



FEBRUARY 2026

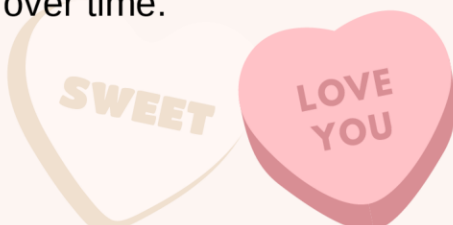
newsletter

HAPPY FEBRUARY!

We're officially in the heart of winter, and we are doing a lot of new things here at the Senior Citizens Center. This short but sweet month is packed with opportunities for fitness, learning and kindness, and we're excited for all the fun ahead!



Love, family, and friends are the cornerstones of a fulfilling and meaningful life. Love serves as the binding force that connects us to others, offering warmth, comfort, and support. Within a family, love is often unconditional, providing a safe haven where individuals can grow, learn, and thrive. Families teach us about values, resilience, and the importance of being there for one another through thick and thin. Friends, on the other hand, are the family we choose. They enrich our lives with laughter, shared experiences, and unwavering support. Together, love, family, and friends create a network of relationships that nurture our emotional well-being, offer guidance during challenging times, and amplify our joys. These connections remind us that we are never alone and that life's greatest treasures are found in the bonds we build and cherish over time.



OUR MISSION

We are dedicated to providing education, socialization, activities, wellness opportunities and self enrichment for members and other area senior citizens.

Troy Senior Citizens Center

UPCOMING EVENTS:

- Feb. 3 Stretch n Flex Class Begins
- Feb. 4 Music by Jonah Keen and Brown Bag Lunch
- Feb. 5 Wii at 12:30 Thursdays
- Feb. 9 Tai Chi Class - Fridays thru Feb 27
- Feb. 10 Omelet Bar
- Feb. 18 Creative Images 10-2:00
- Feb. 20 Crafts with Kathy V.
- Feb. 21 Game Night 5-9 pm
- Feb. 26 Puzzle Tournament. 11:30



Don't Forget to Renew Your Membership Soon if you haven't already

Your cost is only \$30.

Where else can you attend BINGO 4-5 times a month and have lunches 3-4 times a month for only \$30 for the whole year?

If you attend one month, you have gotten your moneys worth at the center.

Please consider joining us (and bring a friend) for fun, food and fellowship.

If you bring a guest, they may attend 3 times before joining.

Great News!!

Due to a Grant, we have secured some \$ for membership so we will be refunding everyone who has renewed or signed up for membership before February 28th an amount of \$10 each. (Anyone who joins or renews after March 1st will be charged the reduced rate of \$20 and will not receive a refund.)

Troy Senior Citizens Center

Welcome to our 22 NEW MEMBERS! Let's have some fun!!

Compliments of **Fisher-Cheney**

FUNERAL HOME & CREMATION SERVICES

937-335-6161 • www.fisher-cheneyfuneralhome.com

1124 West Main Street, Troy OH 45373

Howard Cheney, Owner & Member of the
Troy Senior Citizens Center



**Comprehensive Tax
and Accounting Services**

937-875-9510

28 S. Weston Rd., Suite E, Troy OH

www.sbcpaohio.com



RetireMed

We simplify Medicare and individual health insurance - all at no cost to you

- **Pre 65** – Family or individual health insurance
- **Turning 65** – New to Medicare
- Age 65+ – **Working past 65**
- **Already on Medicare**

Call **937.606.3633**

or visit **retiremed.com**



4-D-5-5

For ad info. call 1-800-477-4574 • www.4lpi.com

14-1790

General Info

We have certainly had a number of days with extremely cold temperatures , wind and snow and there are many more days of cold weather ahead.

A reminder that we are NOT connected to the school closings.

If the center closes, we will notify Channels 7 and 2 so it will be listed in the closings at the bottom of the screen.

We will also post on Facebook and/or send an email.

Our new nutrition program started in January with a new food option which we think you will enjoy. The feedback has been great. New weekly menus are available every Tuesday with 6 options to choose from. You have until Friday at noon to order for pick up the following Wednesday. We have added a new fitness/strength class to our calendar on Tuesdays and Tai CHI on Fridays...both at 9:00 am.

Just a reminder that we will be having AARP taxes in the building on Monday and Wednesday beginning February 2nd.



**SUPPORT THE
ADVERTISERS**
that Support our
Community!

UNDER THE WEATHER

February
Word Search

Troy Senior Citizens Center

C E C M R V M E D I C N E Z W M V F S
I F E V E R N G L M A M N E T P G M L U
Q O E K C H I L L S X T V O V A K C U T
P U Z N Q T I K J J G S N R T H U S I L
I D I W Y C L I N I C J N P G Z D S D M
O H O T A N T I B I O T I C S B I L S E
O M L I B R K Y D S K D A R W C E E U O
H X N F C C A C H E S O W P T O O E M T
W B N T I V P V T A M I N S L A P F E
S K V S S V O L W T D N L U G D A A R M
F T M O M D C J K V F W E U W W K W M P
W G T B D O C T O R V G X Y C R Z S K E
X D V D J G V X C T O X B C L T K G U R
Y Q J E V J M Z J Y N T D Z G S Z B N A
D I R E Y X C O N T A G I O U S G W W T
V E K E H D K B U G U T Z K H W T E E U
X S H V F L U V Q J D S M U A S G A L R
C H L M Q Z L E Y X T W I N E I C K L E
I O C R T S S E E T D S O R O E K X H F
L T L W V I C N V B X G Z F C F V G M D

ACHES
ANTIBIOTICS
BUG
CHILLS
CLINIC

COLD
CONTAGIOUS
DOCTOR
FEVER
FLU

FLUIDS
MEDICINE
REST
SHOT
SICK

SLEEP
TEMPERATURE
UNWELL
VITAMINS
WEAK

Upcoming Programs

Lots of New things happening...

