

THE SENIOR CONNECTION

(937) 426-6166 | BEAVERCREEKOHIO.GOV

VOLUME VI, ISSUE 7 | DECEMBER 2016

Grand Holiday Workshop

You and your grandchild will enjoy Christmas sing-a-longs, dancing, and playing games. We'll create a delicious treat and make a special craft to keep or give as a gift. Class is scheduled for **Monday, December 12th, 5:30 to 6:30 p.m.** for children ages 4 and up. Senior Center Member \$10, Non-Member \$15
Instructor: Shawnah Tibbs-Sergent.
Additional child \$6 member, \$11 non member.

VILLAGE AT THE GREENE

Our friends from the Village At The Greene has invited us to a special open house for Senior Centers on **Friday, December 2nd from 11 am to 1 pm.** There will be tours of the new facility and a buffet lunch. The Center will provide a van to take folks from the Center to the facility. You must sign up at the front desk if you plan on attending the program. Please indicate when you sign up if you plan on driving yourself there or if you need a ride on our van so we may accommodate as many members as possible. The Village At The Greene is located at 4381 Tonawanda Trail, Dayton.

LA COMEDIA- A CHRISTMAS CAROL

Join us as we visit the ghosts of Christmas Past, Present, and Future on **Wednesday, December 7th.** We will depart the Center at 9:45 am. Tickets are \$40 for members and \$50 non members. Limited seating, so sign up today! Along the way he learns that love and friendship are much more important than amassing a fortune.



CHRISTMAS LUNCHEON

We will be having our Christmas lunch together on **Tuesday, December 20th at 12 noon.** Heartland of Beavercreek is our sponsor for a delicious meal and will also provide entertainment for the event. We invite you to join us as we celebrate the holiday season with our family and friends at the Center. We are fortunate to have each other to share such a special time together. We don't want anyone to be alone during this time of year so please plan on joining us. There is a limited number of seats available so sign up today! This dinner is free for members, a gift from the staff and Courtney from Heartland.

HIGH SCHOOL TRIP

When was the last time you were in High School or rode a school bus? You can do both on **Friday, December 9th at 9 am.** We are going to the high school for our annual trip sponsored by the student council. Upon arrival we will enjoy a continental breakfast and visit with the students. We will then be entertained with special performances by both the band and the choir. Following the shows we will have lunch with the students, visit and play cards. We will return to the Center at 12:30 pm. We encourage members to attend this program. The students work very hard on it and they look forward to seeing all of you there. Please sign up at the front desk and let us know if you are going to ride the bus over or drive yourself and meet us there. There is limited seating so sign up today!

RECREATION

ACTIVITY	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Cards	Hase (Euchre) 1:00 pm	Bid Euchre 9:00 am	Bridge 12:30 pm		Euchre 1:00 pm
Games	2nd Monday Gluten Free Group 10 am Bridge lessons 1:30 pm	Bunco 10 am check calendar for date (once per month)	Mah Jongg 9:30 am Corn Hole 1:00 pm Dominos 2:00 pm	4th Thursday Coloring Class 1 pm	
Organized Pool Play		Drop in Group 1:00 pm to 3:00 pm	Tournament 9:15 am to 12:00 pm	Drop in Group 10:00 am to 12:00 pm	
Drop In Classes	Line Dance 1:30pm	Art Class 10:00am		Knitting Class 2:00pm	

Monthly/Bimonthly Programs

2nd MONDAYS	Red Shirt Guys , 9:00 am / Red Hat Hotties , 12:30 pm
2nd & 4th TUESDAYS	Care Giver Group , 9:30 am (location 3095 Dayton Xenia Rd.) See GCCOA info on page 6 for directions
2nd THURSDAYS	Movie 1 pm
1st & 3rd THURSDAYS	Wellness Checks , 11:45 am Bingo 1:00 pm
4th THURSDAYS	Book Club , 1:00 pm
1st FRIDAYS	Cards & Game Night , 7:00 to 9:00 pm (May pay \$1.00 come at 6 pm for chicken)
2nd FRIDAYS	Family Quest , 10:00 am

