

THE SENIOR CONNECTION

INFORMATION ON ACTIVITIES, PROGRAMS,
AND SPECIAL EVENTS FOR OUR SENIORS

(937) 426-6166 | BEAVERCREEKOHIO.GOV

JANUARY & FEBRUARY 2026

SNOWBALL SOUP-ER FUN SOCIAL \$

Thursday, January 29, Noon to 2 p.m.

Great Room

Join us for a cozy winter gathering, where warm soup, and hearty sandwiches keep the chill away. Enjoy a relaxed atmosphere filled with games, friendly competition, and plenty of laughter. Come dressed in whites, blues, snowflakes, snowman, or snowwoman. Prize for best dressed! Sponsored by The Indigo at Beaver Creek. Limited spots. \$5, members only. Registration begins Tuesday, December 16 at 9 a.m.

VALENTINE'S DAY PARTY \$

Thursday, February 12, 1 to 3 p.m., Great Room

Celebrate Valentine's Day at the Senior Center with tasty hors d'oeuvres and festive entertainment. Sponsored by Trinity Community of Beaver Creek. Limited spots. \$5, members only. Registration begins Tuesday, December 16 at 9 a.m.

BE MY GNOMIE!

Tuesday, February 3, 11 a.m. to Noon

Great Room B

Sprinkle some Valentine's Day magic! Come craft a sweet and silly gnome using fun embellishments and fabrics. Sponsored by Kingston of Miamisburg. Free, members only. Registration begins Tuesday, December 16 at 9 a.m.

FALL PREVENTION PRESENTATION

Monday, January 12, 11 a.m. to Noon

Great Room A

Trinity Community at Beaver Creek Therapy Department will provide in-service for Fall Prevention. We will review barriers and obstacles to help you minimize your risk of falls. We will provide education on how to stay safe in your home with providing suggestions and ideas for home modifications to prevent falls. Free, members only. Registration begins Tuesday, December 16 at 9 a.m.

IMPORTANT UPDATE:

SILVERSNEAKERS AND ANTHEM

Anthem will no longer be supporting the SilverSneakers program beginning in the new year. This change may impact many of our members. Please confirm with your insurance provider to see if you will still be enrolled in SilverSneakers or if you'll need to switch to a traditional membership.

Members transitioning to a traditional membership will be asked to complete an enrollment form in January. To help keep the process quick and easy, we recommend paying with cash or check, as card payments may take longer to process at the front desk.

We appreciate your understanding and cooperation as we make this transition together!



ART QUILT POSTCARD WORKSHOP

Tuesday, January 27, 10 a.m. to Noon

Great Room, Instructors: Jennifer Greenup and Linda Morgan from the Miami Valley Art Quilt Network

This workshop includes all the supplies and tools needed to make a 5" x 7" art quilt postcard. The postcard will feature a tree using fabric confetti to create the leaves. Free, members only. Registration begins Tuesday, December 16 at 9 a.m.

REGISTRATION DAY DISCLAIMER

Programs that require you to sign-up will open at 9 a.m. on registration day. This applies to both online and in-person. Please keep in mind that the Senior Center opens at 9 a.m. No one will be permitted to enter the building until 9 a.m. If you are calling to sign up for a program on registration day, please leave one voicemail and we will process those in the order they are received. For high-demand events and programs, remember they are first come, first served and you should make plans to either register in-person, online, or by phone as close to 9 a.m. as possible to give yourself the best chance to register. Calls received before 9 a.m. will be moved to the end of line. It may take us until the early afternoon to process phone calls.

THREE WAYS TO REGISTER

Registration is required for programs, events, and activities (hereinafter "programs"), unless noted otherwise. We have three ways to register – online, in person, or by phone.

- Online at beavercreekoh.myrec.com
- In-person at the front desk
- Over the phone at (937) 426-6166

INSTRUCTOR-LED CLASSES & EVENTS

No need to wait for Registration Day. Registration is open for the following classes!

