



# JANUARY

## Newsletter

### 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 12<sup>th</sup> 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	
S	E	O	J	T	Y	S	H	O	T	C	H	O	C	O	L	A	T	E	H	
P	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	Q	A	L	X	U	I	C	G	J	W	G	B	K	
T	O	T	A	F	Z	S	V	E	V	A	C	U	U	M	F	L	A	S	K	
E	F	E	N	E	L	E	C	T	R	I	C	B	L	A	N	K	E	T	E	
R	W	R	N	D	M	S	B	L	L	S	H	B	C	P	M	S	D	U	I	
S	W	G	E	E	S	F	L	E	E	C	E	P	P	P	P	B	Q	V	H	
V	S	R	L	T	X	I	B	L	A	N	K	E	T	B	F	D	Y	W	X	
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

COFFEE

ELECTRIC BLANKET

FLANNEL

FLEECE

GLOVES

HAT

HEATING PAD

HOT CHOCOLATE

MITTENS

PILLOWS

SCARF

SLIPPERS

SOCKS

SPACE HEATER

SWEATER

SWEATPANTS

TEA

VACUUM FLASK

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 9<sup>th</sup> 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

<b>TROY SENIOR CENTER</b>	<b>937-335-2810</b>
<a href="http://troyseNIORcitizens.com">troyseNIORcitizens.com</a>	<b>134 N Market Street</b> <b>Troy, OH 45373</b>

## Fun Moments



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and Support Our Community!

**CONTACT ME**  
**Jayne Pandy**

**[jpandy@lpi.com](mailto:jpandy@lpi.com)**

**(800) 477-4574 x6401**

## 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!!**

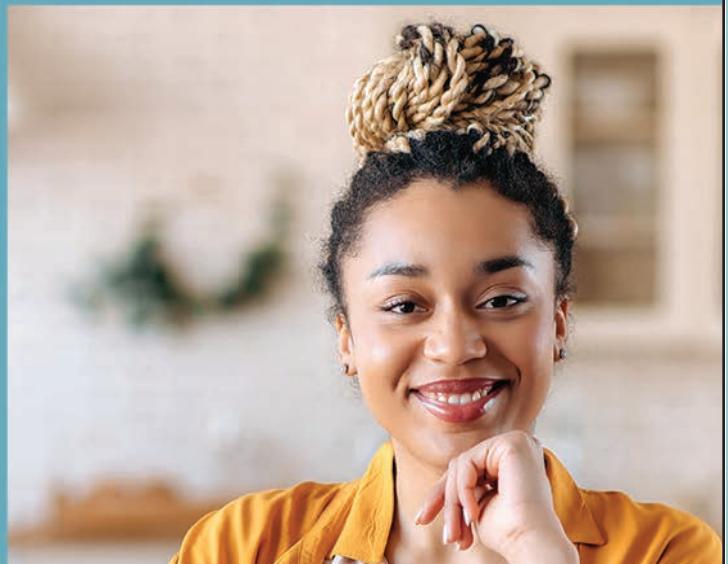
# WE'RE HIRING!

## AD SALES EXECUTIVES



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

- Paid training
- Some travel



# JANUARY

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

2026

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