EXERCISE & FITNESS

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Videos 9:00 am to 10:00 am & 10:00 am to 11:00 am	Kick Boxing 9:00 am 18 minute video	Videos 9:00 am to 10:00 am & 10:00 am to 11:00 am		Videos 9:00 am to 10:00 am & 10:00 am to 11:00 am
Fitness with Brian 11:30 am to 12:00 pm	Zumba with Instructor 1:30 pm to 2:30 pm	Fitness with Brian 11:30 am to 12:00 pm		Fitness with Brian 11:30 am to 12:00 pm
Yoga with instructor 4:00 pm to 5:00 pm		Qi Gong with instructor 5:30 pm		

Fitness Room

The Center has a fully equipped fitness room with treadmills, bikes, ellipticals, and more for cardio workouts as well as top of the line nautilus machines for strengthening and toning. The fitness area is open Monday through Thursday 9 am to 7 pm, Friday 9 am to 4 pm & Saturday 9 am to 12 pm.

Knitting Class - Knit Wits

The Center is offering a beginners knitting class on Thursdays from 2 to 3:30 pm. You will need 1 pair of #7 knitting needles and 1-sugar'n cream skein (ball) of yarn. This is a drop-in class and new folks are welcome! This class is free and for members only.

Beavercreek Strummers

The Center's performance band practices at the Center on Thursday mornings at 9:30 am. The band plays many shows throughout the community and if you are interested in a performance contact us at 426-6166. Any member is welcome to bring their instruments and play with them at practice. Free to members only, non members pay daily fee. Members are always welcome to come listen to practices. **Looking for new members for the band so stop by and see us!**

Hearing Tests

We are having hearing checks, including checking and/or cleaning hearing aids, at the Center. Butch, from the Fairborn Hearing Aid Center, will be here the third Thursday of the month from 11 am to 12 noon. The test will be held in the hallway near the restrooms and theater and he will take folks on a first come first serve basis.

GARDEN GROUP

Making porch pots for the holiday season will be on the docket for **Tuesday, December 6**. Attendees are asked to bring a container still containing soil to fill with branches and evergreens to share. Suggested containers are flower hanging baskets, annual pots from this summer or something different and fun like a pair of old garden boots. There is no fee for this activity and extra materials will fill the flower pots on the entrance patio. As always, the more the merrier.



Gardening Group members had such a good time making fresh flower arrangements in November that they wanted to do another arrangement for Christmas.

Following the Christmas party on **Tuesday, December 20** another workshop will be held at 2:00. The cost will be \$10 and members are welcome to bring appropriate seasonal decorations to personalize their creation. Please make a reservation to insure adequate materials. Please bring pruners and gloves. All are welcome.

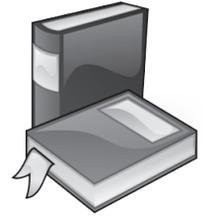


MOVIE— A MADEA CHRISTMAS THURSDAY DECEMBER 8TH 1 PM

Madea (Tyler Perry) accompanies her niece, Eileen (Anna Maria Horsford), to the small town of Buck Tussel to pay a surprise visit to Eileen's daughter, Lacey (Tika Sumpter), who has refused to come home for Christmas. The real reason Lacey is avoiding her judgmental mother is that she has secretly married Connor (Chad Michael Murray), a white classmate from college. When Eileen and Madea arrive at Lacey's farm, she tells them that Connor is an employee, but her lie soon spins out of control.

BOOK NOOK

THE DOGS OF CHRISTMAS by W. Bruce Cameron -Nursing a broken heart, Josh Michaels is outraged when a neighbor abandons his very pregnant dog, Lucy, at his Colorado home. Josh has never had a dog before, but he is determined to do the best he can for Lucy and her soon to arrive, bound to be adorable puppies. Soon Josh calls the local animal shelter for help and meets Kerri, a woman with a quick wit and a fierce love for animals. Kerri is heading up the "Dogs of Christmas" program for the shelter and Josh finds himself falling for her. The Dogs of Christmas is a charming and heartwarming holiday tale that explores the power of love, trust and a basketful of puppies. Remember, after reading to initial and return for others to enjoy.



TRAVEL WITH DEB

“Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.”



May every day be a blessing to you and every New Year bring you more than you can imagine. I owe many thanks to my senior travelers and my helpful friends at AAA and Joy Travel. Hope 2017 will be full of fun and new adventures.

Merry Christmas and Happy New Year,

Deb



BUNCO

Bunco will be held on **Tuesday, December 27th at 10 am**. Margery from Legacy Village will be here and we are playing regular Bunco! With Bunco you win even if you lose as Margery brings prizes for most points, most buncos and more. Limited spots so you must sign up at the front desk.