CHAIR YOGA \$

Ages 55 and older
Instructor Lily Knopp
Trinity in Home Care
Wednesdays, 11:30 a.m. to Noon,
Great Room
This relaxing chair yoga class is designed specifically for seniors. Focusing on gentle but effective movements and stretches that help improve coordination, flexibility, balance, and mindfulness all while seated. Feel better, move easier, and enjoy life more fully! Fee: \$25 member, \$50 non-member.

- January 7 to February 4
- February 11 to March 11

PAINT LIKE BOB ROSS \$

Ages 55 and older
Instructor Sam Graybill
Thursday, February 5, 9:30 a.m. to 12:30 p.m. Classroom
We will be painting in the "Bob Ross" style of wet on wet in oil paints on a 12x16 canvas. Don't worry if you can't paint. As a certified Bob Ross instructor, Sam will help you create a beautiful work of art. Supplies for class provided. Fee: \$72. Open to members and their guests ages 18 and older.

CALLIGRAPHY \$

Ages 55 and older
Instructor Sam Graybill
Monday, February 2, 9:30 to 11:30 a.m., Classroom
During this class you will improve your handwriting, learn the difference between up strokes and down strokes, and learn faux calligraphy. Class supplies provided. Fee: \$35. Open to members and their guests ages 18 and older.

LINE DANCING LESSONS: ABSOLUTE BEGINNER \$

Ages 55 and older
Instructor Debbie Brown
Wednesdays, January 28 to February 25, 1 to 2 p.m.
Great Room B
Ready to learn how to Line Dance? This class will teach you the basic steps from an absolute beginner level. Learn line dancing steps choreographed to music and done with groups of people moving in the same direction. Limited spots. Fee: \$45 member, \$90 non-member.

WELL ROOTED HEALTH & FITNESS CLASSES

Owner/Instructor Becky Grajeda
Ages 55 and older

BALANCE BUILDERS \$

Tuesdays, 9:30 to 10 a.m., Lofino Plaza Multipurpose Room
Take part in this class to improve stability and confidence in everyday movements for senior adults. This class focuses on exercises and techniques designed to boost balance, coordination, and posture, supporting independence and reduce the risk of falls. Fee: \$25 member, \$50 non-member.

- January 6 to February 10 (no class January 27)
- February 17 to March 17

ACTIVE FUNCTIONAL FITNESS \$

Thursdays, 9:30 to 10 a.m., Lofino Plaza Multipurpose Room
A dynamic and engaging class designed to challenge and invigorate senior adults seeking to enhance their mobility, strength, and overall fitness in a faster-paced setting. Functional movements combined with cardio conditioning to improve endurance, agility, and coordination. This class is ideal for those looking to elevate their fitness levels. Fee: \$25 member, \$50 non-member.

- January 8 to February 12 (no class January 29)
- February 19 to March 19

STARTING STRENGTH \$

Fridays, 9 to 9:30 a.m. Great Room
Class is specifically designed to introduce senior adults to the foundational principles of strength training. Learn and practice fundamental strength exercises that target major muscle groups essential for everyday activities. Fee: \$25 member, \$50 non-member.

- January 9 to February 13 (no class January 30)
- February 20 to March 20

PERSONAL TRAINING \$

All scheduling and payments for personal or group training sessions will be handled directly through Becky Grajeda, wellrootedhealthandfitness@gmail.com, (937) 212-3974. You will no longer make payments at the Senior Center front desk. All payments are due before your training session begins.

Session Pricing:

- **Mandatory Initial Assessment:** \$40
This one-time assessment identifies your strengths and areas for improvement, helping to customize your workout plan.
 - **Individual Session:** \$40 per session
 - **Group Session:** \$24 per participant (Up to 3 participants per group)
- All individual and group sessions must be used within 30 days of purchase.

New Package Option:

- **6-Session Package:** \$240
Must be used within 90 days of purchase.

Cancellation Policy:

Cancellation Fee: \$15
If you cancel and Becky is unable to fill your spot, you will be charged a \$15 fee. If your spot is filled, no fee will be charged. Please notify Becky as soon as possible via phone, text, or email if you need to cancel. Note: Sessions are planned at least 24 hours in advance, so timely communication is appreciated.

