



HUBER HEIGHTS

Senior Center

## A MATTER OF BALANCE CLASS

This nationally recognized program emphasizes practical strategies to manage falls and increase activity levels. Those who have fallen, avoid activities due to fear of falling, or want to improve balance, flexibility, and strength may benefit from this interactive program. 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 **June 3**. It is open to seniors aged 60 and up who can problem solve and are ambulatory or in a wheelchair. Class consists of lecture, discussion, participation in exercises (not strenuous, starts week 3), demonstrations such as how to get up from a fall, and more! Registration begins May 10. Phone calls accepted, open to the community.



## MEET & GREET

A breakfast Meet & Greet, conducted by the Board of Trustees, will be held at 10 a.m. on Friday, **May 6**, for *new* members who joined January 1-April 22. This event is a wonderful opportunity to meet others and learn more about the senior center. Please call Pat Lokai at 937-236-6666 if you have questions.

## MAY SOCIAL

Join in the fun and come to the social on Saturday, **May 21**. Dinner will be catered by *Stillwater Valley Catering* with the buffet open from 5:30 - 6:15 p.m. Menu includes chicken breast with blackberry Dijon sauce, ham steak with spiced orange glaze, roasted baby red potatoes, Brussel sprouts with honey/fig balsamic, rolls, and spring bundt cake. Tickets sold through May 10; guests begin May 5; cost is \$14 per person. No refunds once order is submitted to caterer unless a replacement is obtained. Entertainer: *Dave Mullikin*. Doors open at 4:30 p.m.



## ADVANCED DIRECTIVES DAY

### *Living Wills & Health Care Power of Attorney*

You will be able to complete a *living will* and *health care power of attorney* at the senior center on Wednesday, **May 18**, courtesy of *Lovett & House Law Office*. The paralegal team will complete and notarize your paperwork so you will receive the original document the same day. Bring the name, address, and phone number of any people you want listed on the documents. In addition, a free consult with the attorney will be offered to attendees. Beginning at 1 p.m., the presenter will answer questions and provide information on Health Care Power of Attorney, Living Wills, Financial Power of Attorney, Wills, Probate and three reasons to avoid it, Long Term Care options, Medicaid and Medicaid planning, and VA Benefit Aid and Attendance. *Attending the presentation is required to be eligible for document preparation.* Please sign the clipboard by May 11 or call the center to register, open to seniors in the community.

## TECH TIPS & NOTARY SERVICE

Do you need help with your computer, tablet, or cell phone? Bring your device, if possible, and drop in at 1 p.m. on the last Wednesday of the month (**May 25**) for guidance from member, Raye Artz. Note that this is not a computer class. Raye can also provide notary service either during Tech Tips or other times. Provide your number to the receptionist and Raye will contact you to meet at the center for notary service.



## COFFEE WITH A COP: Open to Community

The community is welcome to come to the senior center at 10 a.m. on Monday, **May 16**, for coffee and conversation with the Huber Heights Police Division. This is a great opportunity to learn and share.

*Activity change: no exercise.*

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## LINE DANCE CLASSES

The new eight-week session for members only will now start **May 5**. Cost is \$25 and is 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. 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.



## BOOKS & BANTER



Share your insights with the book group at 10 a.m. Books on reserve at the Huber Heights Library (inform librarian it is for book club).

**May 9:** Lilac Girls by Martha Hall Kelly. Inspired by the life of a real, World War II heroine, this novel reveals a story of love, redemption and secrets that were hidden for decades. Please join us as we explore the world of espionage and survival.

**June 13:** The Last Thing He Told Me by Laura Dave.

## 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.

## BOARD REPORT

The Board appointed Rick Nolan as Ways & Means Chairman. The membership meeting on April 1 was attended by 25 enthusiastic people and provided an opportunity for discussion, suggestions, and requests.

## TAI CHI CLASS: Open to Beginners

The next eight-week session will be open to beginner and current students and offered at 1:30 p.m. on Fridays starting **May 13**. Cost is \$30 and due when registering. Senior center membership required. Refunds are not issued once the first class is held.

Observing a class before registering can be arranged. Tai Chi is an ancient Chinese exercise and taught by Sue and Bill McCabe from TAMA Martial Arts.

**Note: no Tai Chi or Chair Chi on May 6, July 1st.**

## TERRIFIC TRIPS

Members may register the first ten business days. After that, eligible non-members may register. Payment due at registration; check or money order preferred. Cancellation, refund policies are determined by the tour company and center. Check in advance for scooter/wheelchair approval. New trips may be offered short notice, check bulletin board. **Emergency card:** fill out if previous one is more than a year old. **Overnight trips:** to comply with mailing regulations, trip details cannot be printed here; check with center for details. **Seating assignments:** based on date of your final payment. **Waivers/masks:** may be required by tour company or destination sites.