QI GONG YOGA & ZUMBA GOLD

The Center offers Qi Gong, Zumba Gold and Yoga classes. Yoga meets on Mondays at 4 pm, special session in December 4 weeks, \$15. Zumba meets on Tuesdays at 1:30 pm and Qi Gong meets on Wednesdays at 5:30 pm. Fees for classes are \$25 per 6 week session for members, \$50 non-members, drop in fee \$5 per class for members and \$10 for non-members. Please check at the front desk. **New** sessions are scheduled for 2017 so get yourself signed up and start the new year off right!

TAI CHI COMING IN JANUARY! PLEASE CHECK AT THE FRONT DESK FOR DETAILS AND SIGN UP SOON!

BEAVERCREEK SENIOR CENTER ACTIVITIES DECEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
<p>REMINDER: SOCIAL MEDIA WORKSHOP SATURDAY, DECEMBER 3RD FROM 9 AM - 12:00 NOON</p>				
<p>9:00 AM Exercise Tape 1 10:00 AM Strength Training Tape 11:30 AM Exercise with Brian 1:00 PM Hase - Euchre 1:30 PM Line Dancing 1:30 PM Bridge Lessons 4:00 PM Yoga</p>	<p>9:00 AM Bid Euchre 10:00 AM Art Class 10:00 AM Kick Boxing 12:00 PM Lunch 1:00 PM Gardening Group 1:00 PM Pool 1:30 PM Zumba Gold</p>	<p>9:00 AM Exercise Tape 2 9:15 AM Pool Tournament 9:30 AM LaComedia 9:30 AM Mah Jong 10:00 AM Strength Training Tape 11:30 AM Exercise with Brian 12:30 PM Bridge 1:00 pm Corn Hole 2:00 PM Dominos</p>	<p>9:30 AM Strummers Practice 10:00 AM Pool 11:45 AM Wellness Check 12:30 PM Birthday Party 1:00 PM Bingo 2:00 PM Knitting Class</p>	<p>9:00 AM Exercise Tape 3 10:00 AM Strength Training Tape 11:00 - 1:00 PM <i>Villages of the Greene Open House</i> 11:30 AM Exercise with Brian 1:00 PM Euchre 6:00 PM Chicken - 7PM Games</p>
12	13	14	15	16
<p>9:00 AM Exercise Tape 1 9:00 AM Red Shirts 10:00 AM Gluten Free Group 10:00 AM Strength Training Tape 11:30 AM Exercise with Brian 12:30 PM Red Hotties 1:00 PM Hase - Euchre 1:30 PM Line Dancing 1:30 PM Bridge Lessons 4:00 PM Yoga 5:30 PM Grand Holiday Workshop</p>	<p>9:00 AM Bid Euchre 10:00 AM Art Class 10:00 AM Kick Boxing 12:00 PM Lunch 1:00 PM Pool 1:30 PM Zumba Gold</p>	<p>9:00 AM Exercise Tape 2 9:15 AM Pool Tournament 9:30 AM Mah Jong 10:00 AM Strength Training Tape 11:30 AM Exercise with Brian 12:30 PM Bridge 1:00 PM Corn Hole 2:00 PM Dominos</p>	<p>9:30 AM Strummers Practice 10:00 AM Pool 11:00 AM Hearing Check 11:45 AM Wellness Check 12:00 PM Lunch 1:00 PM Bingo 2:00 PM Knitting Class</p>	<p>9:00 AM Exercise Tape 3 10:00 AM Strength Training Tape 11:30 AM Exercise with Brian 1:00 PM Euchre</p>
19	20	21	22	23
<p>9:00 AM Exercise Tape 1 10:00 AM Strength Training Tape 10:00 AM Paint Wine Glass 11:30 AM Exercise with Brian 1:00 PM Hase - Euchre 1:30 PM Line Dancing 4:00 PM Yoga</p>	<p>9:00 AM Bid Euchre 10:00 AM Art Class 10:00 AM Kick Boxing 12:00 PM Christmas Lunch 1:00 PM Pool 1:30 PM Zumba Gold (delayed) 2:00 PM Garden Group (Christmas centerpieces)</p>	<p>9:00 AM Exercise Tape 2 9:15 AM Pool Tournament 9:30 AM Mah Jong 10:00 AM Strength Training Tape 11:30 AM Exercise with Brian 12:30 PM Bridge 1:00 pm Corn Hole 2:00 PM Dominos</p>	<p>9:30 AM Strummers Practice 10:00 AM Pool 12:00 PM Lunch 1:00 PM Coloring and Chat 1:00 PM Book Club 1:30 PM <i>Zumba Gold Make-Up</i> 2:00 PM Knitting Class</p>	<p>CLOSED FOR HOLIDAY</p>
26	27	28	29	30
<p>CLOSED FOR HOLIDAY</p>				
<p>9:00 AM Exercise Tape 3 10:00 AM Strength Training Tape 11:30 AM Exercise with Brian 1:00 PM Euchre</p>	<p>9:00 AM Bid Euchre 10:00 AM Art Class 10:00 AM Kick Boxing 10:00 AM Bunco 12:00 PM Lunch 1:00 PM Pool</p>	<p>9:00 AM Exercise Tape 2 9:15 AM Pool Tournament 9:30 AM Mah Jong 10:00 AM Strength Training Tape 11:30 AM Exercise with Brian 12:30 PM Bridge 1:00 PM Corn Hole 2:00 PM Dominos</p>	<p>9:30 AM Strummers Practice 10:00 AM Pool 12:00 PM Lunch 2:00 PM Knitting Class</p>	<p>9:00 AM Exercise Tape 3 10:00 AM Strength Training Tape 11:30 AM Exercise with Brian 11:00 AM End of Year Party 1:00 PM Euchre</p>