TAI CHI \$

Ages 18 and older
Instructor Sandy Wright
Thursdays, 10:30 to 11:30 a.m.
Lofino Plaza Multipurpose Room
Tai Chi, an ancient Chinese tradition, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Improve your health, balance and lower stress management. Fee: \$52, \$45 resident.

- January 15 to February 12
- February 26 to March 26

INCLUSIVE YOGA \$

Ages 18 and older
Instructor Sara Ordway
Saturdays, 10:30 to 11:30 a.m.
Lofino Plaza Multipurpose Room
Adaptable yoga practice, in a chair or on a mat. You're encouraged to practice at your own pace through offerings of gentle movement, meditation and breath. Perfect for beginners and those looking for more accessible practice. Bring your own mat. Fee: \$52, \$45 resident.

- January 10 to February 7
- February 28 to March 28

PILATES \$

Ages 18 and older
Instructor Kelli Schmidt
Lofino Plaza Multipurpose Room
Tuesdays, 8:15 to 9:15 a.m.

- January 6 to February 3
- Thursdays, 8:15 to 9:15 a.m.
- January 8 to February 5

Imagine an exercise program that you look forward to, that engages you, and then leaves you refreshed and alert with a feeling of physical and mental well-being. Pilates is designed to do all this and more. It consists of a series of exercises that gradually tone and strengthen your core muscles and improve flexibility. Tuesday or Thursday Fee: \$52, \$45 Resident. Sign up for Tuesday and Thursday for a deal! Fee: \$94, \$80 resident.

GNOMEGROWN: A WHIMSICAL CLAY WORKSHOP \$

Ages 18 and older
Owner/Instructor Kristin Bailey
The Purple Paintbrush
Saturday, February 28, 10 a.m. to Noon
C. I. Beaver Hall, 3696 Highmont Street

Get a little messy and make something magical! Enjoy a cozy morning creating a fairy house or gnome (or even two!) with two pounds of clay. Demonstrations will be provided for each project, and the rest is up to your imagination! Light refreshments and coffee will be served. Fee: \$50, \$44 resident.

GROWING A MOON GARDEN \$

Ages 18 and older
Instructor Courtney Denning Deeply Rooted Landscapes Lofino Plaza Meeting Room 3868
Dayton-Xenia Road Saturday, March 7, 10 to 11 a.m.
Moon gardens are full of plants that reflect light: white flowers, silvery foliage, and night blooms. Night gardens can be created for visual appeal or to attract nocturnal creatures like moths and bats. Courtney will share which native Ohio plants can be used to create your moon garden. Participants will receive a plant to start their own moon garden. Fee: \$19, \$14 resident.

WELLNESS WALKERS

Thursdays, 9:30 – 10:30 a.m.
Free, but registration required in advance with Greene County Parks & Trails at gcparkstrails.com Each week we will get our heart rate up and get moving – enjoying the outdoors in our beautiful parks throughout Beavercreek, Fairborn, and Greene County! Walks are guided and self-paced. Get to know the parks better and meet new people. Schedules are available at the Senior Center Communication Board and Lofino Plaza.

ACTIVITIES

Limited spots. Free, members only unless noted. Registration required where noted.

A SENSE OF THE WORLD

Monday, January 26, 11 a.m. to Noon, Theatre
Hear the incredible story of James Holman, a prolific traveler and world explorer. He was also disabled and permanently blind. Presented by Washington Centerville Public Library Speakers Bureau. Free, members only. Registration begins Tuesday, December 16 at 9 a.m.

PAUL LAURENCE DUNBAR: THE LIFE AND TIMES OF A CAGED BIRD

Monday, February 23, 11 a.m. to Noon, Theatre
Explore the life and work of one of Dayton's most influential poets. Presented by Washington Centerville Public Library Speakers Bureau. Free, members only. Registration begins Tuesday, December 16 at 9 a.m.

