PRESENTATION
Music Therapy
This interactive presentation will include doing some movement to music, instrument playing, and more. You will learn what music therapy is, how it is different than listening to music, why it is used, what you do in music therapy, and more.

Olivia Oetting, board certified music therapist, has provided music therapy services for Hospice and is currently at Bethany Village in Centerville. Intern, Melody Hull, will also be present for the demonstration. This interesting and interactive event will be held at 1 p.m. on Monday, December 13. Seating is limited to members; please register starting December 1 (yourself and one other). Phone calls accepted.

BOARD OF TRUSTEES ELECTION
Members may vote for the 2022 Board of Trustees from 9 a.m. to 12:30 p.m. on Thursday, December 2, or Friday, December 3. It is suggested that you have your membership card available.

LUNCH & LEARN
Ohio Masonic Community will sponsor a lunch and learn at 11:30 a.m. on Wednesday, December 8. A very interesting historic presentation will be offered by Woodland Cemetery, final resting place of Wright Brothers, Erma Bombeck, Paul Laurence Dunbar, and many other well-known inventors and innovators. Free tickets available through December 1. Seating limited to 40. Seating begins at 11 a.m.

DECEMBER SOCIAL
Celebrate the holiday season with your senior center friends at the social at 5:30 p.m. on Friday, December 17. Dinner will be catered by Christy’s with the buffet open from 5:30-6:15 p.m. The menu includes Salisbury steak, Christy’s chicken, family blend vegetables, parsley new potatoes, and mini tarts. Tickets cost $13 and will be sold through November 30. Entertainment will feature Bill Corfield. Doors open at 4:30 p.m.

TAX ASSISTANCE
Due to AARP not permitting in-person tax appointments, a modified method is still being determined. More information will be in the January issue with details on how to schedule your tax return preparation at the senior center.

TAI CHI CLASS: Open to Beginners
The next eight-week session will be open to beginners and current students and offered at 1:30 p.m. on Fridays starting January 7. Cost is $30 and due when registration starts December 3. Senior center membership required. 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.

MEETINGS
Board of Trustees: 12:30 p.m. on Wednesday, December 1.
Receptionists: 9:30 a.m. on Monday, December 6.

REFLECTION
May you never be too grown up to search the skies on Christmas Eve. ~unknown
TERRIFIC TRIPS
Payment due when registering; checks preferred. Company requires a Covid-19 waiver. Please complete an emergency card when registering. Bring a mask on all trips.
May 9-14: Charleston
Oct. 9-15: Florida

LUNCH PROGRAM
Senior Resource Connection offers a pick-up meal program for those who are at least sixty and not already receiving meals at home or going to another site. Donations accepted. Included are five frozen meals (assorted entrees) and five servings of bread, milk, and fruit. Once registered, be here every Wednesday, 10:15-10:30 a.m., to pick up your food. If you are late and no freezer space is available, meals will be kept in the refrigerator and need to be consumed in 3-5 days. To register: complete form; meal pick-up begins the following week. To cancel: notify center the week before.
Dec. 1: call by noon Nov. 24 if cancelling for Dec. 1
Dec. 8: lunch cancelled.

TIDBITS
*Snowbirds*: contact center with new address or to stop your newsletter while away.
*Pinochle*: contact Chuck at 937-572-5119 or drop in on Mondays.
*FISH food pantry*: center is collecting non-perishable food donations in December.
*WWII Vets*: call center and your name will be forwarded to the city for a ceremony.
*Community Meals*: by Project One Hope. Drive-thru Only: Dec. 3, 9, 18: First Christian Church, 5-6:30.
Dec. 14: Sulphur Grove United Methodist Church, 5-6:30.
Dec. 15: St. Peter Catholic Church, 5:30-6:30.

MEDICARE ASSISTANCE
Free assistance is available, year round, to answer Medicare questions and help with enrollment. Service provided by certified counselors through OHSIIP; call local counselor Connie Blum at 937-503-1979 or the center. Have ready: name of current plan, all prescription drugs (name, strength, number taken each day), and preferred drug store.

MAH JONGG LESSONS
Call Janet at 937-236-8392

KUDOS CORNER
*Thanks to November newsletter mailers: Barb Shultz, Margaret Collier, Gloria Cwiklinski, Jim Leek.
*Special thanks to all Board candidates; your willingness to serve is greatly appreciated.
*Special thanks to Treva Couturier for her previous service as the center photographer.
*Many thanks to Danbury for the beautiful cake to honor retiring trustees.
*Thanks to Bobbi Markley for helping with flu shots.
*Tai Chi students Nora Burroughs, Linda Rose, Dana Staup, Ron Fletcher chose to test and earned their gold sash; congratulations!
*Thanks to Carriage Inn of Dayton for the bingo holiday treats in October.
*Super thanks to travel director, Carolyn Freeman, and assistants Betty Beery, Netta Hawkins, and Joy Randolph for working so hard and fast to provide trips this year.
*Very special thanks to Linda Leek (chair), Nora Burroughs, and Judy Gaskill for serving on the nominating committee.