FROM YOUR COUNCIL ON AGING

The Council's 2017 GCCOA Calendar is available at the Center, the Council's Beavercreek and Xenia offices, and at the Council's Holiday Soiree noted below. The calendar is free, easy to read, and great for keeping track of appointments. Travel is the theme for this wonderful calendar and our thanks to the Greene County seniors who have shared their travel stories and pictures.

The Council's ***Holiday Gift Soiree and Open House is Tuesday, December 6th from 6pm to 8pm and Wednesday, December 7th from 11am to 6pm.*** The Soiree is being held at the Xenia Community Center (1265 W. Second St), just west of Progress Drive and next door to the Council's Xenia office. Your creative and talented GCCOA team has been working non-stop to prepare for this special event and we hope you will stop in to see us. This event is an experience like no other, where you will find one-of-a-kind creations, enjoy homemade sweet treats and savories, and be greeted by your GCCOA team. Please invite a friend and stop out to see us!

The **open enrollment** deadline for 2017 Medicare D and Medicare Advantage plans is just a few days away - December 7th. If you are still in need of reviewing your current plan/s and identifying your options for 2017, you need to contact the Council pretty much right now in order to have your options reviewed! Some individuals are keeping their current plans, but a switch has been in order for many others. (937-376-5486 or info@gcco.org).

The **2017 Senior Artisan Show** will be held in March and we invite all Greene County senior artisans to consider entering a piece or two! If you have not participated before and would like to receive the submission information, please let us know at (937-376-5486 or info@gcco.org)

BEAVERCREEK SATELLITE OFFICE:

Our Beavercreek space (3095 Dayton-Xenia Rd) is open every Tuesday from 8:30am to 5pm. We invite you to stop in for a visit, ask questions, learn more about your Council, or to schedule an appointment with Beavercreek Care Coordinator Karen Burkhardt regarding your insurance, benefits, or other senior-related issues. Karen can also be reached by calling the Council's office at 376-5486, extension 121 or sending an e-mail to karen.b@gcco.org .

We will not be presenting a Legal Chat in December, but will return January 19th with attorney Dave Cusack. Information on the January presentation will be included in the Center's January newsletter and if you would like to be on the e-mail notification list for these sessions please contact the Council at 376-5486 or pam.d@gcco.org !

Caregiver Support Group ~ The Caregiver Support Group will meet the 2nd and 4th Tuesdays – December 13th and 27th at 9:30am, in the conference room of the BeaverView Health Center building at 3095 Dayton-Xenia Road (dark brown building, two lots west of McDonald's). For many caregivers, the holiday season can be especially difficult and overwhelming and having the opportunity to talk with others can be of tremendous help. The group is open to friends and family members who are caring for an older loved one. For more information, please contact the Council at 376-5486 or info@gcco.org .

