Radcliffe
Debbie Keiser	Janee Walski
Tracie Kiser	Phyllis Whitenack
Maureen Kunz	Jan Wishon

### HEARING CHECK UP

The next check-up day will be Thursday, **July 8**. Please call the center to make an appointment. Thanks to Butch Redd from the Fairborn Hearing Clinic for this service. You can select a basic hearing screening or have your hearing aids examined. Minor repairs may be made on site. Open to seniors in the community.

## RESTRICTIONS LIFTED



Beginning June 2, all pandemic restrictions are rescinded at the senior center. Wearing a mask is no longer required but you may continue this if you prefer the added protection. Social distancing is not required and no health screenings will be conducted. However, if you have Covid-19 symptoms, known recent exposure, or are waiting for

test results, please do not visit the center until those issues are resolved. It is still important to notify the staff if you should start feeling unwell while at the center. Please continue with good handwashing and cover mouth and nose when coughing or sneezing. Everyone's cooperation in complying with the previous pandemic restrictions is appreciated.

## LINE DANCE CLASSES

A new eight-week session for members only will start **June 10**. Cost is \$25 and due when registering May 20 - June 10. **Previous students:** if you paid in 2020 but have not registered for a class this year, you will not owe for the June session but *this is the last opportunity* to participate without payment. Refunds are not issued once the first class is held. **Beginners** dance at 9:30 and **Intermediates** at 10:45 on Thursdays; bring water bottle. One year of experience is recommended for intermediates.



## MEMBERSHIP REQUIREMENTS

New members are welcome anytime; must be at least fifty to join and younger spouses are welcome. Those turning 90 by March 1 are honorary and free but need to renew every January. Those interested may visit three times before joining. Dues are \$20; no extra fee for non-residents; renewal is due every January. Those who paid in 2020 are not required to pay this year unless you wish to make a donation. Keep your 2020 membership card.

## TRIP STATUS

Trips will resume as soon as possible. There is always a chance that registration could begin without much advance notice and without any announcement in the newsletter. Check the bulletin board or the Huber Heights Senior Center Group page on Facebook.



## TIDBITS

**\*Entry:** please sign in at the desk each time you come. Visitors should check in with the receptionist.

**\*Thermostats:** new thermostats have been installed. The number displayed on the thermostat is not necessarily the room temperature.

**\*Free paper shredding:** for Huber Heights residents, 9-11, July 24, at Cloud Park and Rose Music Center.

**\*Community Garage Sale:** June 10-13. To hold a sale, contact the City.

**\*Farmer's Market:** Saturdays from 10-12, Eichelberger Amphitheater.

**\*Multi-Cultural Festival:** June 12, 12-6, at Eichelberger Amphitheater.

**\*Flag Retirement Ceremony:** June 14, call Bob at 937-620-9600 or bring flag to the center by June 7.

**\*Community Movie: The Karate Kid,** June 26, 8:30 p.m., Cloud Park.

**\*Summer Music Series:** June 6: *Nick Mitchell*, June 18: *Anna Marie*, 6-9 p.m. at Eichelberger Amphitheater. Bring chairs, blankets, food/beverages.

**\*Community Meals:** by Project One Hope.

**Drive-thru Pickup Only:**

**June 4, 10, 19:** First Christian Church, 5-6:30 p.m., 6114 Fishburg Rd.

**June 16:** St. Peter Catholic Church, 5:30-6:30, 6161 Chambersburg Rd.

**June 22:** Sulphur Grove United Methodist Church, 5-6:30, 7505 Taylorsville Rd.

## THE ART OF WOOD CARVING

The carvers are currently meeting at 9:30 on Thursdays to work on their own projects. Feel free to stop in and visit the carvers either to participate or learn more about this beautiful craft.

Note the exquisite bald eagle carving and the eagle-head cane displayed on the wall at the front of the great room. The eagle was a joint effort by the carvers and led by instructor, Joe Patenaude. Personalized, eagle-headed canes were created by the carvers and presented to veterans returning from Iraq and Afghanistan. Many canes (over 100 made by Jake Jacobsen) were sent to veterans in other states and a small ceremony was held at the senior center with president, Bill Wright, presenting a cane to an army veteran.

