

August 2026 Newsletter



Dog Days of Summer!

The "dog days of summer" refer to the hottest and most sultry period of the summer season, traditionally occurring from early July to mid-August in the Northern Hemisphere. The term has its origins in ancient astronomy, when the Greeks and Romans associated this time with the rising of Sirius, the Dog Star, which was believed to add to the heat of the sun. During these weeks, the weather is often characterized by high temperatures and humidity, leading to a sense of lethargy and discomfort. However, these days also bring opportunities for summer activities like swimming, picnicking, and enjoying long evenings outdoors. It's a perfect time for socialization, as friends gather for barbecues, and late-night bonfires, creating memories that strengthen bonds. While the "dog days" may test one's endurance, they are also a reminder to savor the fleeting warmth and brightness of the season, along with the friendships that make these moments special.



OUR MISSION

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

Senior Citizens Center

UPCOMING EVENTS:

- August 4 Lunch by Otterbein
- August 5 Birthday Party /Trivia
- August 10 Blood Drive 9-1
- August 12 Dine to Donate
- August 15 Game Night
- August 17 Reflexology Day
- August 19 Puzzle Tournament
- August 27 Lunch & Learn
- August 31 Cooking for 1 or 2

Haven't Yet Renewed Your Membership ?

Thank you to all who chose to donate the membership refund back to the center. We appreciate your generosity.

Remind your friends and neighbors that they are welcome to visit 3 times before joining the senior center. We would love to have more new members.

Premier Health is here the second Friday of each month from 11:30 to 1:30 for **Health Screenings** including blood pressure and Glucose readings

Troy Senior Citizens Center

Just a reminder that the center is open Saturday afternoons at 1:00 for Euchre and other card games. COME ON IN!

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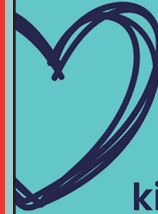
Howard Cheney, Owner & Member of the
Troy Senior Citizens Center

ACTION PROSTHETICS
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Deadline for Trustee Nominations Coming Soon!

There are three Trustee positions coming up for vote in the fall. Trustee of the Board is a term of 2 years and will begin January 2027. You must be a member for a minimum of one year to be eligible. **A biography must be submitted by August 20th to Wanda Vettters, Chair of Code of Regulations. These will be printed in the September Newsletter for review. Candidates will be interviewed by the committee to demonstrate an understanding of the duties.**

Voting will take place on October 15th from 9:00 to 11:30 am. prior to our monthly carry in. Votes will be tallied following the lunch.

Members not able to be present on that day may vote by absentee ballot on October 12, 13 or 14 between 9 am and noon.

Winners to be announced in the November newsletter.

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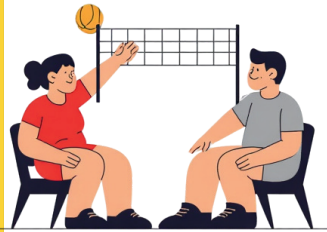
Fun Times



Upcoming Programs

Always looking for
more volleyball
Players...come join us!!
It's lots of fun!!

Troy Senior Citizens Center



Fun Fitness Things

Line Dancing Monday and
Thursdays at 10:00

Cardio Drumming Tuesdays
at 11:00 and Thursdays at 6:00

Walking/Biking Group

Wednesdays at 10:00

Chair Zumba

Wednesdays at 5:30 pm
(cost is \$20/4 weeks)

Stretch n Flex on Tuesdays at
10:00

Chair Volleyball Wednesday
at 9:15 and Friday at 10:05

Chair Yoga Thursdays at
10:00

Tai Chi Fridays at 9:00
(must be prepaid)

Wii Bowling and other sports
at 2:00 on Tuesdays or
whenever available

August 4th

Boxed Lunch and information
presented by Otterbein

August 5th

Birthday Party and Trivia fun

August 10

BLOOD DRIVE 9-1

August 11th

*Lunch will be provided by
Brookdale Troy and Presentation by
Rachel Healy on Aging Drivers*

August 12

Dine to Donate at Old Scratch

August 17th

Reflexology Day

August 18th

Lunch will be provided by Piqua
Care and presentation will be Cait
Clark as Annie Oakley

August 19th

Puzzle Tournament

August 21st

Crafts with Kathy V. @ 9:00

August 28th

Book Club - This month *Archers Voice*
by Mia Sheridan

August 31

Lunch/ presentation by Rehabilitation
Institute of Ohio

TROY SENIOR CENTER

937-335-2810

troyseniorcitizens.com

**134 N Market Street
Troy, OH 45373**

Important info

BLOOD DRIVE with Verasiti
Monday, August 10th from 9 am to 1:00 pm
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Your donation can save five lives!!

