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FROM THE HART

Greetings again! Fall is almost here. Summer has been filled with festivals, fairs, family reunions and vacations so attendance at weekly activities tends to go down during this time. As our fall and winter activities begin, I am looking forward to seeing more of you participating. The Bingo Bash Cookout is coming up the first part of September with plenty of food and prize money; join us! With best wishes for continued good health, Janet Hart, President Board of Trustees.

LUNCH & LEARN

The Power of Positive Thinking and Our Health

Dr. Gina Boerger, Doctorate of Physical Therapy, will discuss how people who are more positive may be better protected against the inflammatory damage of stress and experience improved outcomes across a spectrum of conditions. Learn how studies have shown that negative emotions can weaken immune response and steps to take to live a healthy lifestyle with a positive attitude. This event will be held at 12:30 p.m. on Monday, **August 29**, and is sponsored by Poetry with *Springfield Masonic Community*. Free tickets will be available for members (self +1) August 2 - 23 and for non-members beginning August 18. Seating begins at 12 p.m.



FLOWER CLASS



New member, Joan Ste. Marie, will offer a flower arranging class at 1 p.m. on Monday, **August 22**. You will learn how to do a vase arrangement using a variety of live flowers and learn tips about caring for them. Cost is \$10 and due when registering August 1-16. No refunds after August 16 unless a replacement is found. Please bring: any kind of vase with a 3-inch opening and 6-10 inches high, sharp scissors, paring knife.

Joan is a professional flower designer and owned her own shop for thirty years. Thanks to Joan for sharing her talent and special thanks go to *Furst Florist* for supporting this project.

PRESENTATION

Generation RX

Prescription medications can help people live longer and healthier lives, but any medication has the potential to do harm, especially if misused. Medication safety is the focus of this program that will be presented by *Goodwill Easter Seals Miami Valley* at 1 p.m. on Wednesday, **August 24**. You will learn how to be an advocate with your medical team, best practices in medication disposal, and best practices in medication storage. All attendees will receive: a medication disposal pouch, hot/cold compress, weekly pill organizer, stress ball, area resource information, and other handouts. While not a requirement, please sign the clipboard at the desk or call if you plan on attending; thank you.



LINE DANCE CLASSES



The new eight-week session for members only will start **September 8**. Cost is \$25 and due when registration opens August 18. 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 to a variety of music and dance routines.

BLOOD PRESSURE & SUGAR

Walk-in from 11:45-12:45 on **August 23** for blood pressure and sugar checks by *The Laurels* (no fasting required). Open to seniors in the community. Unavoidable last-minute cancellations may occur.

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.

TAI CHI CLASS

The next eight-week session will be open to *current students only* and offered at 1:30 p.m. on Fridays starting **September 16**. Cost is \$30 and due when registration opens August 26. 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.

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.

Aug. 7-9: Soaring Eagle Please park in the back half of the lot and report to Mary at the bus.

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

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

Information flyers available for all trips or call the center for details.

WELCOME

A warm and friendly welcome is extended to our new members. Please see receptionist for a welcome packet.
Lisa Sanford Mary Burns Wilda Stanley Charlene Stemple
Membership: 521as of July 15

EXTRA EUCHRE

The center has some open time on Tuesday, **August 9**, since bingo is cancelled. *Euchre* and *Hand & Foot* will be held in the great room from 10:30-2:30 (bring lunch or snacks).



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.

KUDOS CORNER

*Thanks to July newsletter mailers: Barb Shultz, Margaret Collier, Mary Lemaster, Debbie Lewis, Donnie Moore, Jim Bauman.

*The new carpet has been installed; thanks to the City for this attractive improvement!

*Thanks to Jan Weller, Donnie Moore, and Margaret Collier for helping when the city moved the furniture back after the carpet installation.

*New, large print bingo cards are now available for those with visual impairments.

BINGO BASH COOKOUT

Dinner will be held inside and begins at 5:30 p.m. on Friday, **September 9**. Bingo will follow at approximately 7 p.m. Each participant will be issued two bingo cards (no charge, no choice of cards) and the Board approved \$150 in prize money. This casual gathering is relaxed and fun! The menu includes hot dogs and smoked brats cooked on the new grill, potato salad, slaw, baked beans, deviled eggs, brownies, and cupcakes. Ticket cost is reduced to \$10 for this event and will be sold August 3- 26 for members (self +1). Tickets for guests will be sold August 24 if any remain.



PRESENTATION

Medicare Fraud

Pro-Seniors will offer an interactive presentation on the fraud aspects of Medicare at 1 p.m. on Wednesday, **September 7**. While not required, it would be very helpful to call or sign the clipboard beginning August 15 if you plan on attending; thank you. Open to the community.