8-BALL TOURNAMENT

Wednesday, 9:30 a.m. to Noon, Game Room A
This single-player, double-elimination event gives everyone a second shot at victory. Whether you're a seasoned player or just love the game, come test your skills, meet fellow enthusiasts, and enjoy pool and camaraderie. Stop by the front desk or pool area to get a registration form and/or a copy of the game rules. Completed forms can be dropped off with any Senior Center staff member or the front desk. Any questions, contact Dan Day, (937) 231-8874.

- January 14
- February 11

LET'S GET CRAFTY WITH SHAWNAH

Wednesday, January 7, 11 a.m. to Noon
Great Room B

Build a snowman without the cold! I'll show you how to use spackle to make a textured, whimsical snowman you can enjoy all winter long. We'll have snow-much-fun!

Friday, February, 6 11 a.m., to Noon
Great Room B

Fall in love with DIY at our pizza pan wreath class! With fun supplies and easy instructions, you'll create a one-of-a-kind masterpiece. Perfect for adding a sweet touch to your door or wall.

Sponsored by Village at the Greene. Free, members only. Registration begins Tuesday, December 16 at 9 a.m.

LYNN'S SEASONAL CARDMAKING \$

Tuesday, 12:30 to 2 p.m., Great Room B
Lynn Wilmes will walk you through each step to make two seasonal cards. Members only. \$5, cash only. You must stop by the front desk to register and pay. Sponsored by Dayspring of the Miami Valley. Registration is open.

- January 20
- February 17

SENIOR CENTER TRIVIA CHALLENGE

Tuesday, 11 a.m. to Noon, Great Room
Doug Goetz shares more trivia fun including multiple categories, music, film clips, and everything to challenge your memory with things you know, and things you should know. Sponsored by Wright Rehabilitation & Healthcare Center. Free, members only. Registration begins Tuesday, December 16 at 9 a.m.

- January 13
- February 10

WEEKLY ACTIVITIES:

Members only. Free, unless noted. Registration not required unless noted.

ART CLASS

Tuesdays, 10 a.m. to Noon, Classroom

Have you ever wanted to try painting? All levels are welcome. Bring your own supplies. Contact Ron Lee at (937) 361-4520.

BEAVERCREEK STRUMMERS

Thursdays, 9:30 to 11:30 a.m., Great Room

Do you play a guitar, mandolin, or ukulele? Come jam with the Strummers. Members are encouraged to come and enjoy the music. Contact Sue at (937) 426-3466.

Please note:

- On February 12, practice will be 9:30 to 11 a.m. due to Valentine's Day Party.
- On January 29, Strummers will be in the Lofino Plaza Meeting Room.

BASIC BRIDGE

Mondays, 12:30 to 4 p.m., Classroom

A fun and challenging card game for beginners and experts.

BID EUCHRE

Tuesdays, 9 a.m. to Noon, Game Room B

A euchre game with an element of bidding in which the trump suit is decided by which player can bid to take the most tricks.

BRIDGE

Wednesdays, 12:30 to 3 p.m., Classroom

Four players in two competing partnerships in a trick-taking card game.

CANASTA

Tuesdays, 1 to 3 p.m., Game Room B

This is a card game in the rummy family. The objective is to work as teams to score points by forming melds of cards and going out before your opponents.

CORNHOLE

Wednesdays, 1 to 3 p.m., Great Room A

Players take turns throwing bean bags at a raised, angled board. Points are scored by landing a bag on the board or putting a bag through the hole.

DOMINOES

Wednesdays, 1:30 to 3:30 p.m., The Gallery at Lofino Plaza

A tile-based game in which the objective is played so that the sum of the end tiles is divisible by five or three.

EUCHRE

Fridays, 1 to 2:45 p.m., Great Room A

A trick-taking game played by four players in teams of two.

FRENCH CLUB

Fridays, 10:30 to 11:30 a.m., Classroom

Contact Teresa Crowe at tcrowe2009@yahoo.com.

HASE EUCHRE

Mondays, 1 to 3 p.m., Game Room B

This card game uses a double deck bid euchre.

MAH JONG

Wednesdays, 9:30 a.m. to 12:15 p.m. Classroom

Similar to poker, the aim is to make matching sets and pairs with identical tiles.

