

September 2026

Newsletter



Fall is on the way!!

Fall, also known as autumn, is a season of transformation and beauty that bridges the warmth of summer with the chill of winter. It typically spans from September to November in the Northern Hemisphere, offering a tapestry of vibrant colors as leaves turn from green to rich shades of red, orange, and yellow. This period is marked by cooler temperatures and shorter days, inviting cozy sweaters and warm drinks. Fall also brings a sense of nostalgia and reflection, as nature prepares for the dormancy of winter. It's a time for harvest festivals, pumpkin patches, and the celebration of Thanksgiving, offering an opportunity to appreciate the abundance of the year before the quiet of the upcoming season.

Autumn is also a time for socialization and building relationships, as people gather for communal activities and celebrations. From enjoying festivities with friends. The season encourages connection. Families and friends come together, strengthening bonds and creating lasting memories. The shared experience of watching the leaves change and the joy of participating in fall traditions foster a sense of community and belonging.



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:

- Sept 2 Birthday Party
- Sept 3 Sweet T's
- Sept 4 Labor Day Bash
- Sept 8 Trivia Night 5:30 - 7
- Sept 11 Health Screenings
- Sept 18 Crafts w Kathy V.
- Sept 21 Reflexology Day

Trustee Elections Coming October 15th!

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. Please read the bios for our two candidates on pages 6 and 7.

This years candidates are Denny Kremer and Claudia Schertzinger.

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September Birthdays

1 Gary Hickerson

2 Melody Phillips

5 Bill Reinke.

5 Don Broyles

6 Rick Copp

6 Bettie Taylor

8 Catherine Wisecup

10 Sue Wood

10 Sandy Erhlich

11 Pam Kieser

12 Judy Perry

12 Sandy Dowty

13 Barb Morton

15 Mary Huber

15 Sandy Haack

16 Cathy Artz

16 Mary Lyons

17-Brenda Stiffler

21 Marsha Reinhardt

21 Shelley Sorgen

22 Cheryl McCormack

25 Jimmy Taylor

25 Sharon Allison

26 Kathryn Allen

28 Joe Pezzimenti

29 Mike Lewis

30 Tom Fletcher



Upcoming Programs

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 4:30 pm (cost is \$25/5 weeks)

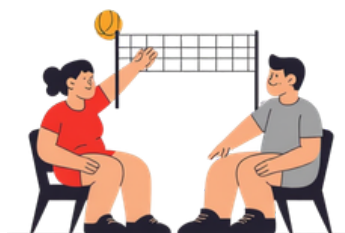
Stretch n Flex on Tuesdays at 10:00

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



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

Troy Senior Citizens Center

Sept 2nd

Birthday Party Celebration

Sept 3rd

Sweet T's Breakfast (\$2 donation)

Sept 7th

Labor Dasy Bash 4-9:00

Sept 8th

Lunch and Presentation by Stephen Bevan from Cornerstone Care (Home Care Services)

Sept 8

Trivia with Megan 5:30 - 7:00

Sept 15th

Lunch will be provided by Piqua Care and presentation by Dr. Randy Overbeck - Revolutionary War

Sept 18th

Crafts with Kathy V. @ 9:00

Sept 21st

Reflexology Day

Sept 25th

Book Club - This month we are reading *The 5 Star Weekend* by Elin Hilderbrand

TROY SENIOR CENTER

937-335-2810

troyseiniorcitizens.com

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

Bio - Claudia Schertzinger

I am running as a candidate for trustee. I have been involved with the center for 12 years . I would like to be a part of making the center enjoyable and a welcoming place for seniors. ??I believe the tools are there to make it happen. I have owned my own business, was in retail management for over 20 years, dealt with Human Resource issues and counseled and evaluated employees job performances. I have overseen the craft group and I am responsible for maintaining the boutique craft sales at the strawberry festival and the annual bazaar. I lead the drumming class twice weekly and assist with line dancing. We have brought many new members to the center with the addition of these classes.

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Bio - Denny Kremer

I am running as a candidate for trustee . I have been on the board for two and a half years as the facility chair. I try to always think of ways to make the Center a better place for members. My wife, Sue, and I have lived in Miami County and Troy for over 20 years. We have over 45 years “under our umbrella” We have been members of the center for over seven years.

I retired from Copeland Corporation / Emerson in Sidney, Ohio. I am a DIY'er and keep busy with home products both ours and our children's, traveling with Sue, following Marion Local and OSU sports and attending many and never ending variety of grandchildren's activities and sports!



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September 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 Line Dancing 7 1:00 Cards 4:00 Labor Day Bash 6:30 Bridge	9:00 Crafts 1 10:00 Stretch n Flex 11:00 Drumming 1:00 Cards	9:15 Chair Volleyball 2 11:00 Pool 11:30 Birthday Party 1:00 Mah Jongg 4:30 Chair Zumba	9:00 Sweet T Breakfast 10:00 Line Dancing 10:00 Chair Yoga 12:30 Bridge 1:00 Cards 6:00 Drumming	9:00 Tai Chi 4 10:05 Chair Volleyball 12:30 Bridge 1:00 Cards	1:00 Euchre 5 1:00 Samba	6
10:00 Line Dancing 7 1:00 Cards 4:00 Labor Day Bash 6:30 Bridge	9:00 Crafts 8 10:00 Stretch n Flex 11:00 Drumming 12:15 L&L 1:00 Cards 5:30 Trivia Night	9:15 Chair Volleyball 9 11:00 Pool 1:00 Mah Jongg 1:00 BINGO 2:30 Board Mtg 4:30 Chair Zumba	10:00 Line Dancing 10 10:00 Chair Yoga 12:00 Carry In Lunch 1:00 Cards 6:00 Drumming	9:00 Tai Chi 11 10:05 Chair Volleyball 11:30-1:30 Premier Health Screenings 1:00 BINGO	1:00 Euchre 12 1:00 Samba	13
10:00 Line Dancing 14 1:00 Cards 6:30 Bridge	9:00 Crafts 15 10:00 Stretch n Flex 11:00 Drumming 12:15 L&L 1:00 Cards	9:15 Chair Volleyball 16 11:00 Pool 1:00 Mah Jongg 1:00 Bridge 4:30 Chair Zumba	10:00 Line Dancing 17 10:00 Chair Yoga 1:00 Cards 6:00 Drumming	9:00 Tai Chi 18 9:00 Crafts w Kathy V 10:05 Chair Volleyball 12:30 Bridge 1:00 BINGO	1:00 Euchre 19 5-9:00 Game Night	20
9-1 Reflexology Day 21 10:00 Line Dancing 1:00 Cards 6:30 Bridge	9:00 Crafts 22 10:00 Stretch n Flex 11:00 Drumming 1:00 Cards 6:30 Bridge	9:15 Chair Volleyball 23 11:00 Pool 1:00 BINGO 1:00 Mah Jongg 4:30 Chair Zumba	10:00 Line Dancing 24 10:00 Chair Yoga 1:00 Cards 6:00 Drumming	9:00 Tai Chi 25 10:05 Chair Volleyball 12:30 Bridge 1:00 BINGO	1:00 Euchre 26 1:00 Samba	27
10:00 Line Dancing 28 1:00 Cards 6:30 Bridge	9:00 Crafts 29 10:00 Stretch n Flex 11:00 Drumming 1:00 Cards	9:15 Chair Volleyball 30 11:00 Pool 1:00 Mah Jongg 4:30 Chair Zumba				