BOOKS & BANTER
Share your insights with the book group at 10:30 am. Books on reserve at the Huber Heights Library (inform librarian it is for book club).
Dec. 13: The Wright Brothers by David McCullough. Discover how the brothers became interested in flight, after all, they did own a bicycle shop! Their early experiments with flying machines began in Dayton in our own backyard. Join us as we discuss how their dream became a reality for the world.
Jan. 10: The Book Thief by Markus Zusak,
Feb. 14: Hidden Figures by Margot Lee Shetterly

SCHEDULE CHANGES
Carving: cancelled Dec. 2
Exercise: cancelled Dec. 6
Bridge: 12:45 on Dec. 2
Lunch: pick-up cancelled Dec. 8
Tai Chi: 11 a.m. Dec. 20, not Dec. 17
Closed: Dec. 17 at 11:30 - Open at 4:30 for social Dec. 23, 24, 31
**GOLDEN Qi** (Chair Chi)

Our Tai Chi instructors offer this free program from 9:45-10:30 on Fridays. Gentle, flowing exercises are practiced while seated in a chair and can improve breathing, flexibility, and strength. Drop in when you can, no experience necessary.

**MEMBERSHIP REQUIREMENTS**

New members are welcome anytime; must be at least fifty and younger spouses are welcome. Dues are $20 with renewal due every January. Members turning 90 by March 1 are free. Interested seniors may visit three times before joining (some activity restrictions apply). **Dues are reduced to $5 October through December for first-time applicants only with full renewal fee of $20 due in January.**

**MEMBERSHIP RENEWALS**

Current members may renew membership either in person or by mail beginning **January 3**. Dues are $20 per person; please renew by January 31. New members are encouraged to apply in person. **Renew by mail:** include check and any changes to address, phone, e-mail, emergency contact. Member card held here or included stamped, self-addressed envelope. **Honorary:** free if 90 by March 1, renew each year in person or by calling.

**BOARD REPORT**

*Business:* board appointed Jim Arcaro as center photographer. New windows have been ordered, automatic door openers for the restrooms have been requested, and a second ping pong table was approved. **Suggestion box:** request submitted to change Combat Veteran parking sign to Military Veteran; checking with city since this is part of the Purple Heart City Program.

*Membership meeting:* nominating chair introduced candidates and recognized retiring board members. Cake was offered afterwards to honor retirees, Jim Boggs, Liz Gitzinger, Donnie Moore, Sharon Decker. Ten members, in addition to the board and candidates, attended.

**LINE DANCE CLASSES**

A new eight-week session for members only will start **January 6**. Cost is $25 and due when registration starts December 9. 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. Beginners may register as late as the second class with full fee due. At the beginning of each new session, the dance steps are taught again but different songs and dance routines are offered to provide variety.

**SPECIAL THANKS**

The Huber Heights Senior Center greatly appreciates the donations and services made in 2021 from the following organizations, merchants, and individuals. Their support greatly enhances programs and events at the senior center.

- OSHIIP
- Ohio Masonic Community
- Wright Nursing & Rehab
- Fairborn Hearing Center
- Prestige Printing
- The Landings
- DayCity Hospice
- City of Huber Heights
- Bethany Village
- Clark’s Pharmacy
- Danbury Senior Living
- Lovett & House Co.
- Dr. Ron Fletcher
- Drayer Physical Therapy

**WELCOME**

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

- Barbara Strausburg
- Marleen Ray
- Gerry Johnson
- Kim Steen
- Daryl Steen

**Membership:** 676 as of November 12

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

**DECEMBER 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
- Knit, Crochet 1 p.m.
- Table tennis 6:30-9
- Book Group, 2nd Mon., 10

**12/6:**
- Desk meeting 9:30

**12/13:**
- **Music therapy** 1 p.m

**12/20:**
- Tai Chi 11 a.m.

**Tuesday:**
- Bingo 1 p.m.

**12/14:**
- Blood Press/Sugar 11:45

**12/10:**
- Trivia, 2nd Fri., 1 p.m.

**Wednesday:**
- Exercise 9:15
- Lunch pick-up: 10:15
- Mah Jongg play 1 p.m.

**January 2022:**
- Lessons 11 by appt.
- **3-31:** Membership renewal

**Thursday:**
- Wood carve 9:30-11
- Line dance 9:30-11:45
- Euchre, Hand & Foot 12
- Bridge 12
- Table Tennis 6:30-9
- Hearing & aid checks by appt.

**12/2:**
- **Vote for Board** 9-12:30

**12/23:**
- Closed

**Friday:**
- Golden Qi (Chair Chi) 9:45
- Tai Chi class 1:30

**12/3:**
- **Vote for Board** 9-12:30

**12/17:**
- Social 5:30

**12/24:**
- Closed

**12/20:**
- Closed

**January 2022:**
- **3-31:** Membership renewal
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.

DATED MATERIAL: PLEASE DO NOT DELAY
RETURN SERVICE REQUESTED

BRIDGE RESERVATIONS
Call Kathy at 937-233-8827 to make reservation for Monday/Thursday

WEATHER CLOSINGS
The senior center follows Huber Heights Schools inclement weather closings only, not delays. Check TV or call center info recording at 937-237-7605 after 8 a.m.

HEARING CHECK UP
Call the center to make an appointment for Thursday, December 9, and specify either a basic hearing screening or hearing aid check. Minor repairs may be made on site. Open to seniors in the community. Thanks to Butch Redd from the Fairborn Hearing Clinic.

BLOOD PRESSURE & SUGAR
Walk-in for the following screening (no fasting required). Open to seniors in the community. Unavoidable last-minute cancellations may occur.
Tuesday: Dec. 14, 11:45-12:45, blood pressure, sugar check by The Laurels.