PINOCHLE

Wednesdays, 1 to 3 p.m., Game Room A

A card game for two or more players. The object is to score points for various combinations and tricks to win.

ORGANIZED 8-BALL BILLIARDS

Thursdays, 10 a.m. to Noon, Game Room A

Join fellow pool enthusiasts in a fun, casual environment where you don't need to take the game too seriously!

KNITTING—KNIT WITS

Thursdays, 2 to 3:30 p.m., Classroom

Bring your own knitting projects, share ideas, and enjoy crafting in good company. Contact Patty Martz at pattysbuckeyes@yahoo.com or Chris Skebo at cmskebo@gmail.com.

FITNESS/WELLNESS

Free, members only. Registration not required.

CHAIR VOLLEYBALL

Tuesdays, 1 to 3 p.m., Great Room

Played with a beach ball and a five-foot-high net, chair volleyball is great for upper body mobility and joint flexibility.

EXERCISE ON DEMAND

Mondays & Wednesdays, 9:30 to 10:30 a.m.,

Great Room and Fridays, 9:45 to 10:45 a.m., Great Room

Follow along with a YouTube exercise instructor with a group of other fitness enthusiasts!

EXERCISE WITH MIDDY

Mondays 10 to 10:45 a.m., Wednesdays, 10:45 to 11:30 a.m., Lofino Plaza Multipurpose Room

A free, cardio-based workout with the option to sit or stand with mobility and stretching exercises incorporated.

LINE DANCING

Mondays, Great Room

- 1:30 to 2:30 p.m., Experienced Beginner
- 2:30 to 3:30 p.m., Intermediate

NEW! **Wednesdays, Great Room, 2 to 4 p.m., Advanced**

Join Debbie Brown and other members to discover why people love line dancing! Line dances are choreographed dances with a repeating series of steps that are performed in unison by a group. No class on January 21.

PICKLEBALL—INDOOR

Please see the pickleball calendar available at the front desk for more information.

PING PONG

Fridays, 1 to 3 :30 p.m., Game Room B

Ping Pong offers a fun, low-impact way to stay active, sharpen reflexes, and enjoy friendly competition. Come socialize, laugh, and keep your body and mind moving!

MONTHLY ACTIVITIES

Limited spots. Free, members only unless noted. Registration required where noted.

BINGO

Thursday, January 15, February 5, and 19

We will play several types and rounds of bingo. Sponsored by Brookdale, and The Ashford of Beavercreek, and The Villages at the Greene. \$25 gift card prize provided by an anonymous donor.

BLOOD PRESSURE CHECKS

Thursday, January 15 and February 19, 11:30 a.m. to 1 p.m., Senior Center Front Entrance
Kettering Health will provide blood pressure checks.

BOOK CLUB

Thursday, 1 to 2 p.m. Classroom

The Book Club will discuss a book. Contact Carolyn at (937) 426-0864. No meeting in November.

- January 22—"The Briar Club: A Novel" by Kate Quinn
- February 26—"Lula Dean's Little Library of Banned Books: A Novel" by Kirsten Miller

CRIMSON LADIES

Our Christmas party was a great success and was enjoyed by all. Special thanks to everyone who helped in any way to make it such a wonderful event.

On Monday, January 12, at noon, we will meet at Chili's, 2702 Fairfield Road. If you did not sign up at the Christmas party, please do so by calling Mary at (937) 308-5887 before the deadline of Friday, January 9.

Our February luncheon will be held on the 9th at noon at McKenzie Grill, 2739 Commons Boulevard. If you did not sign up in January, please call Mary before the February 6 deadline. We welcome any Senior Center ladies who would like to join us—just call Mary to get signed up.

FAMILY QUEST

**Friday, January 9 and Friday, February 13
10 to 11 a.m., Lofino Plaza Meeting Room**

Meets on the second Friday of each month. Learn about genealogy. Contact Larry Huttshell, lhuttshell@woh.rr.com.