### May 9-14: *Charleston*

Please park in back half of lot and report to Carolyn at the bus. Enjoy the trip!

### June 16: *Snooty Fox*

Visit five upscale consignment shops in Cincinnati area providing fashions and household items. Refreshments served at each stop, box lunch, special dessert at last stop. Cost \$45 per person. Depart 9 a.m. with approximate return of 5 p.m. Last day to register is May 5.

### July 14: *Dayton Day Trip*

Travel in two smaller buses for tour of *Woodland Cemetery* that was established in 1841 and is the final resting place for distinguished residents such as the Wright Brothers, Charles Kettering, Erma Bombeck, and more. Then enjoy an afternoon at *Carillon Historical Park* with lunch on your own at the park. Trip cost is \$59. A minimum of 35 is needed for the trip. Members sign up May 3, non-members May 17. Last day is June 7.

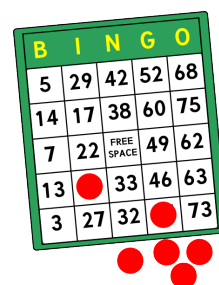
### Aug. 7-9: *Soaring Eagle*

**Sept. 13-15: *Noah's Ark, Creation Museum, Underground Railroad Freedom Center***

**Oct. 9-15: *Florida (Amelia Island, St. Augustine, Jacksonville)***

Information flyers available or call the center for details.

## MINI BINGO



Having fun playing mini bingo at 1 p.m. on Monday, **May 23**. Each person will be issued two cards (no choice of cards). Conducting the games and providing non-monetary prizes will be Lori with *Wright Nursing and Rehab*. Members may register starting May 4; non-members starting May 18 if space available. Phone calls accepted.

## LUNCH & LEARN

### Bee Kind

Honeybees and other pollinators provide invaluable pollinating services. Unfortunately, bees are dying at an unprecedented rate. Enjoy lunch and join Julie Lesley from *Grace Brethren Village* at 12:30 p.m. on Wednesday, **May 25**, to learn about pollinators, why they are dying, and what we can do to help. Free tickets (2 per member) available through May 17; guests start May 11.



## TIDBITS

**\*Closed:** Monday, May 30.

**\*Board Meeting:** 12:30 p.m., May 4.

**\*Payments:** no bills over \$20. Exact amount or checks preferred.

**\*Restroom Doors:** now equipped with automatic door openers!

**\*Danbury Drive-Thru Lunch:** May 24, must RSVP. See poster for details.

**\*Pinochle:** more players welcome, especially short-notice subs.

**\*Community Meals:** by Project One Hope. Drive-thru Only:  
May 6, 12: First Christian Church, 5-6:30.

May 18: St. Peter Catholic Church, 5:30-6:30

May 22: Sulphur Grove United Methodist Church, 5-6.

## WELCOME

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

Louise Wilson	Sandra Becker	Nancy Becker
Catherine Jenkins	Carrie Smith	Nancy Stanton
Kevin Stiles	August Garner, Jr	Sherry Long
Robert Horstman	Ellen Whited	Faye Adams
Roger Perry	Jackie Perry	Nancy Becker
Dale Van Pelt	Sharon Van Pelt	Judy Burgess
David Fisher	Donald Shuga	Marilyn Patenaude
Debbie Gaines	Ronald Powell	Helen Powell
Rosemary Hood	Brenda Neff	Linda Smith

**Membership:** 491 as of April 20. Please see receptionist for a welcome packet.

## KUDOS CORNER

\*Thanks to AARP volunteer tax aides for preparing 420 returns and to the receptionists for handling numerous phone calls and for making and processing appointments.

\*Thanks to April newsletter mailers: Barb Shultz, Margaret Collier, Donnie Moore, Susan Kendall, Pat Lokai, Jim Bauman.

\*Thanks to Linda Croley for submitting photos for the bulletin board.

## LUNCH PROGRAM

Senior Resource Connection offers a pick-up meal program for those at least sixty and not already receiving meals at home or another site. Donations accepted. Included: five frozen meals, five servings bread, milk, fruit. Once registered, be here every Wednesday, 10:30 a.m., to pick up your food. To register: complete form; pick-up begins following week. To cancel: call the week before. **Note: cancelled May 25.**

## MEDICARE ASSISTANCE

Free assistance is available, year-round, to answer questions and help with enrollment. Service provided by certified OSHIIP counselor; 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.

