

Harvesting Happiness this Fall at the Troy Senior Center



Beautiful Fall art by Mary Kadel

Troy Senior Citizens Center

134 N. Market St, Troy Oh 45373

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Coordinator: Kristy Brown

Board of Trustees 2024

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Vice President– Diana Hunsbarger

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Our mission is to promote service, education, recreation, socialization and wellness for all citizens age 50 and older in the Troy area and surrounding communities. Through this mission we will help seniors stay productive, active and enhance their quality of life.

IMPORTANT REMINDERS IN September

Wednesday's at 11am Chair Yoga is back!! (September & October)

Wednesday, Sept 4th at 1:00 pm Birthday celebration w/ Brookdale

Fridays in September at 9:30am Walking Group

Friday, Sept 6 at 10am Up and running to provide shoe fittings and discounts for shoes that help with support, pain, and active lifestyles

Wednesday, Sept 18 at 9:30 am Trivia with Goodwill

Friday, Sept 13th & 20th at 12pm-4pm -Tech Support with Peter

Saturday, Sept 28th at 6pm - Game night with cornhole tournament

Friday, Sept 27 at 11am - Book Club The Snow Child by Eowyn Ivey

****Trustee Applications****

We are looking for members to serve as Trustees to the Board.

Submit a bio & why you would like to serve. Elections are on 10/10

Note from the President

Dear Members,

We are rolling into fall with lots of excitement at the Troy Senior Center. First, we're thrilled to welcome our new Program Coordinator, Kristy Brown. Be sure to say hello when you see her in the office.

We've also received a generous grant of \$19,000 from the Area Agency on Aging to help us upgrade our technology. Stop by the office to learn more about how these advancements will benefit the center.

As the leaves start to fall, so do our fun activities! Get ready for game night with cornhole, a chili dump, and a new walking group. Looking forward to a great season ahead!

Kathi Witte
President


NEWS & REMINDERS

Chair Volleyball will be canceled Wednesday September 4th.

Dine to Donate evenings at Skyline: If you can volunteer for an hour shift we hand out coupons to the customers and the Center receives 15% of the evening sales. Last month we raised over \$210!!

Welcome New Members: John Zigler, Michelle Zigler, Sandra Armbruster, Sandra Ehrlich, Linda Rozell, Linda Duesterhaus, Steve Dilworth, Allie Collier, Sandra Tipps

Wellness Initiative for Senior Education - Every Wednesday in October (and first Wednesday in November) from 9am-11am. Session topics include: Changes while Aging, Aging Sensitivity, Valuing Cultural and Generational Diversity, Medication, Substances, Enhancing Quality of Life