GARDEN GROUP

Tuesday, January 13, 1 to 2 p.m. Classroom

Cabin Fever Gardening. What's that? We'll explore this topic for an emotional boost when the snow flies. Learn the many ways we can garden in our winter homes using both natural and artificial light, bulb forcing, and types of plant propagation, to name a few. Free, members only. Registration begins Tuesday, December 16 at 9 a.m.

The Garden Group will take the month of February off.

HEARING WITH BUTCH—FAIRBORN HEARING AID CENTER

Thursday, 11:45 a.m. to 12:45 p.m., Lofino Plaza Meeting Room

Butch will be here to do hearing checks, including checking and/or cleaning hearing aids. Registration begins Tuesday, December 16 at 9 a.m.

- January 15
- February 19

MOVIE DAY

Thursday, 1 to 3 p.m., Great Room

Participants will receive popcorn and a beverage from our sponsor, The Ashford of Beavercreek. Registration begins Tuesday, December 16 at 9 a.m.

January 8: "The Senior"

Starring Michael Chiklis, Mary Stuart Masterson, and Brandon Flynn, James Badge Dale, and Rob Corddry

At 59, Mike Flynt returns to his alma mater to face the hit that changed his life. Bruised but determined, he fights for one last game—not for glory, but for the teammates he lost, the family he hurt, and the ending he still believes is possible.

We will not have a Movie Day in February due to the Valentine's Day Party.

SHREDDING DAY

Monday, January 5 and February 2, 9 a.m., until the bins are full

We ask that you please limit yourself to the equivalent of two banker's boxes of paper to be placed in the shredding totes. Members only. Please limit your items to personal documents only. This includes, but is not limited to, the following:

- Cancelled checks, old checks, and bank statements
- Credit card statements
- Sales receipts
- Tax returns (but not instruction booklets)
- Medical bills and statements
- Papers from deceased loved ones
- No papers that should be recycled

Please do not bring binders, metal clips, items that do not need to be shredded, or other items not listed above.

SIT & STITCH

**Tuesday, January 27 and Tuesday, February 24
1 to 3 p.m., Classroom**

Meets on the last Tuesday of each month. Sewers are invited to bring their own project and supplies and hang out with other sewing lovers. The group will not meet in December. Contact Ruth Grenier at browniepusher@yahoo.com.

TECH TIP TUESDAYS

**Tuesday, January 6, 20 and February 3 and 17
2 to 3 p.m., Classroom**

Drop in for one-on-one instruction with Beavercreek Community librarians for basic help on the computers with your email, searching the internet, and using Facebook. Bring your laptop, phone, or tablet and learn how to download apps or set up your contacts.

WARM UP AMERICA

**Friday, January 16 and February 20, 1 p.m.
Classroom**

Meets on the third Friday of each month. We make afghans, lap robes, and scarves for the VA as well as baby blankets, hats, and scarves for the Interfaith Hospitality in Xenia.

NEWS & NOTES

IMPORTANT UPDATES

The Senior Center will be closed Thursday, January 1, Friday, January 2, Monday, January 19, and Monday, February 16 in observance of holidays.

INCLEMENT WEATHER

In case of bad weather, i.e. snow, the Senior Center Supervisor will assess the conditions and decide if the Senior Center will be open that day. We will notify local media stations if closed. Staff will determine by 8 a.m. whether transportation will operate. Staff will contact riders if vans will not operate that day. There may be times that the Center is open but transportation is cancelled.

OH! THE SIGHTS YOU'LL SEE TRAVEL AND TOURS

Let's Go Colorado Rockies!

See the majesty of the Colorado Rockies. Experience the culture of the cliff dwelling natives in Mesa Verde National Park. Chug to the top of Pike's Peak on an old-fashioned cog train. These experiences and more are all part of our July 24-August 1, 2026 Colorado Rockies tour. Brochure prices and the \$150 a person discount are only guaranteed through January 24 so sign up now!

New York City, Anyone?

Come with us to the Big Apple and see sights like Rockefeller Center, the Statue of Liberty, Times Square and much more. The tour dates are April 16-22, 2026. We need 30 signed up by February 16 for this trip to go. Sign up now and don't miss this great opportunity to see New York City!

