



Senior  
Center

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## LUNCH & LEARN

### *Presentation: Make Each Step Count*

Are you are thinking about getting a cane or walker or did you recently start using one but never received instruction on how to use it or know if it is sized correctly? Physical therapist, Seth Morton, from *Drayer Physical Therapy*, will provide information and tips to help you get the most benefit from these assistive devices. He will demonstrate how to safely walk with them, use on steps, know which side to hold the cane, things to avoid doing, go over the different kinds of canes and walkers, and more.

Seating for this event will begin at 11:30 a.m. on Wednesday, **August 25**, with lunch provided by *The Landings of Huber Heights*. Seating is limited to 50. Deadline to obtain a free ticket is August 18 (non-members may check on availability starting August 11).



## LUNCH PROGRAM



The on-site congregate lunch may not resume before next year. However, Senior Resource Connection is offering a pick-up system for those who are at least sixty years old and not receiving meals from them through another program. There is no required fee but a \$2 donation is suggested. Each person will receive a bag with five frozen meals (assorted entrees) and five servings of bread, milk, and fruit.

This will be offered on a trial basis beginning September 8. Every Wednesday, the delivery van is expected to arrive here between 10:15-10:30 a.m. You will need to be at the center then to pick up your food. If you are late and there is no available freezer space, it will be placed in the refrigerator and you would need to consume these meals in 3-5 days since they cannot be refrozen. You will pick up your meals every week unless you call the center by the Wednesday before to cancel. You can register at any time. If you would like to start September 8, see Pat by September 1 to complete the registration form.

Please note that this is a new approach for the center and your patience is appreciated while the volunteers get established with new procedures. In addition, while delivery times are usually consistent, it cannot be guaranteed.

## 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.



## WEBSITE

Visit [www.hhoh.org/our community/senior center](http://www.hhoh.org/our community/senior center) to view the newsletter, calendar, and trip schedule.

## 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 August 13.

## A MATTER OF BALANCE CLASS

Sponsored by *Goodwill Easter Seals Miami Valley*, this eight-week program will be taught by a trained coach and offered from 12-2 p.m. on Fridays starting **August 6**. Call the center to be placed on the wait list.



## LINE DANCE CLASSES

A new eight-week session for members only will start **August 5**. Cost is \$25 and due when registering. Refunds are not issued once the first class is held. *Beginners* dance at 9:30 and *Intermediates* at 10:45 on Thursdays. One year of experience is preferred for intermediates. Dances are taught to a variety of music, partners are not needed, and it is a fun way to get some exercise!



## BLOOD PRESSURE & SUGAR

Feel welcome to walk in for the following screening (no fasting required). Open to seniors in the community. Unavoidable short-notice cancellations may occur at times.

Tuesday: **August 10**, 11:45-12:45, with blood pressure and sugar checks by *The Laurels of Huber Heights*.

## TERRIFIC TRIPS

Senior center members may register the first ten days. After that, non-member seniors or those ages 21-49 accompanying a senior, may register. Payment with a check or money order is due when registering. Cancellation/refund policies are determined by the tour company and senior center.



Emergency cards: all need to complete an emergency card this year.

Overnight trips: details cannot be printed to comply with mailing requirements. Registration usually begins about six months in advance; contact the center for dates. If you need a roommate, attempts will be made to find one but it cannot be guaranteed. New trips: may be offered on short notice. Check the bulletin board, website, or Facebook page since the newsletter may not include every trip.

### August 18 B&B Riverboat

Please park in the back half of the parking lot and report to Carolyn at the bus. Departure is 9:30 a.m.

### September 15 Snooty Fox

Shop at five upscale consignment shops in the Cincinnati area with refreshments served at each stop. A deli box lunch and discount coupons are included. Cost is \$45. Members register beginning August 2, non-members on August 16. Last day to register is September 2. Depart at 9 a.m., approximate return 5 p.m.

### October 25-27 Soaring Eagle

Check bulletin board for details or call the center at 937-233-9999.

## MINI-BINGO

*Oak Street Health* and *Heartland Insurance* will sponsor the game and provide non-monetary prizes at 1 p.m. on Monday, **August 30**. Members register starting August 6, non-members starting August 24. Call if you need to cancel.