More fitness and exercise programs including **Stretch n Flex** on Tuesdays and **Tai CHI** on Fridays at 9:00

Creative Images will be here Wednesday February 18th from 10 to 2:00...sign up soon! Services being offered are a basic manicure or dry hair cut with style.

Wii Bowling and other sports starts February 10th at 2:00 on Tuesdays...sign up today!

Puzzle Tournament will be held Friday, February 6th at 12:00 ...get your team together now!

February 4th
Music with Jonah Keen..bring your own brown bag lunch

February 10th
Brookdale Troy ... live omelette station at 10:00 am
Be sure to sign up.

February 13
Premier Health Screenings...get your blood pressure checked

February 17th
Complete Solutions will visit to provide lunch and education on Scams

February 20th
Crafts w Kathy V at 10:00 am

February 24th
Lunch N Learn w Piqua Manor/Garbry Ridge...Home Care

February 27th
Book Club - This month we are reading 'The Thursday Murder Club' by Richard Osman

| | |
|---------------------------|---|
| TROY SENIOR CENTER | 937-335-2810 |
| troyseiniorcitizens.com | 134 N Market Street Troy, OH 45373 |

Memorable Moments



LET'S GROW YOUR BUSINESS
Place Your Ad Here
and Support Our Community!

CONTACT ME
Jayne Pandy

jpandy@lpicommunities.com

(800) 477-4574 x6401

February Birthdays

Kathy Hicks

Frances Carmichael

Marilyn Stanishaw.

Claudia Schertzinger

Pamela Sturtz.

Joyce Hoover

Anita Eversman

Kay Prater

John Bruce.

Julie Hoyt

Judy Wagaman

Bonnie Redden

Marceil Kuhn

Sharon Stewart

Jane Wampler

Mary Davis

Debbie McConnell

Jackie Overmeyer

Sue Szokoli

Janie Evans



WE'RE HIRING!



AD SALES EXECUTIVES

**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid training
- Some travel



4-D-5-5

For ad info. call 1-800-477-4574 • www.4lpi.com

14-1790

Happy Valentines Day

FEBRUARY 2026

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|---|---|---|---|---|--|
| 1 | 2 10:00 LINE DANCING 1:00 CARDS 6:30 BRIDGE | 3 9:00 CRAFTS 9:00 STRETCH N FLEX 11:00 DRUMMING 12:30 CARDS | 4 9:15 VOLLEYBALL 11:00 POOL 12:00 MUSIC w JONAH KEEN 1:00 MAH JONGG | 5 10:00 LINE DANCING 10:00 CHAIR YOGA 12:30 BRIDGE 1:00 CARDS 6:00 DRUMMING | 6 9:00 TAI CHI 10:00 VOLLEYBALL 12-2:00 PUZZLE TOURNAMENT 12:30 BRIDGE | 7 1:00 EUCHRE |
| 8 | 9 10:00 LINE DANCING 1:00 CARDS 6:30 BRIDGE | 10 9:00 CRAFTS 9:00 STRETCH N FLEX 10:00 OMELET BAR 11:00 DRUMMING 12:30 CARDS | 11 9:15 VOLLEYBALL 11:00 POOL 1:00 MAH JONGG 1:00 BINCO | 12 10:00 LINE DANCING 10:00 CHAIR YOGA 1:00 CARDS 6:00 DRUMMING | 13 9:00 TAI CHI 10:00 VOLLEYBALL 11:30-1:00 PREMIER HEALTH SCREEN 1:00 BINCO | 14 1:00 EUCHRE |
| 15 | 16 10:00 LINE DANCING 1:00 CARDS 6:30 BRIDGE | 17 9:00 CRAFTS 9:00 STRETCH N FLEX 11:00 DRUMMING 12:00 L&L 12:30 CARDS | 18 9:15 VOLLEYBALL 10-2:00 CREATIVE IMAGES 11:00 POOL 1:00 BRIDGE 2:30 BOARD MTG | 19 10:00 LINE DANCING 10:00 CHAIR YOGA 12:00 CARRY IN 1:00 CARDS 6:00 DRUMMING | 20 9:00 TAI CHI 10:00 VOLLEYBALL 10:00 CRAFTS w KATHY V. 12:30 BRIDGE 1:00 BINCO | 21 1:00 EUCHRE 5-9:00 GAME NIGHT |
| 22 | 23 10:00 LINE DANCING 1:00 CARDS 6:30 BRIDGE | 24 9:00 CRAFTS 9:00 STRETCH N FLEX 11:00 DRUMMING 12:00 L&L 12:30 CARDS 6:30 BRIDGE | 25 9:15 VOLLEYBALL 11:00 POOL 1:00 MAH JONGG 1:00 BINCO | 26 10:00 LINE DANCING 10:00 CHAIR YOGA 1:00 CARDS 6:00 DRUMMING | 27 9:00 TAI CHI 10:00 VOLLEYBALL 11:00 BOOKCLUB 1:00 CARDS 1:00 BINCO | 28 1:00 EUCHRE |