



December

NEWSLETTER

TROY SENIOR CITIZENS CENTER



The **MISSION** of the Troy Senior Center is to promote service, education, wellness, recreation and socialization for all citizens 50+ in the Troy area and surrounding communities. Through our programs and services, we aim to assist senior members of our community in remaining productive and active while also enhancing their quality of life.

Board of Trustees:

President—Kathi Witte, VP—Diana Hunsbarger, Treasurer—Cindy Long, Secretary—Helen Thompson. Trustees—Denny Kremer, Wanda Vettters & Claudia Schertzinger

Tip of the Month: Staying Active in the Winter

As the weather gets colder, it's easy to stay inside, but staying active is important for both physical and mental health. Even small amounts of movement can help you feel more energized and improve your overall well-being.

Member of the Month - Jim Wyrick

We're excited to highlight **Jim Wyrick** as this month's Member of the Month! Jim has been a member of the Troy Senior Center for 3 years and is looking forward to his 4th year in 2025.

His favorite activity? **Chair Volleyball!** He loves the camaraderie of the group, and says it's an hour full of laughter and fun. Jim especially enjoys the upper-body workout chair volleyball provides all while having a good time. His jokes are nonstop, and his positive, kind attitude makes him a joy to be around. Jim values the chance to socialize with both old friends and new faces, making the Troy Senior Center a second home to him.

Thanks, Jim for being amazing and always going out of your way to help others!



Happy Holidays from the Troy Senior Center!

Hi all! November was a busy and successful month at the Center and I want to call out a few highlights. Our Craft Bazaar was a huge success and raised \$1,100 for the Center! Thank you to our volunteers, Scott Family McDonald's for their breakfast donation, and the hardworking craft group who made the beautiful items we sold. We also hosted a Veteran's Day Event, honored by Crossroads Hospice. It was a meaningful day recognizing those who sacrifice it all for our freedoms. Lastly, we had our cooking demo featuring tomato soup and grilled cheese - this was a fun way to kick off our new cookbook project. We are looking for volunteers to run the next demo!

Looking ahead, we're excited for the Nutrition Program Tasting Event on January 3rd, where you'll get a chance to taste healthy meals that will be available to purchase. We also have our Ugly Sweater Party with Karaoke on 12/20, so be sure to come ready for fun! Finally, read more about our Uplift Series in the newsletter where we'll partner with a licensed counselor to offer helpful guidance for the holidays and grief support with three sessions starting 12/2.

Thank you for being part of our wonderful community. We look forward to seeing you at these upcoming programs! I send warm holiday wishes to you and your families.