## HAND & FOOT CARD GAME

This fun card game, similar to canasta, is now being offered at 12 p.m. on Thursdays. Drop in to play or learn and bring a friend!

## TIDBITS

\**Drive Thru Lunch:* August 31 at Danbury Senior Living. See bulletin board for details.

\**Bunco:* discontinued due to low participation.

\**Carving:* now is a great time to explore this skill/art. The group is in a good position to devote time to teaching others.

\**Chairs:* use caution with any chair on wheels, especially on tile floor.

\**Community Meals:* by Project One Hope. Drive-thru Only:  
Aug. 6, 12, 21: First Christian Church, 5-6:30 p.m.  
Aug. 18: St. Peter Catholic Church, 5:30-6:30.  
Aug. 24: Sulphur Grove United Methodist Church, 5-6:30.

## MEDICARE ASSISTANCE

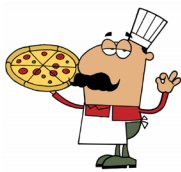
Free assistance is available, year-round, to answer Medicare questions and help with enrollment. Service provided by certified counselors through the Ohio Senior Health Insurance Information Program (OSHIP). Call the local counselor, Connie Blum at 937-503-1979 (after 7/4), or the center at 937-233-9999. Prepare in advance: name of current plan, list of prescription drugs (name, strength, number taken each day), and preferred drug store.

## SPECIAL EVENT: MUSIC & MORE

To recognize and celebrate Grandparents Day, *MediGold* is sponsoring a fun afternoon with live entertainment and dessert at 1 p.m. on Wednesday, **September 8**. You will enjoy music by *Bob Ford: Folklore & Fun*, a musician whose heartwarming and humorous songs and stories entertain and engage the audience.

Free tickets for members (4 per person) will be issued beginning August 10. Non-members begin August 26 if tickets remain. Last day to obtain a ticket is August 31.





## BINGO TREAT

Danbury Senior Living is sponsoring the refreshment table and will provide delicious pizza. You can enjoy this during break time on **August 17**.

## TAI CHI CLASS

### Current students only

The next eight-week session will be open to current students and offered at 1:30 p.m. on Fridays starting **August 20**. Cost is \$30 and due when registration starts July 30. 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 August 13.

## BOOKS & BANTER

Share your thoughts and insights with the book group from 10-11:30 a.m. Books on reserve at the Huber Heights Library (advise librarian it is for our book club); some available as e-book on Hoopla and Libby apps.



**August 9:** The Lions of Fifth Avenue by Fiona Davis. Details life at the New York Public Library in the early 1910's when Laura Lyons' husband is hired as the director. This allows the family to live within the library but difficulties arise when books and artifacts begin to disappear. Fast forward to current day with their granddaughter now a curator at the same library. Join us as we follow the Lyons family, past and present, to resolve the mystery surrounding the thefts.

## WELCOME

A warm and friendly welcome is extended to our new members:

Marleen Fannin	Jessie Bange	Clara Maffett
Wanda Walters	Martha Flach	William Flach
Bruce Dickman	Karen Dickman	Emma Shetler
Dory Culp	Judy Fischer	Mary Burdine
Jennifer Hupke	Barney Hupke	Myrtle Marrow
Linda Walsh	Alice Wirt	Sue Johnson
Darlene Dell		

**Membership:** 633 as of July 19

**New members:** please see the receptionist if you did not receive a welcome packet.

## REFLECTION

*No matter how busy you are, you must take time to make the other person feel important.*  
~ Mary Kay Ash



## NOMINATING CHAIRPERSON NEEDED

It is important to have a nominating chairperson in place soon to be ready for the 2022 Board of Trustees election. Primary duties include finding candidates to run and conducting the election. The chair will select two other members to help. The chair does not need to recruit candidates in person; it can be as simple as providing your name and number in the newsletter for interested people to contact you.

Requirements include submitting a list of candidates and conducting the election on December 2, 3. Note that no one on the committee can run for the Board.

If interested, contact president, Jim Boggs, at 937-572-0727, or see the program coordinator. Please respond this month if possible.

## KUDOS CORNER

\*Thanks to July newsletter mailers: Barb Schultz, Margaret Collier, Joanne Weese, Mary Lemaster, Jim Leek.