ACTIVITY UPDATES

Early Closing: 2:30 p.m., Tuesday, Aug. 9

Bingo: cancelled August 9

Euchre: play 10:30-2:30, Aug. 9



REFLECTION

Every new friend is a new adventure...the start of more memories

~ Patrick Lindsay

TIDBITS

***National Night Out:** Aug. 2, 6-8 p.m. at Wayne H.S. Stop by and visit the senior center table!

***Update:** please notify the center when you change your phone number, address, or email.

***Danbury Drive-Thru Lunch:** August 23, must rsvp, see bulletin board.

***Free Community Meals:** posted on bulletin board or visit Project One Hope at www.fcchh.org.

***Live concerts:** August 6, 12, 26 at Eichelberger Amphitheater.

***Clean Up:** please help clean up after your activity by vacuuming, wiping tables off, etc. There is a small vacuum cleaner in the card table closet.

***Wait list:** if you cannot come to an activity/event that required payment or registration, please notify the center as soon as possible so there is time to call the wait list.

GRANDPARENTS DAY EVENT



HAPPY
GRANDPARENTS
DAY!

To recognize and celebrate Grandparents Day, *MediGold* is sponsoring a fun afternoon with live entertainment and dessert at 1:30 p.m. on Wednesday, **September 21**. You will enjoy an entertaining performance from nationally known humorist, storyteller, and Mark

Twain impersonator, *Stephen Hollen*. Free tickets for members (self +1) will be available August 23 - September 13. Tickets for non-members begin September 8 if any remain.

PITCHING IN

Approximately three weeks before an event such as a social, lunch & learn, or other special events, a clipboard will be at the desk for those who would like to help set up or clean up. Thanks for any support you can provide for the following events:

Aug. 29: Lunch & Learn, **Sept. 9:** Bingo Bash, **Sept. 21:** Grandparents Day Event.



HELP SHAPE THE FUTURE

The City of Huber Heights is updating the comprehensive plan to guide development for the next ten years. Please visit tinyurl.com/huber-heights or scan the code at the senior center desk to complete the survey and provide your input.

MINI BINGO

Having fun playing mini bingo at 1 p.m. on Monday, **August 15**. Each person will be issued two cards (no choice of cards). Conducting the games and providing non-monetary prizes will be Linda with *MediGold*. Members may register starting August 1; non-members starting August 11 if space available. Phone calls accepted (self +1).

AUGUST CALENDAR

Full page detailed calendar available at the center or visit www.hhoh.org/our_community/senior_center

Monday:

Exercise 9:15
Pinochle 11
Knit, Crochet 1 p.m
Table tennis 6:30-9
Book Group, 2nd Mon., 10
8/15: Mini bingo 1 pm
8/22: Flower class 1 p
8/29: Lunch & Learn 12:30

Thursday:

Wood carve 9:30-11
Line dance 9:30-11:45
Euchre, Hand & Foot 12
Bridge 12
Table Tennis 6:30-9
8/11: Hearing/Aid check by appt

Tuesday:

Bingo 1 p.m.
8/9: No bingo
8/9: Euchre 10:30-2:30
8/23: Blood Press/Sugar 11:45

Friday:

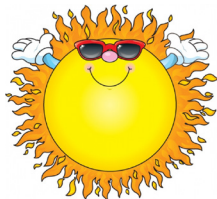
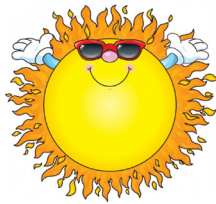
Golden Qi (Chair Chi) 9:45
Tai Chi class 1:30
8/12: Trivia, 2nd Fri., 10:45 a.m.

Wednesday:

Exercise 9:15
Lunch pick-up: 10:30
Mah Jongg: play 1 p.m.
lessons 11, make appt.
Game Night 6:30-9
Tech Tips – resume Sept.
8/31: Board meeting 12:30
8/31: Speaker 1 pm

Saturday:

8/7-8/9: Soaring Eagle trip



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8001 Red Buckeye Drive
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HUBER HEIGHTS SENIOR CENTER

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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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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	Supplies:	Linda Leek
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

Betty Caudill
Doris Wirt
Darlene Slusser
Jane Walski

Thinking of You

Sheri Bauman

Sympathy

Carolyn Nottingham in memory of her brother

Happy 90th Birthday

Ned Yaney

Sunshine Coordinator: Bobbi Markley 937- 233-8866

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).

Aug. 8 with Visit from Author!! *One More Day* by Diane Chiddister from Yellow Springs. Her debut novel is for everyone wanting to understand aging. It takes place in a fictional assisted living center and portrays older people as they really are, as diverse individuals dealing with finding home, grief, forgiveness, and falling in love. This book is amazingly uplifting with gentle humor and subtle insight. *Join us to hear the author discuss and read from her book* and for a look at how we can view aging with hope and curiosity.

HEARING CHECK UP

Call the center to make an appointment for Thursday, **August 11**, 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*.