



Welcome OCTOBER

Welcome, October! Time to embrace the crisp air, cozy sweaters,
and autumn magic.

Our Mission

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

October is shaping up to be a busy and exciting month here at the Troy Senior Citizens Center!

First up, our Annual Meeting will take place this month, which includes board elections. Be sure to stop by the bulletin board at the Center to read the candidate bios and get to know who is running before casting your vote. Your voice matters in shaping the future of our Center!

We're also thrilled to welcome Creative Images for a special pampering day. On Oct 10th from 10:00 AM – 2:00 PM, they'll be here offering haircuts and manicures—completely free to our members. Don't forget to sign up at the Center to reserve your time slot.

Our Craft Bazaar & Chili Fundraiser is coming up on Saturday, November 9. This is one of our biggest events of the year, featuring unique handmade items, delicious food, and plenty of community spirit.

Fun Fact: Did you know the word “October” comes from the Latin word octo, meaning “eight”? That's because it was originally the eighth month of the Roman calendar. Luckily for us, it's now the tenth—and a perfect time for fall fun, warm chili, and cozy gatherings at the Center!

It's going to be a wonderful month of connection, care, and community—we hope to see you at all these events!

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❖ CREATIVE IMAGES IS COMING BACK ❖

We are excited to welcome Creative Images to the Troy Senior Citizens Center this month! Their talented team will be here on Friday, October 10th from 10:00 AM – 2:00 PM offering free haircuts and manicures for our members.

This is the perfect opportunity to treat yourself to a fresh look or enjoy a little self-care without leaving the Center. Time slots are posted, sure to sign up in the Center to reserve your spot.



October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<u>1</u> <i>Brookdale Birthday Cupcakes</i> 9:15AM: VB 10:45AM: Yoga 11AM: Pool 1PM: Mah Jongg / Cards	<u>2</u> 10AM: LD 12:30PM: Bridge 1PM: Cards 6PM: Drum	<u>3</u> 10AM: VB 12:30PM: Bridge 1PM: Cards	<u>4</u> 1PM: Bid Euchre
5	<u>6</u> 10AM: LD 1PM: Cards 6:30PM: Bridge	<u>7</u> 9AM: Crafts 11AM: Drum 12:30PM: Cards	<u>8</u> 9:15AM: VB 10:45AM: Yoga 11AM: Pool 1PM: Bingo 1PM: Mah Jongg 2:30PM: Board Mtg	<u>9</u> 10AM: LD 12PM: Carry In + Annual Meeting 6PM: Drum	<u>10</u> 10AM: VB 10AM - 2PM: Creative Images 1PM: Bingo	<u>11</u> 1PM: Bid Euchre
<u>12</u>	<u>13</u> 10AM: LD 1PM: Cards 6:30PM: Bridge	<u>14</u> 9AM: Crafts 11AM: Drum 12PM: L+L 12:30PM: Cards	<u>15</u> 9:15AM: VB 10:45AM: Yoga 11AM: Pool 1PM: Bridge/Mah Jongg/Cards	<u>16</u> 10AM: LD 1PM: Cards 6PM: Drum	<u>17</u> 10AM: VB 12:30PM: Bridge 1PM: Bingo	<u>18</u> 1PM: Bid Euchre 5pm-9pm: Game Night
19	<u>20</u> 10AM: LD 1PM: Cards 6:30PM: Bridge	<u>21</u> 9AM: Crafts 11AM: Drum 12PM: L+L 12:30PM: Cards 6:30PM: Bridge	<u>22</u> 9:15AM: VB 10:45AM: Yoga 11AM: Pool 1PM: Mah Jongg Cards 1PM: Bingo	<u>23</u> 10AM: LD 12PM: Chili Dump 1PM: Cards 6PM: Drum	<u>24</u> 10AM: VB 11AM: Book Club 1PM: Bingo	<u>25</u> 1PM: Bid Euchre
26	<u>27</u> 10AM: LD 1PM: Cards 6:30PM: Bridge	<u>28</u> 9AM: Crafts 11AM: Drum 12:30PM: Cards	<u>29</u> 9:15AM: VB 10:45AM: Yoga 11AM: Pool 1PM: Bridge/Mah Jongg/Cards	<u>30</u> 10AM: LD 1PM: Cards 6PM: Drum Trick or Treat	<u>31</u> 10AM: VB 1PM: Cards	

Member of the **MONTH**

Sandy Dowty
Member since 2012



“I’ve met so many wonderful people here—and made friends for life.”

Early Life and Family

Born and raised in Piqua, Sandy Dowty moved to Troy in 1964 and has called it home ever since. She is the proud mother of 3 daughters and grandmother to 5 grandchildren. Family has always been at the center of Sandy’s life.

In 1979, Sandy’s husband became disabled, and she devoted herself to his care until his passing in 2017. They were married for an incredible 57 years, a reflection of the love and loyalty that defined their marriage.

Involvement at the Senior Center

Sandy joined the Troy Senior Citizens Center at age 54 with her husband. Almost immediately, she found her niche in penny ante, and within two months she was leading the game. Her leadership grew beyond the card table as she became a key advocate for lowering the Center’s membership age from 65 to 55. She went on to serve as trustee and later as secretary for 4 years, making a lasting impact on the Center’s growth. Through the Center, Sandy has met many people and built countless friendships. One of the most meaningful connections has been with Tom Fletcher. After his wife Jane fell ill, Sandy supported Tom through difficult times. Sandy suggested they share a home together. With time, Tom agreed, and today the 2 are happily engaged. With her trademark humor, Sandy says their wedding is set for July 4, 2041, and adds with a laugh, “At our age—94 and 85—we didn’t want to rush it!” We are all invited! 😊

Amazing Member Alert

We are grateful to have Sandy and her tenure at the Senior Center is amazing.
You rock, Sandy!!!

Cardio Drumming - A huge hit

Cardio Drumming is one of the most energizing and fun programs we offer at the Senior Center! Held on Tuesdays at 11:00 AM and Thursdays at 6:00 PM, this free class for members combines upbeat music, exercise, and rhythm for an accessible full-body workout that's as entertaining as it is effective.

You can expect improved coordination, cardiovascular health, and stress relief if you attend this class regularly. The music keeps everyone dancing and moving, and the group setting creates a wonderful sense of connection - making it just as good for the heart as it is for the spirit. Join us!

Claudia is a wonderful instructor and leads the program.

ATTENTION ATTENTION

Thursday, October 9th will be the Annual Meeting and Carry in at 12PM. The President will preside over the meeting. Voting will take place to all who attend. Any member not able to be present may vote 10/6, 10/7 & 10/8 in the office. Once your ballot is filled out it will be secured in a lock box. Code of Regulations Committee will count the votes and report the results at the Annual Meeting. We encourage attendance and hope to see you!

Upcoming Programs

Monthly **BINGO** schedule (1PM)

- 2nd Wednesday – Troy Rehab
- 2nd Friday – Vancrest
- 3rd Friday - Shelby Skilled Nursing
- 4th Wednesday - OH Living
- 4th Friday - Buckeye Forest

Looking Ahead

Nov 9th: Craft Bazaar and Chili Lunch

Nov 20th: Skyline Dine to Donate

Dec 13th: Christmas Party

Lunch and Learns

October 14th

Buckeye Forest will visit to provide education and lunch. Be sure to sign up.

October 21st

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

What types of topics do you want to hear about?

Please stop in the office and let us know what type of education you would like to receive! We will do our best to schedule content you're interested in!

Visit the Center

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