Kathi Witte, President



WEEKLY ACTIVITIES

MONDAY

LINE DANCE - 10:00AM
CARDS & MAH JONGG - 1PM
BRIDGE - 6:30PM

TUESDAY

CRAFTS - 9AM
CARDIO DRUM - 11AM
CARDS & GAMES - 1PM

WEDNESDAY

CHAIR VBALL - 9:15AM
POOL - 11AM
YOGA - 11AM
CARDS & GAMES - 1PM

THURSDAY

LINE DANCE - 10:00AM
CARDS & GAMES - 1PM
CARDIO DRUM - 6PM

FRIDAY

CHAIR VBALL - 10AM
CARDS & GAMES - 1PM

SATURDAY

BID EUCHRE - 1PM

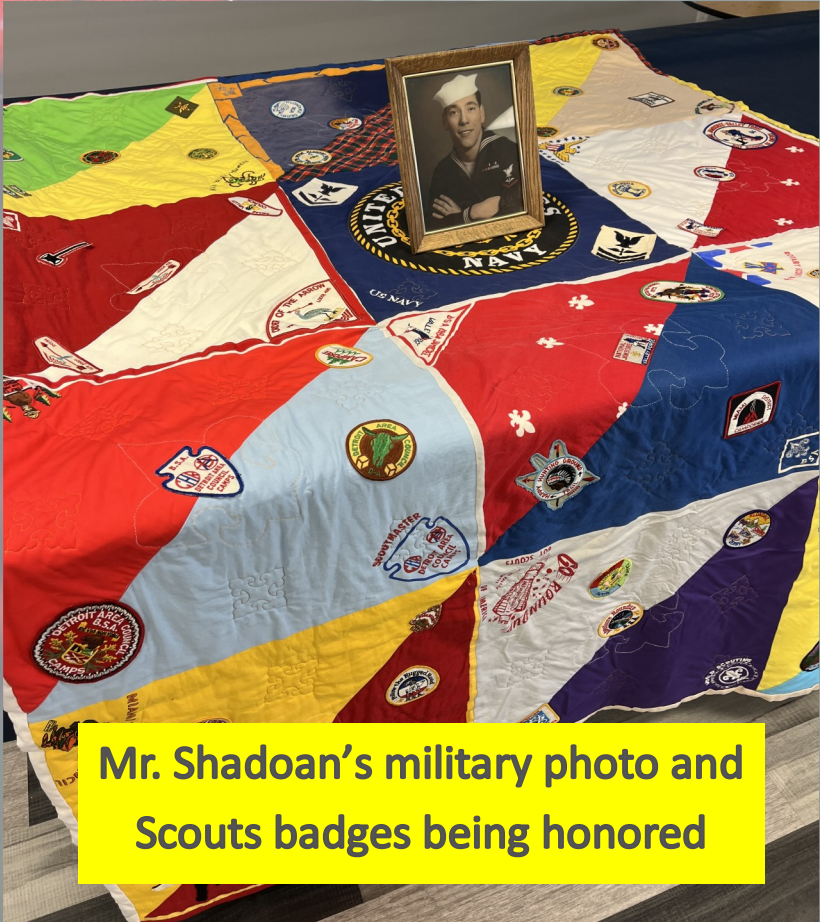
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
12PM: Christmas Decorating Crew!	12PM: <i>Navigating the Holidays</i> 1- Cards	9AM: Craft 11AM: Drum 3PM: <i>Craft w THS Key Club</i>	9:15- VB 11AM: <i>B-Day Cupcakes</i> 1PM: Cards	10AM - Line Dance 12:30PM: Bridge	9:30AM: Senior Bfast at Troy HS Bridge 1PM: Cards	5PM <u>CHRISTMAS PARTY!</u>
8	9	10	11	12	13	14
	10AM: Line Dance 12PM: Find Meaning after loss 1PM: Cards	9AM: Craft 11AM: Drum 12PM: L+L 1PM: Cards	9:15- VB 10AM: Board Meeting 11AM: <i>Pool</i> 11AM: <i>Yoga</i> 1PM: <i>Bingo</i>	10AM - Line Dance 12pm Carry in 6PM: Cardio Drum	10AM: Chair Volleyball 11:30-1:30: health screen 12PM: L+L Brookdale 1PM: Bingo	1- Bid Euchre
15	16	17	18	19	20	21
	10 - Line Dance 12PM: Find Meaning after loss	9- crafts 11- Drum 12PM: L+L 1PM: Cards	9:15- VB 11- <i>Pool</i> 11- <i>Yoga</i> 12PM: <i>L+L</i>	10 - Line Dance 6PM: Cardio Drum	10AM: VB 12:30: Bridge 1PM: Bingo 4pm: Ugly Sweater Karaoke Party	1- Bid Euchre
22	23	24	25	26	27	28
	10 - Line Dance 1PM: Cards	Closed	Closed	10 - Line Dance 1PM: Cards 6- Drum	10- VB 1- Bingo	1- Bid Euchre
29	30	31	January 1	2	3	4
Private Party	10 - Line Dance 1PM: Cards	Closed	Closed		11:30AM: Food Tasting event & Nutrition Program Kickoff	1- Bid Euchre



