



A TIME OF REFLECTION

Reflecting on the past year is a meaningful exercise that allows us to celebrate friendships, acknowledge challenges, and set intentions for the future. Amidst these changes, the importance of connection and self-care has become ever more apparent. As we look back, it's crucial to acknowledge both the highs and the lows, as each has contributed to our journey. Moving forward, these reflections can serve as a guide, helping us to set thoughtful goals and embrace the opportunities the new year may bring. Reflecting on the past year is an opportunity to pause and consider the various experiences, challenges, and triumphs that have shaped our lives. Over the past twelve months, many have faced unprecedented challenges, whether due to events, personal hurdles, or both. Yet, these adversities often revealed resilience and adaptability, showcasing the strength within us and our communities. Relationships may have evolved, with some strengthening under pressure and others drifting apart, prompting introspection about priorities and connections. Additionally, the year likely brought moments of joy and success, serving as reminders of the beauty and progress that can emerge even in difficult times. This reflection can inspire gratitude for the lessons learned and hope for the future, encouraging a more mindful and intentional approach to the year ahead.



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:

- Jan. 1 Center is Closed
- Jan. 12 Coffee with a Cop at 9:00
- Jan. 15 Carry In Luncheon 12:00
- Jan. 17 Game Night 5-9:00
- Jan. 30 Ohio Veteran Stories 11:30



Don't Forget to Renew Your Membership Soon

Our annual membership drive is in full swing.
We will be doing a prize drawing for any member
who renews before January 15, 2026.
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 and
you will be entered for a raffle when they join.

RENEW BY JANUARY 15th TO BE ENTERED FOR A GIFT BASKET!!

Thank you!!!

Because of you, your generosity and thoughtfulness, the center was able to donate over 1200 pounds of food to local food banks. That equals about 10 grocery carts full. It started out to be a one time thing but we continued it through Christmas week because of the overwhelming donations. If you know someone in need, please let us know. I am very proud of you all!

Troy Senior Citizens Center

Helen

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General Info

December came in like a lion with 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 send an email.

We are gearing up for the new nutrition program starting in January with a new food option which we think you will enjoy. We are working on adding a new fitness/strength class to our calendar as well as more entertainment and history presentations. Yoga has moved to Thursday from 10:00 to 10:45, and we will be having AARP taxes in the building on Monday and Wednesday beginning in February.

If you haven't filled out a Center Survey, please do. We have had some great feedback from this and will do our best to expand on your ideas and suggestions for activities and programs.

Join Us for Coffee with a Cop
January 12th at 9:00



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

KEEP IT COZY

January Word Search

Troy Senior Citizens Center

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

BLANKET	GLOVES	PILLOWS	SWEATER
COFFEE	HAT	SCARF	SWEATPANTS
ELECTRIC BLANKET	HEATING PAD	SLIPPERS	TEA
FLANNEL	HOT CHOCOLATE	SOCKS	VACUUM FLASK
FLEECE	MITTENS	SPACE HEATER	WOOL

Upcoming Programs

It's a New Year and we have lots of New things coming... stay tuned for...

More fitness and exercise programs, musical entertainment, presentations, a car show, party in the parking lot and a whole lot more!!

Healthy Eating Program

We have elected to go with a new company this year...**Clean Eatz in Beavercreek, Ohio**

They offer a wide selection of delicious meals that will be frozen for your convenience. All you have to do is heat and eat!

Join us for a taste test of the first options on January 9th at 11:30.

Reminder:

Yoga is now on Thursdays from 10 -10:45am

January 9th

Premier Health Screenings
Get your blood pressure checked!

January 13th

Piqua Care will visit to provide education and lunch. Be sure to sign up.

January 16th

Crafts w Kathy V at 10:00 am
What's New returns!! 11:00 am

January 20th

Troy Rehab will visit to provide education and lunch. Be sure to sign up.

Other Stuff:

January 23rd

Book Club - This month we are reading **The Wife Upstairs by Rachel Hawkins**

January 30th

What's the Story by Ken Serey... shares actual stories about Veterans from Ohio at 11:30 and bring your own brown bag lunch

TROY SENIOR CENTER	937-335-2810
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Fun Moments



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January Birthdays

- 2 Kathe Ward
- 5 Steve Pearce
- 6. Denise Bruce
- 9 Pam Bartel
- 9 Sarah Fillingame
- 19 Kathy Fisher
- 28 Kay Vagedes
- 31 Theresa Bailey



A special thanks to our friends, Gil and Juliana at Brookdale Troy for the delicious birthday treats !