## TRIVIA TIME - date change

This month, trivia will be held at 1 p.m. on the third Friday instead. Chris from *The Laurels* will conduct the game on **June 18** and provide prizes. Registration not required.

## MEDICARE ASSISTANCE

Free assistance is available, year-round, to answer Medicare questions and help with enrollment. Service provided by certified counselors through the Ohio Senior Health Insurance Information Program (OSHIIP). Call 937-233-9999; local counselor will contact you. Prepare in advance: name of current plan, list of prescription drugs (name, strength, number taken each day), and preferred drug store.



## SPECIAL SENIOR AWARD

Congratulations are extended to Bruce Enix on receiving the Special Senior Award! The original plan was to present this to Bruce at the April social last year. Bruce served as the board vice-president for three years. In addition, he designed, created, and installed many items including the two table movers, hand tool to open card tables, frame to hold photos on the bulletin board, painted part of the building with Vevia assisting, suggested the logo sign for the podium and installed it, ordered and transported eight new tables, created the emergency shelter color diagrams posted in the building, installed the shelf in the kitchen, hung the dry erase board, and worked at socials, parades, festivals, and donated his own materials, time and effort. A very special thanks goes to this dedicated member whose attention to detail and quality work has made a significant difference to the senior center.

## GAMES GALORE

**Bridge:**

Party bridge will be offered on Mondays and Thursdays at 12:15 starting June 7. Call Gordon Meyer at 937-233-6206 to make a reservation.

**Euchre/Bunco:**

Games will begin at 12 p.m. on Thursdays beginning June 3. Please do not arrive before 11:45 and do not enter the room until the line dancers are finished.

**Pinochle:**

This game is played at 11:30 a.m. on Monday starting June 7. Please do not arrive before 11:30 on June 14.

**Mah Jongg:**

Resumes Wednesdays at 1 p.m. starting June 2. Drop in to learn or play.

**Game Night:**

Begins Wednesday, June 9, 6:30-9.

**Table Tennis:**

Mondays & Thursdays, beginning June 7, 6:30-9.

## KUDOS CORNER

\*Thanks to May newsletter mailers: Barb Schultz, Jim Leek.

\*Thanks to Janet Hart for donating window clings and decorating the office windows.

\*Very special thanks go to the volunteers who served as health screeners.

\*Tai Chi students from the center participated in World Tai Chi and Qigong Day.

\*Super thanks go to Liz & Ralph Gitzinger and Sonny Swafford for mowing and trimming the front yard.

## BOOKS & BANTER

Share your thoughts and insights with the book group from 10-11:30 a.m. at the senior center. Books on reserve at the Huber Heights Library; some available as e-book on Hoopla and Libby apps.

**June 14: The Mystery of Mrs. Christie** by Marie Benedict. Agatha Christie was a famous mystery writer from England during much of the twentieth century. She was also a woman in an unhappy marriage doing her best to maintain her identity as a woman and author as well as a wife and mother. In 1926, she created a nationwide mystery when she vanished for eleven days. Upon her return, Agatha claimed total amnesia, revealing nothing about her whereabouts. The author has written a *New York Times* & *USA Today* best seller exploring the theories of what actually occurred. Join us to discuss and ponder this disappearance.

## ACTIVITY SCHEDULE

**CLOSED:** June 1, 8, 11

**Exercise:** Mon. & Wed. 9:15-10, *cancelled 6/28*

**Bridge:** Mon & Thurs., 12:15, *starts 6/7*

**Carving:** Thursday, 9:30-11

**Chair Chi:** Friday, 9:45-10:45

**Euchre:** Thursday, 12, *starts 6/3*

**Bunco:** Thursday, 12 *starts 6/3*

**Knit/Crochet:** Mon., 1-3: *note time change*

**Line Dance:** Thursday, 9:30-11:45

**Stitch & Chat:** Wednesday, 12-2

**Tai Chi:** Friday, 1:30

**Game Night:** Wed., 6:30-9, *starts June 9*

**Table Tennis:** Mon. & Thurs. 6:30-9, *starts June 7*

**Trivia:** 2<sup>nd</sup> Fri., 1:00 *change 6/11 to 6/18*

**Book Group:** 2<sup>nd</sup> Mon., 10-11:30

**Mah Jongg:** Wed., 1 pm, *starts June 2*

**On Hold:** congregate lunch, blood pressures