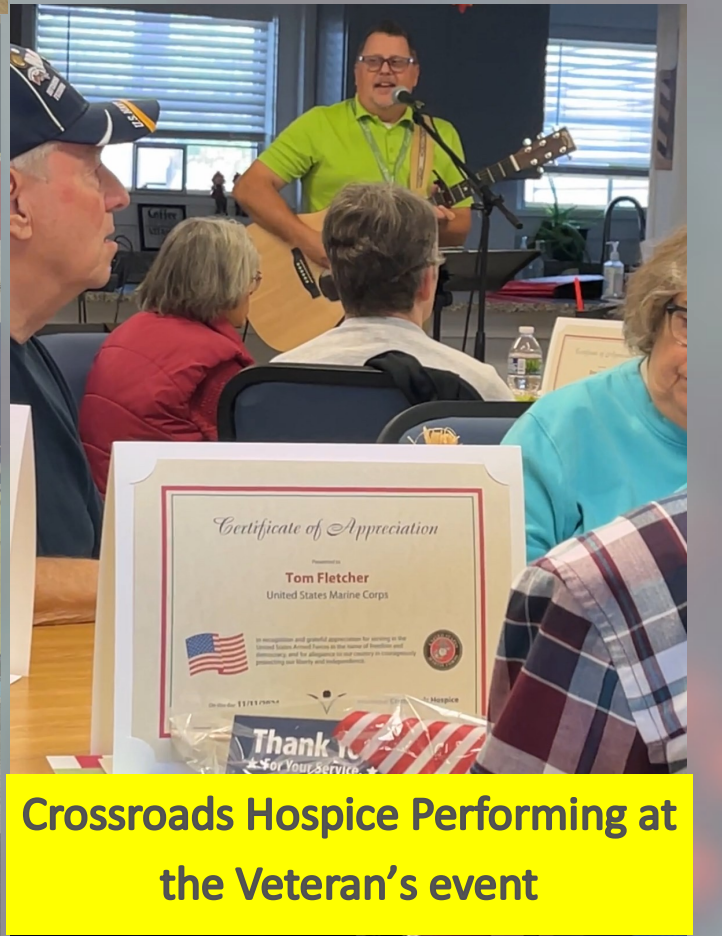
Holiday Bazaar Crafts



Volunteers moving office furniture



Mr. Shadoan's military photo and Scouts badges being honored



Crossroads Hospice Performing at the Veteran's event

Upcoming Activities

Uplift Series at Troy Senior Center: The holidays can bring joy but also challenges, especially for those navigating grief or life changes. Our **Uplift Series**, led by a licensed grief counselor, offers support and encouragement to help you find peace while connecting with others. **12/2 at Noon:** *Navigating the Holidays – Tips for balancing traditions, emotions, and creating meaningful moments, family, etc.* **12/9 at Noon:** *Finding Meaning After Grief and Loss.* **12/16 at Noon:** *Finding Meaning After Grief and Loss*

More Fun to Join

Dec 6: Breakfast at Troy High School @ 9:30 AM. Bus leaves Center at 9:15 AM.