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Happy August Birthdays

Janell Shafer 2
Karen Collum 7
Susie Copp 11
KayEllen Gebhart 12
Susan Anole 15
Jane Behm 17
Helen Thompson 20
Robert Termuhle 27
Gary Deaton 29
Jan Konya Grabill 31



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August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 1:00 Euchre 1:00 Samba
2 10:00 LINE DANCING 1:00 CARDS 6:30 BRIDGE	3 10:00 LINE DANCING 1:00 CARDS 6:30 BRIDGE	4 9:00 CRAFTS NO STRETCH N FLEX 11:00 DRUMMING 12:15 LUNCH & LEARN 1:00 CARDS	5 9:15 Chair VOLLEYBALL 11:00 POOL 1:30 BIRTHDAY / TRIVIA 1:00 MAH JONGG 5:30 CHAIR ZUMBA	6 10:00 LINE DANCING 10:00 CHAIR YOGA 12:30 BRIDGE 1:00 CARDS 6:00 DRUMMING	7 9:00 TAI CHI 10:05 CHAIR VOLLEYBALL 12:30 BRIDGE 1:00 CARDS	8 1:00 EUCHRE
9 9-1:00 BLOOD DRIVE 10:00 LINE DANCING 1:00 CARDS 6:30 BRIDGE	10 9:00 CRAFTS NO STRETCH N FLEX 11:00 DRUMMING 12:15 LUNCH & LEARN 1:00 CARDS	11 9:15 VOLLEYBALL 11:00 POOL 1:00 BINGO 1:00 MAH JONGG 2:30 Beard Mtg 5:30 CHAIR ZUMBA	12 10:00 LINE DANCING 10:00 CHAIR YOGA 12:00 CARRY IN LUNCH 1:00 CARDS 6:00 DRUMMING	13 9:00 TAI CHI 10:05 CHAIR VOLLEYBALL 1:30-1:30 PREMIER HEALTH SCREENINGS 1:00 BINGO	14 9:00 TAI CHI 10:05 CHAIR VOLLEYBALL 1:30-1:30 PREMIER HEALTH SCREENINGS 1:00 BINGO	15 1:00 EUCHRE 1:00 SAMBA 5-9 GAME NIGHT
16 9-3 RETEKOLOGY DAY 10:00 LINE DANCING 1:00 CARDS 6:30 BRIDGE	17 9:00 CRAFTS 10:00 STRETCH N FLEX 12:15 LUNCH & LEARN 1:00 CARDS	18 9:15 VOLLEYBALL 11:00 POOL 11-1:00 PUZZLE TOURNAMENT 1:00 MAH JONGG 5:30 CHAIR ZUMBA	19 10:00 LINE DANCING 10:00 CHAIR YOGA 1:00 CARDS 6:00 DRUMMING	20 9:00 TAI CHI 10:05 CHAIR VOLLEYBALL 12:30 BRIDGE 1:00 BINGO	21 9:00 TAI CHI 10:05 CHAIR VOLLEYBALL 12:30 BRIDGE 1:00 BINGO	22 1:00 EUCHRE
23 10:00 LINE DANCING 1:00 CARDS 6:30 BRIDGE	24 9:00 CRAFTS 10:00 STRETCH N FLEX 11:00 DRUMMING 1:00 CARDS 6:30 BRIDGE	25 9:15 VOLLEYBALL 11:00 POOL 1:00 BINGO 1:00 MAH JONGG 5:30 CHAIR ZUMBA	26 10:00 LINE DANCING 10:00 CHAIR YOGA 12:45 LUNCH & LEARN 1:00 CARDS 6:00 DRUMMING	27 9:00 TAI CHI 10:05 CHAIR VOLLEYBALL 1:00 BINGO	28 9:00 TAI CHI 10:05 CHAIR VOLLEYBALL 1:00 BINGO	29 1:00 EUCHRE 1:00 SAMBA
30 10:00 LINE DANCING 1:00 CARDS 6:30 BRIDGE	31 10:00 LINE DANCING 1:00 CARDS 6:30 BRIDGE	DINE:30 DONATE - WEDNESDAY: AUGUST 12 TH FROM 5-9 AT OLD SCRATCH PIZZA LABOR DAY WEEKEND GATHERING - MONDAY, SEPT. 2 ND AT 4:00 PM				