America's Cowboy Country

The Badlands. Buffalo. Yellowstone National Park. Mt. Rushmore. That's just the beginning of the sights you'll see on this eight day trip out West, September 1-8, 2026. Brochure prices and the \$100 per person discount are only guaranteed through March 1.

Sign-Up Deadlines for Other Senior Center Tours:

- **Mackinac**, 10/5-10/10. Sign-up deadline July 29.
- **Aloha Hawaii**, 11/4-11/12. Sign-up deadline August 6.
- **Biltmore & Asheville**, 11/30-12/3. Sign-up deadline September 23.

DO YOU WANT TO BUILD A SNOWMAN?

We're hoping for snow! Take a photo of your snowman or snowwoman and email it to parks@beavercreekohio.gov between December 1 and February 29.

All photos will be posted on the City of Beavercreek's Facebook page from March 1 to 7, 2026. The family whose photo receives the most reaction will win a family fun prize pack filled with goodies to enjoy together.

THE GALLERY AT LOFINO PLAZA

The Gallery features local artwork by local artists. It is open during the same as hours as the Senior Center: Monday through Friday 9 a.m. to 4 p.m. Visitors can enter through the Beavercreek Senior Center. If you are a local artist and would like to showcase your art work in 2026, please contact Shawnah Tibbs-Sergent at tibbs-sergent@beavercreekohio.gov.

SPONSOR OF THE MONTH

Our event sponsors of the month helped keep the costs of large events down and allow us to serve more of our members. We so appreciate their partnership!

JANUARY

The Indigo at Beavercreek, Snowball Soup-er Fun Social.



2580 Hibiscus Way
Beavercreek, OH 45431
www.jaybirdseniorliving.com/senior-living/oh/

FEBRUARY

Trinity Community at Beavercreek, Valentine's Day Party.



3218 Indian Ripple Road
Beavercreek, OH 45440
Unitedchurchhomes.org
(937) 426-8481



FROM YOUR COUNCIL ON AGING

Happy New Year! We hope your year is off to a wonderful and safe start, and we want to thank those who were able to attend the Council's Holiday Open House. It was a lovely and delicious event, and it truly warmed our hearts to see so many smiling faces.

We would be remiss if we did not remind you of the importance of staying weather-aware and prepared for the season. If you have not already done so, please make sure you have an emergency kit, box, or satchel ready for use if necessary. If you already have one, check that the batteries for your flashlights and weather radio are still working, and ensure that other supplies—such as water, food, and tissues—have been replenished. If you may be traveling by car, make sure it is properly equipped as well. Keep one or two snow/ice scrapers in your vehicle, along with an extra pair of winter gloves, a winter-ready blanket, and other essentials.

Your safety is paramount, so please have a back-up plan, if possible, for getting to critical appointments, and confirm the policies regarding cancellations and rescheduling due to weather. When it comes to leaving your home during snowy or icy conditions, consider whether your plans can be changed. If you are responsible for shoveling and clearing pathways, have your tools ready and remember to pace yourself. And if someone offers to help... say yes!

ONE-ON-ONE WITH MATT

Thursday, January 15, February 5 or 19, 1 to 2:30 p.m., Lofino Plaza Meeting Room

Care Manager Matt Murphy will be at the Center on the first and third Thursdays from 1 to 2:30 p.m., with the exception of January 1. Matt is available to assist with insurance and other consumer-related questions and challenges, as well as exploring service and support options for you and your loved ones. You can schedule an appointment by contacting Matt at m.murphy@gccoa.org or (937) 376-5486, ext. 121.

NOSH FOR KNOWLEDGE

Friday, 11:30 a.m. to 1 p.m., Great Room

It has been a pleasure to offer the popular *Slice of Knowledge* at the Center, which has been filled to capacity pretty much every month. To accommodate more seniors, the program has been changed to *Nosh for Knowledge*. All of the sessions start at 11:30 a.m. and include a presentation on a timely subject. Once a quarter one of the sessions will include a light lunch and the remaining sessions will be open to a larger group and include a presentation and a snack or treat.