## VOLUNTEERS NEEDED

**\*Exercise leader:** Mondays & Wednesdays 9:15-10 a.m. Currently, using a DVD.

**\*Wood carving instructor:** Thursdays 9:30-11. The carvers share their expertise with those who want to learn but a designated instructor would be helpful.

If interested or know of a possible source, call the center or email [seniors@hhoh.org](mailto:seniors@hhoh.org)

## MAY 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  
Knit, Crochet 1 p.m  
Table tennis 6:30-9  
Book Group, 2<sup>nd</sup> Mon., 10  
**5/9:** Trip  
**5/16:** Coffee with Cop 10  
**5/16:** No exercise  
**5/23:** Mini bingo 1pm  
**5/30:** Closed

### Tuesday:

Bingo 1 p.m.  
**5/10:** Blood Press/Sugar 11:45  
**5/3:** Trip sign up

### Wednesday:

Exercise 9:15  
Lunch pick-up: 10:30  
Mah Jongg: play 1 p.m.  
Game Night 6:30-9  
**5/4:** Board meeting 12:30  
**5/18:** Advanced Dir. 1 pm  
**5/25:** Tech Tips 1 pm  
**5/25:** Lunch & Learn 12:30  
**5/25:** No meal pick-up

### 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.

### Friday:

Golden Qi (Chair Chi) 9:45  
Tai Chi class 1:30  
**5/6:** No Tai Chi or Chair Chi  
**5/6:** Meet & Greet 10  
**5/13:** Trivia, 2<sup>nd</sup> Fri., 10:45 a.m.

### Saturday:

**5/21:** Social 5:30 pm

### Sunday:

**5/8:** Happy Mother's Day

### June Preview

**3:** Balance class starts  
**20:** Mini bingo  
**27:** Paint class

## 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:** Janet Hart-937-727-4880

**V. President:** Judy Blankenship

**Treasurer:** Jim Leek

**Secretary:** Netta Hawkins

**At-Large:** Carolyn Freeman

**At-Large:** Mary Lemaster

**At-Large:** Pat Lokai

**At-Large:** Rick Nolan

**At-Large:** Jerry Nottingham

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**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**

### COMMITTEES

Historian:	Alma French	Socials:	Judy Blankenship
Ways & Means:	Rick Nolan	Photographer:	Jim Arcaro
Travel:	Carolyn Freeman	Member/Welcomes:	Pat Lokai
Sunshine:	Bobbi Markley	Newsletter Mailing Prep:	Barb Shultz
Bingo:	Mary Lemaster	Kitchen:	Margaret Collier
Nominating:	Linda Leek		Mary Lemaster
Decorating:	Jerry Nottingham		

### VOLUNTEER RECEPTIONISTS

Barbara Farina	Linda Leek
Carolyn Freeman	Mary Lemaster
Janet Hart	Doris Radcliffe
Debbie Keiser	Jane Walski
Tracie Kiser	Jan Weller
Ruth Krupp	Jan Wishon
Maureen Kunz	

### BRIDGE RESERVATIONS

Call Kathy at 937-233-8827

### MAH JONGG LESSONS

Contact: Janet at 937-236-8392

### EUCHRE/PINOCHLE

Contact: Chuck Malone at 937-572-5119

### TABLE TENNIS & GAME NIGHT

Contact: Bob/Lois Freeze at 937-236-0342

### RAYS OF SUNSHINE

#### Get Well

Edythe Bleything  
Roberta Tigner  
Maggie Brinkman  
Loretta Cooper  
Mary Ritchey

#### Thinking of You

Sheri Bauman

#### 90th Birthday

Pauline Ashley  
Grace Weaver

#### Sympathy

Gwen Seeley in memory of her husband, Kenneth  
Family of Annette Kilbury  
Family of Carol Rice

Sunshine Coordinator: Bobbi Markley 937- 233-8866

### BLOOD PRESSURE & SUGAR

Walk-in for the following screening (no fasting required). Open to seniors in the community. Unavoidable last-minute cancellations may occur.

**May 10:** 11:45-12:45, blood pressure, sugar check by *The Laurels*.

### REFLECTION

*The best thing to hold onto in life is each other* ~ Audrey Hepburn

### HEARING CHECK UP

Call the center to make an appointment for Thursday, **May 12**, and specify either a basic hearing screening *or* hearing aid check. Minor repairs may be made. Open to seniors in the community. Thanks to Butch Redd from the *Fairborn Hearing Clinic*.