\*Many thanks go to Katie Durst for her previous service as a receptionist.

\*Special thanks go to Betty Beery for her previous service as a Board Trustee and Membership Chair for 11½ years.

\*Welcome to Sharon Decker who has been appointed to the Board.

\*Many thanks go to Alma French who did an exceptional job for five years as the Nominating Chair. This position is now open.

## AUGUST CALENDAR

Full page detailed calendar available at the center or visit [www.hhoh.org/our community/senior center](http://www.hhoh.org/our community/senior center)

### Monday:

Exercise 9:15  
Pinochle 11:30  
Bridge 12:15  
Knit, Crochet 1 p.m.  
Table tennis 6:30-9  
Book Group, 2<sup>nd</sup> Mon., 10  
**8/30:** Mini-bingo 1 pm

### Thursday:

Wood carve 9:30-11  
Line dance 9:30-11:45  
Euchre, Hand & Foot 12  
Bridge 12:15  
Table Tennis 6:30-9  
**8/12:** Hearing checks 2<sup>nd</sup> Thurs.

### Tuesday:

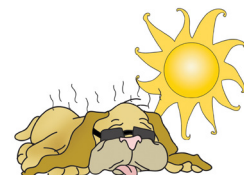
Bingo 1 p.m.  
**8/10:** Blood Pressure/Sugar  
11:45-12:45

### Friday:

Chair Chi 9:45-10:30  
Tai Chi class 1:30  
**8/13:** Trivia, 2<sup>nd</sup> Fri., 1 p.m.  
**8/6,13,20,27:** Balance class 12-2

### Wednesday:

Exercise 9:15  
Mah Jongg 1 p.m.  
Game Night 6:30-9  
**8/4:** Board Meeting 12:30  
**8/18:** Trip  
**8/25:** Lunch & Learn 11:30



## HUBER HEIGHTS SENIOR CENTER

6428 Chambersburg Road  
Huber Heights, Ohio 45424-3946

**Phone: (937) 233-9999**

**Information: (937) 237-7605**

**Web: www.hhoh.org**

**Program Coordinator: Pat Larson**  
**(937) 237-7912**

**Fax: (937) 237-2981**

**E-mail: seniors@hhoh.org**

### 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:** Sharon Decker

**Trustee:** Carolyn Freeman

**Trustee:** Mary Lemaster

**Trustee:** Donnie Moore

*Newsletter printing by Prestige Printing*  
**937-236-8468**

### 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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**DATED MATERIAL: PLEASE DO NOT DELAY**

**RETURN SERVICE REQUESTED**

### RAYS OF SUNSHINE

#### Get Well

Sheri Bauman  
Wanda Jamison

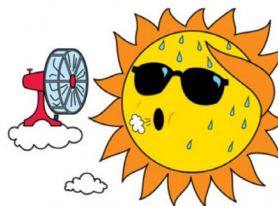
#### Thinking of You

Ray Reiner  
Betty Berry

#### Sympathy

Linda & Frank Kieffer in memory of son  
Sophie Barrere in memory of sister

Sunshine Coordinator: Bobbi Markley 937- 233-8866



### COMMITTEES

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

### VOLUNTEER RECEPTIONISTS

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

### BRIDGE RESERVATIONS

Members wishing to play bridge should contact the new reservation coordinator, Kathy Lawrence, at 937-233-8827. Please also call if you need to cancel so a sub can be obtained in time. Party bridge is played at 12:15 p.m. on Mondays and Thursdays.

### HEARING CHECK UP

The next check-up day will be Thursday, **August 12**. Please call the center to make an appointment and specify if you need a basic hearing screening *or* want your hearing aids examined. Minor repairs may be made on site. Open to seniors in the community. Thanks to Butch Redd from the *Fairborn Hearing Clinic* for this service

### MARK YOUR CALENDAR

*(subject to change on short notice)*

Sept. 8: Music & More  
Sept. 8: Lunch program begins  
Sept. 15: Trip  
Oct. 13: Medicare speaker  
Oct. 15: Social  
Oct. 25-27: Trip  
Oct. 26: Medicare counseling appts.  
Nov. 1: AARP driver class