Dec 7: Annual Christmas Party @ 5 PM with Live Music and Entertainment

Bingo: 12/11, 12/13, 12/20, 12/27

Lunch and Learns (12PM): 12/10, 12/13, 12/17, 12/18

Tech Support with Peter: 12/13, 12/20, 12/27

Carry In Lunch (12PM): 12/12

Join us For Another Great Year
MEMBERSHIP ENROLLMENT FORM

Name of Member #1: _____

Name of Member #2 _____

Address _____

City _____ State _____ Zip _____

Phone _____ Anniversary Date _____

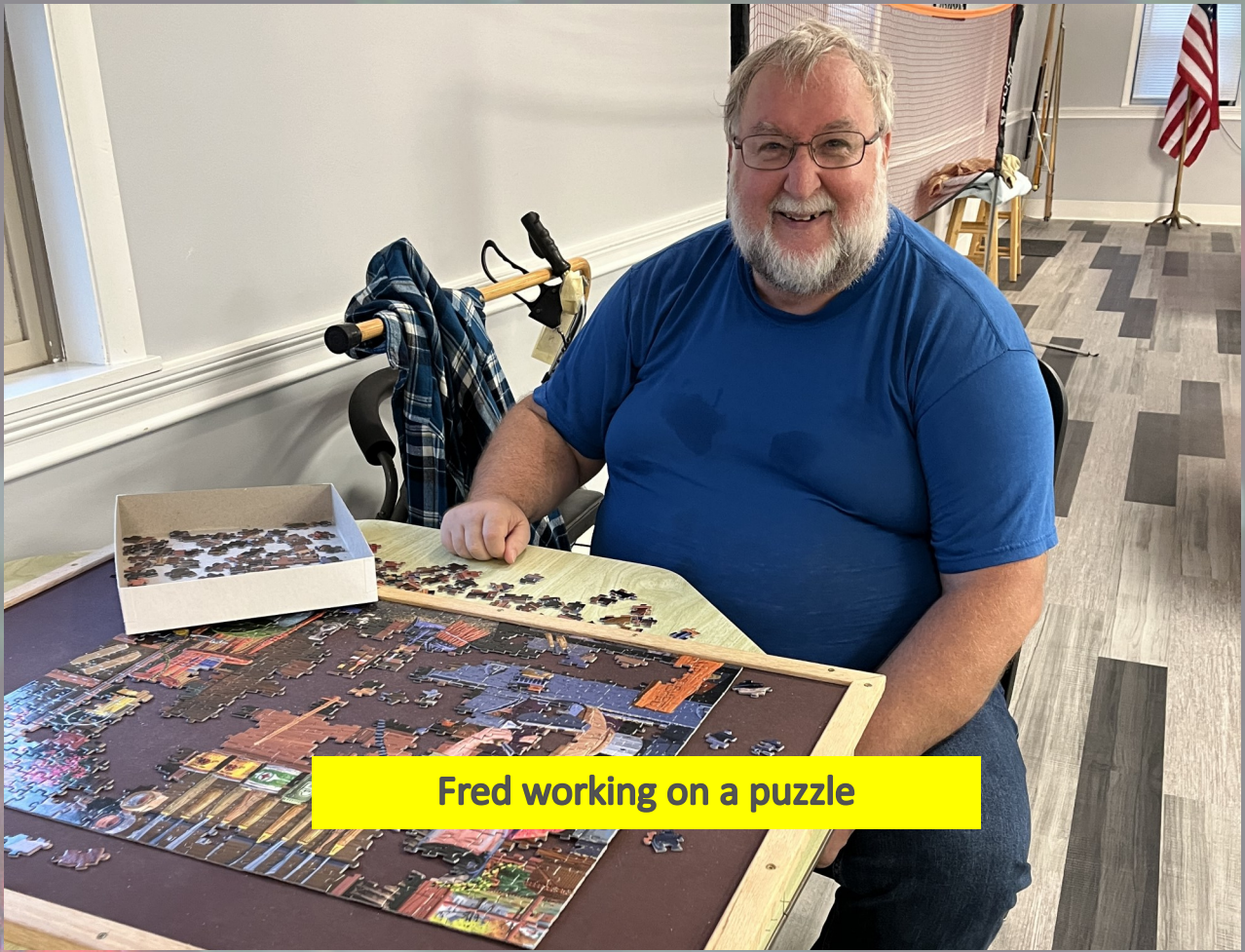
Birthdate #1 _____ Birth date #2 _____

Emergency Contact _____ Phone # _____

Email _____ Do you prefer e-newsletter– YES/ NO

I give my permission for any photo of me during Troy Senior Citizens Center activities to be in the public domain. My photo may be used for publicity, on our Facebook page, web page or other forms of public media.

Please pass this form on to a friend or use it yourself to update your information. All people age 50 and over are welcome to join, if married only 1 spouse needs to be 50. Dues are \$25 per person per year. If you pay by mail, please include a self addressed envelope for your membership card.



Fred working on a puzzle



Alpaca Visit

Come visit us!

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Monday—Friday: 9am-4pm

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