The January 16 session will feature Jeff Schairbaum discussing Resolutions vs. Intentions. The February 20 session, which includes a slice or two of pizza, will focus on heart health. Space is limited. This free program is for members only. Registration begins Tuesday, December 16, at 9 a.m.

CAREGIVER AND GRIEF SUPPORT

The Council's Beaver Creek caregiver group, facilitated by a Council care manager, meets on the second Tuesday—January 13 and 27, and February 10 and 24—at 9:30 a.m. at Peace Lutheran Church. We hope you will join other caregivers to share, vent, and feel supported.

The Council's Grief Support Group is also facilitated by a Council care manager and meets on the second Monday, January 12 and February 9, from 10 a.m. to noon at Peace Lutheran Church. We invite anyone who has lost a loved one to contact the Council to talk and learn more about this group.

For more information about either the caregiver or grief group, please contact the Council at (937) 376-5486 or yourfriends@gccoa.org.

LEGAL CHAT

The Legal Chats are presented the third Thursday of the month from 2:30 to 3:30 p.m. at Peace Lutheran Church. The January 15 topic is *Advanced Directives* with Dave Cusack. And the always popular *Taxes* will be the focus on February 19. Registrations are requested by January 12 and February 16. The notices will be e-mailed the week before to those on the e-mail list. If you would like to make a reservation or be added to the e-mail list, please contact the Council at yourfriends@gccoa.org or (937) 376-5486.

BRAIN BLAST

We enjoyed two terrific Brain Blast events in 2025 and are happy to share we have scheduled three for 2026. The first one is set for March 11 from 2 to 4 p.m. at the Xenia Community Center. If you would like to receive the program flyer or to save your spot, please contact the Council at (937) 376-5486 or yourfriends@gccoa.org.

FOR YOUR CONSIDERATION...

Two important programs take place in March and are worthy of your consideration and sharing. The annual *Senior Artisan Show* will be held at the Fairborn Art Association (221 N. Central Avenue) and will be open to the public on Sundays, March 8 and 15, and Wednesday, March 18. We anticipate another lovely display of impressive art, with many of the senior artists coming from the Beaver Creek community. For those who have entered pieces before, we hope you will do so again. And for those who have not yet submitted a creation or two, we hope this will be the year you participate. If you are interested, please request entry materials by calling the Council at (937) 376-5486 or emailing yourfriends@gccoa.org.

The *It's My Money* program is held twice a year, with the first session set for the first four Tuesdays in March (March 3, 10, 17 and 24) from 6 to 8:30 p.m. at the Xenia Community Center, next to the Council's office. If you are interested in attending, please contact the Council for the program brochure and registration form, or find them on the Council's website at gccoa.org. We also encourage you to share this information — and anything else on this page — with others who might be interested.

“One of the things I learned the hard way was that it doesn't pay to get discouraged. Keeping busy and making optimism a way of life can restore your faith in yourself.” ~ Lucille Ball



LOFINO SENIOR CENTER**MAILING ADDRESS:**

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Beavercreek, Ohio 45432

LOCATION ADDRESS:

3868 Dayton-Xenia Rd.
Beavercreek, Ohio 45432

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JANUARY & FEBRUARY SPONSORS

We would like to thank all of our sponsors for this month: Beavercreek Health & Rehab, Brookdale, Carol Graff Beavercreek Library, Dayspring of the Miami Valley, Fairborn Hearing, Greene County Council on Aging, Kettering Health, Kingston of Miamisburg, The Ashford of Beavercreek, The Indigo at Beavercreek, Trinity Community of Beavercreek, Trinity In Home Care, Village at the Greene, Washington-Centerville Public Library, and Wright Rehabilitation & Healthcare Center. As a sponsor, your contribution is vital to helping us serve more Beavercreek Senior Center members for our events, activities, classes, and more!



CENTER HOURS: Monday through Friday, 9 a.m. to 4 p.m.

The Senior Center will be closed Thursday, January 1, Friday, January 2, Monday, January 19, and Monday February 16.