Happy birthday to all!!

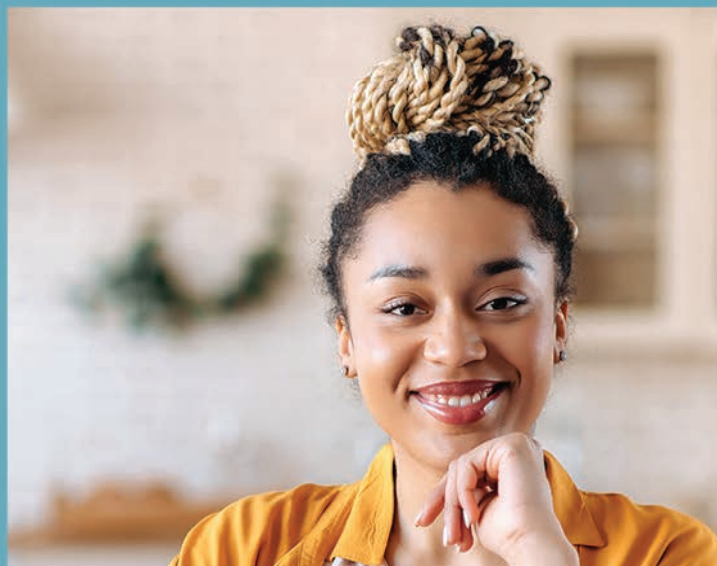
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BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid training
- Some travel



JANUARY

2026

MON	TUE	WED	THU	FRI	SAT	SUN
29 10:00 Line Dancing 1:00 Cards 6:30 Bridge	30 9:00 Crafts 11:00 Cardio Drumming 12:30 Cards	31 HAPPY NEW YEAR!!	1 Center Closed	2 10:00 Chair Volleyball 12:30 Bridge	3 1:00 Euchre	4
5 10:00 Line Dancing 1:00 Cards 6:30 Bridge	6 9:00 Crafts 11:00 Cardio Drumming 12:30 Cards	7 9:15 Chair Volleyball 11:00 Pool 1:00 Mah Jongg	8 10:00 Line Dancing/ Chair Yoga 1:00 Cards 6:00 Cardio Drumming	9 10:00 volleyball 11:30 Taste Test 11:30-1:30 Premier Health Screening 1:00 BINGO	10 1:00 Euchre	11
12 9:00 Coffee with a COP 10:00 Line Dancing 1:00 Cards 6:30 Bridge	13 9:00 Crafts 11:00 Cardio Drumming 12:00 L&L 12:30 Cards	14 9:15 Chair Volleyball 11:00 Pool 1:00 Mah Jongg 2:30 Board Mtg. 1:00 BINGO	15 10:00 Line Dancing/ Chair Yoga 12:00 Carry In 1:00 Cards 6:00 Drumming	16 10:00 Crafts w Kathy /Volleyball 11:00 What's New 12:30 Bridge 1:00 BINGO	17 1:00 Euchre 5-9:00 Game Night	18
19 10:00 Line Dancing 1:00 Cards 6:30 Bridge	20 9:00 Crafts 11:00 Cardio Drumming 12:00 L&L 12:30 Cards	21 9:15 Volleyball 11:00 Pool 1:00 Mah Jongg Bridge/Cards	22 10:00 Line Dancing/ Chair Yoga 1:00 Cards 6:00 Cardio Drumming	23 10:00 Chair Volleyball 11:00 Book Club 1:00 BINGO	24 1:00 Euchre	25
26 10:00 Line Dancing 1:00 Cards 6:30 Bridge	27 9:00 Crafts 11:00 Cardio Drumming 12:30 Cards	28 9:15 Chair Volleyball 11:00 Pool 1:00 Mah Jongg /Cards 1:00 BINGO	29 10:00 Line Dancing/ Chair Yoga 1:00 Cards 6:00 Cardio Drumming	30 10:00 Chair Volleyball 11:30 What's the Story/Ken Serey 1:00 Cards	31 1:00 Euchre	1