We would like to wish you a wonderful and safe holiday season and we look forward to being of service to you in 2017. We invite you to contact your Council at 937-376-5486, info@gcco.org or through our website (www.gcco.org) or Facebook page.

MORE PROGRAMS



TRANSPORTATION PROGRAM

Our transportation program provides Beaver Creek seniors rides to places such as; dialysis, doctors, groceries, hairdressers, the Center and many other locations. We require a minimum notice of 48 hours in advance. Medical requests take top priority. For non-emergency medical appointments, we include local hospitals as well as doctor's offices in Fairborn and Xenia. Fee for a ride is \$2 each way in Beaver Creek and \$4 each way outside the City or Township. The Center also sells punch cards so you don't have to have cash each time you ride. Please ask one of our volunteers.

WELLNESS CHECKS

The Village at the Greene is here the **1st Thursday** and Prestine Senior Living on the **3rd Thursday** of the month from **11:45 am to 12:45 pm** to provide health checks, blood pressure and glucose. The staff will also keep a log of each visit to see how folks are maintaining their health. We thank both companies for volunteering to provide these services free to our members!



BEAVERCREEK SENIOR CENTER RED HOTTIES

The Senior Center Red Hotties will celebrate Christmas **Monday, December 12th.** at Archers on Dorothy Lane. There will be fun, games, carols, food, friendship and a voluntary gift exchange. Please sign up at the desk or call Carol DeRamus, 673-0510.

RED SHIRT GUYS



The Red Shirt Guys will meet at 9 am on **Monday, December 12th** at Frisch's Restaurant, 1231 N. Fairfield Road, Beaver Creek Ohio.

This breakfast meeting is held on the second Monday of each month and is open to all men who are members of the Beaver Creek Senior Center. You may join the fellows anytime as a new member. For more information or to join the group please contact Ron DeRamus at 937-673-0547. Wear your red shirt and join us!

News & Notes

Lunch Program

The Older Americans Act supports the lunch program served at the Center on Tuesdays and Thursdays at 12 noon. You must sign up by 11 am the day before by calling the Center for a reservation at 426-6166. There is a suggested donation of \$2 but not required.



BOOK CLUB DECEMBER 1ST NEXT MEETING

The club meets on the **4th Thursday of the month at 1 pm.** The book for December is *Little Paris Bookshop*. Due to the holidays the group will meet on **December 1st.** Please feel free to join the group. For more info contact Carolyn at 426-0864.

FAMILY QUEST

The genealogy class meets **the 2nd Friday of each month at 10 am** at the Center. New members are always welcome. The group often schedules guest speakers on a variety of topics that have to do with genealogy.

LOFINO SENIOR CENTER**MAILING ADDRESS:**

1368 Research Park Dr.
Beavercreek, Ohio 45432

LOCATION ADDRESS:

3868 Dayton Xenia Rd.

If you are interested in receiving this newsletter, please contact the Center.

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OPERATION CARD ANGEL

In July our folks wrote words of encouragement on over 1,200 Christmas cards for our troops and veterans. **Thank You!** "Operation Card Angel" Rosalie Myers kindly requests collections of your extra Christmas cards for our troops and veterans. After the holiday you can also send in the fronts of cards received to be used by the organization. We will host another event in July, 2017.



Merry Christmas

END OF THE YEAR PARTY

The Center will host a End Of The Year Party on **Friday, December 30th from 11 am to 2 pm**. The party will be to celebrate another year gone by with old friends and to make some new friends for next year! We will enjoy some special entertainment and our own kitchen ladies will prepare a delicious breakfast casserole with fresh fruit, Danishes, mimosas and coffee. This party with a twist is to celebrate the past year not the new year for a change. There are a limited number of tickets available, \$5 for members \$10 for non members so sign up today.

PAINTED WINE GLASSES with Lockwood Creation Studio

Come paint beautiful wine glasses to give as a gift or set your dinner table with. Class is **Monday, December 19th at 10 am**.

Everyone will paint a set of 4 glasses. Limited number of spots available. Class is for members only and cost 15.00. Sign up today!



CENTER HOURS: Monday through Thursday, 9:00 am to 7:00 pm | Friday, 9:00 am to 4:00 pm | Saturday, 9:00 am to 12:00 pm