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
September 	<u>CLOSED</u> Happy Labor Day!	9 - Crafts 11am Cardio Drum 1pm - Cards	9:30am Brunch & Craft w Piqua Manor Yoga - 11am Billiards - 11am Birthday party - 1pm	10:30 Line Dance 1- Cards/games 6- Cardio Drum	9:30 Walking Group 10 - Chair VB 12:30 Bridge	1 - Bid Euchre
8	9	10	11	12	13	14
1:30 Mah Jongg	10:30 -Line Dancing 1- Cards/games 6:30 Bridge	9 - Crafts 11 - Cardio Drum 12 - L&L Ayden Cards - 1pm	9:15 Chair VB 11 Billiards 1 -Mahjongg 1 - Cards/games 1-Bingo 5pm Board Mtg	9:30 Walking Group 10:30 Line Dance 12- Carry in 1- Cards/games 6pm - Cardio Drum	9:30 Walking Group 10 - Chair Volleyball 12-4 Peter Tech 1-Bingo	
15	16	17	18	19	20	21
130 Mah Jongg	1030 Line dancing 1 cards/games 630 Bridge	9- Crafts 11- cardio drumming 12- L&L Troy Rehab 1 Samba/ Pinochle	9:30 Trivia 11 Billiards 1- Mahjongg 1 cards/games	930 Walking Group 1030 - Line dancing 1:00 Cards - games 5-9 Skyline Dine to donate 6- Cardio Drum	9:30 Walking Group 10- Chair Volleyball 1- Bingo 12:30 Bridge	1 - Bid Euchre
22	23	24	25	26	27	28
<u>Private Party</u>	10:30 Line Dance 1 cards/games 630 Bridge 630- Let's go Reveal	9 crafts 11 drumming 1 Samba/ Pinochle 6:30 Bridge	9:15 -Chair Volleyball 11 - Billiards 1 - Mahjongg 1 - Bingo 1 - Games	1030 - Line dancing 1:00 Cards/games 6 pm Cardio drumming	9:30 Walking Group 10 - Chair VB 11- Book Club 12:30 Peter 1pm Bingo	1 - Bid Euchre <u>Game night</u> 5pm <u>Cornhole,</u> <u>Wii, food,</u> <u>tons of fun!</u>
29	30					
<u>130 Mah Jongg</u>	10:30 -Line Dancing 1- Cards/games 6:30 Bridge					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>OCTOBER</u>		1	2	3	4	5
		9- <i>Crafts</i> 11- <i>Drumming</i> 1- <i>Samba</i>	9:30-11 <i>WISE</i> 11-1 Pool 11- Yoga 1- MahJongg Cards/games	10:30 Line Dance 1- Cards/games 6- Drumming	10- Chair VB 12:30 Bridge	1 - Bid Euchre
6	7	8	9	10	11	12
MahJongg	10:30 -Line Dancing 1- Cards/ games 6:30 Bridge	9 - <i>Crafts</i> 11 - cardio drumming 12- L&L Ayden 1 - <i>Samba</i> / games	9:30-11 <i>WISE</i> 11-1 Billiards 11 - Yoga 1 - Mahjongg 1- <i>Bingo</i> 5- <i>Bd. MTG</i>	1030 - Line Dancing 12- <i>Carry in</i> 1 Cards/games 6 -Cardio drum	10 - Chair VB 11:00 - <i>BP</i> <i>check by</i> <i>Premiere</i> 1- <i>Bingo</i>	1 - Bid Eu- chre
13	14	15	16	17	18	19
	1030 Line dancing 1 cards/ games 630 Bridge	9- <i>Crafts</i> 11- cardio drumming 12- <i>L&L</i> 1 <i>Samba</i> / <i>Pinochle</i>	9:30-11 <i>WISE</i> 11- 1 Billiards 11 - Yoga 1- Mahjongg 1 cards/ games	1030 - Line dancing 11 - Transit mtg 1:00 Cards/games 5-9 <i>Skyline</i> 6 - Drumming	10- Chair VB 1- <i>Bingo</i> <i>Shelby</i> <i>skilled</i> 12:30 Bridge	1 - Bid Euchre
20	21	22	23	24	25	26
<u>Private</u> <u>Party</u>	10:30 Line dance 1 cards/ games 630 Bridge	9 crafts 11 drum- ming 12- <i>L&L</i> <i>Lovett &</i> <i>House Law</i> 1 <i>Samba</i> / <i>Pinochle</i> 6:30 Bridge	11- 1 Billiards 11 - Yoga 1 - Mahjongg 1 - <i>Bingo -</i> <i>Dorothy Love</i> 1 - Games	1030 - Line danc- ing 1:00 Cards/ games 6 pm Drumming	10 - Chair VB 11- <i>Book</i> <i>Club</i> 1 <i>Bingo</i>	1- Bid Euchre
27	28	29	30	31		
	10:30 -Line Dancing 1- Cards/ games 6:30 Bridge	9 <i>Crafts</i> 11 drum- ming 1- <i>Samba</i>	11- 1 Billiards 11 - Yoga 1 - Mahjongg 1 - Cards	10:30 - Line Dancing 1:00 Cards / Games 6 pm Cardio Drum	10 - Chair VB 12:30 Bridge 1 - Cards/ games	1 - Bid Euchre

NEWS & REMINDERS

Dine to donate at Skyline is September 19th from 5pm - 9pm

September Birthday celebration will be Wednesday, September 1 pm. Brookdale is bringing cupcakes and we will have a party

The Craft Group is preparing for the Holiday Bazaar (11/9). We meet meets on Tuesday morning from 9-11am; all are welcome!

September 28 Game Night & Dessert or side! Sign up for the corn-hole tournament, bring a game to play and a dessert! A main course will be provided and festivities start at 5pm. Sign up by 9/11.

Walking Group - Friday mornings in September at 9:30am as part of the Fall Prevention campaign. Join us 9/6 for shoe fittings and info

Senior Center fun!



Sandy and Tom organize and run Bid Euchre every Saturday from 1pm-4pm. Everything from setup to teaching, they do it all and we are grateful for them and all they do!



Pool sharks pictured above.

These guys always call the right pocket
Join them on Wednesdays (11-1) for billiards



Crafting and getting creative!



Free health screenings with Premier are
always a good idea :)



Kristy (new coordinator) and
Kathi drumming the day away

A United Way of Troy, Member Agency
Serving our members and the Community since 1962