

# February

NEWSLETTER



The **MISSION** of the Troy Senior Center is to promote service, education, wellness, recreation and socialization for all citizens 50+ in the Troy area and surrounding communities. Through our programs and services, we aim to assist senior members of our community in remaining productive and active while also enhancing their quality of life.

### **Board of Trustees:**

*President—Kathi Witte, VP—Diana Hunsbarger, Treasurer—Cindy Long, Secretary—Helen Thompson. Trustees—Denny Kremer, Wanda Vettters & Claudia Schertzinger*

### **Tip of the Month: Heart Health Awareness**

*February is heart health awareness month. Staying active, even during the cold winter weather, is essential for maintaining heart health. We have activities that can get you out and get you moving; line dancing, yoga, cardio drumming, and more to come!*

### **Members of the Month - Bill & Connie Miller**

We're excited to highlight **Bill and Connie** as this month's Members of the Month! Their love story began when they were set up on a blind date by Connie's sister and Bill's college friend. They spent their first date bowling together and Bill proposed just a few years later in 1962. They have 5 children and 7 grandchildren who live across the country.

Connie and Bill began attending the Center in 2013 after winning the "Golden Couple" title at the Troy Strawberry Festival, earning them a year-long membership. Since then, they have become regular members, attending multiple days a week. Playing cards is their favorite activity!

After 62 years of marriage, Connie and Bill's journey together has been full of cherished memories. A few of their favorites are their family cruises and when a tree from their front yard was selected to be displayed as the downtown Troy Christmas tree!



PHOTO: JENNIFER HUNSBARGER

**Dear Members,**

As we step into February, I'm excited to share all the wonderful things happening at the Troy Senior Center. Last month, we wrapped up our "Learn to Earn" iPad classes, where participants gained confidence using iPads through a four-week course. It was fantastic to see so many embrace technology and expand their skills! Additionally, our new Nutrition Program kicked off, and I'm thrilled to report it was a success. Thanks to a generous grant from the Miami County Foundation, we are now able to offer subsidized, healthy meal options for our members. It's inspiring to see how this program is already making a difference in promoting better eating habits.

Looking ahead, February is shaping up to be an exciting month, with several events you won't want to miss. Be sure to mark your calendars for these highlights:

**Pancake Breakfast on 2/7:** Start your day off with a delicious pancake breakfast! Join us for a morning of good food and get to know fellow members.

**Paint and Sip Event on 2/14:** Unleash your creativity at our instructor led Paint and Sip event.

**Skyline Dine to Donate on 2/20:** Enjoy a meal at Skyline and support the Troy Senior Center! A portion of the proceeds from your meal will benefit our programs and activities.

More details about these events and others can be found in the newsletter, so be sure to check it out. I hope to see many of you at these gatherings as we continue building our community!

**Kathi Witte  
President**

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## January Recap

### **Learn to Earn Wrap-Up**

The **iPad Learn to Earn** program has officially come to a close, and what a success it was! Everyone who participated gained valuable tech skills to operate their iPads for important tasks like connecting with family, scheduling appointments, and staying engaged. Congrats to all participants.

### **Nutrition Program Update**

Thank you to everyone who attended the Nutrition Program Tasting Event! This program has been a tremendous success, and we're excited to keep it going. The meatloaf meals have sold out, and we're thrilled by your enthusiasm! But don't worry, we still have options available.

- Chicken with green beans and rice, Chicken pot pie, or lasagna – \$5 each

These meals are made possible thanks to the generous support of the Miami County Foundation. Stop by the office to pick up your meals before they're gone!

## Upcoming Events

### **Pancake Breakfast**

**When:** Friday, February 7th at 9:30 AM

Kick off your morning with a stack of fluffy pancakes, sausage, and orange juice! This is a great chance to enjoy a delicious breakfast and connect with fellow members.

**Cost:** \$2 per person **Reminder:** Be sure to sign up in advance to secure your spot.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						1PM Bid Euchre
2	3	4	5	6	7	8
	10AM: Line Dance 12PM: L+L 1PM: Cards 6:30PM: Bridge	9AM: Crafts 11AM: Cardio Drum 1PM: Cards	9:15- Chair VB 10:45: Yoga 11AM: Pool/ Birthday w/ Brookdale 12PM: L+L 1PM: Cards	10AM - Line Dance 12:30PM: Bridge 1PM: Cards 6PM: Cardio Drum	9:30 AM: Pan- cake Breakfast! 10AM: Chair Volleyball 12:30PM: Bridge 1PM: Cards	1PM Bid Euchre
9	10	11	12	13	14	15
	10AM - Line Dance 1PM: Cards 6:30PM: Bridge	9AM: Crafts 11AM: Cardio Drum 12PM: L+L 1PM: Cards	9:15- Chair VB 10:45: Yoga 11AM: Pool 1PM: Bingo 2:30PM: Board Mtg	10AM - Line Dance 12PM: Carry In 1PM: Cards 6PM- Cardio Drum	10AM: Chair VB 11:30-1:30: Health Screen 1PM: Bingo 2PM: Paint & Sip Event!	1PM Bid Euchre
16	17	18	19	20	21	22
	10AM - Line Dance 1PM: Cards 6:30PM: Bridge	9AM: Crafts 11AM: Cardio Drum 12PM: L+L 1PM: Cards	9:15: Chair VB 10:45: Yoga 11AM: Pool 12PM: L+L 1PM: Cards	10AM - Line Dance 1PM: Cards 5-9PM: Sky- line 6PM- Cardio Drum	10AM: Chair Volleyball 12:30PM: Bridge 1PM: Bingo	1PM Bid Euchre
23	24	25	26	27	28	
	10AM - Line Dance 1PM: Cards 6:30PM: Bridge	9AM: Crafts 11AM: Cardio Drum 1PM: Cards	10:45: Yoga 11AM: Pool 1PM: Bingo 2PM: Bunco	10AM - Line Dance 1PM: Cards 6PM- Cardio Drum	10AM: Chair VB 11AM: Book Club 1PM: Bingo	1PM Bid Euchre



# Nutrition Program Kickoff





## WEEKLY ACTIVITIES

### MONDAY

LINE DANCE - 10:00AM  
CARDS & MAH JONGG - 1PM  
BRIDGE - 6:30PM

### TUESDAY

CRAFTS - 9AM  
CARDIO DRUM - 11AM  
CARDS & GAMES - 1PM

### WEDNESDAY

CHAIR VBALL - 9:15AM  
YOGA - 10:45AM  
POOL - 11AM  
CARDS & GAMES - 1PM

### THURSDAY

LINE DANCE - 10:00AM  
CARDS & GAMES - 1PM  
CARDIO DRUM - 6PM

### FRIDAY

CHAIR VBALL - 10AM  
CARDS & GAMES - 1PM

### SATURDAY

BID EUCHRE - 1PM

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VALENTINE'S DAY



## PAINT & SIP AT TROY SENIOR CENTER

When: February 14 at 2PM Cost: \$20 per person

Looking for a creative and fun way to celebrate Valentine's Day? Join us for Paint and Sip, the perfect event to spark creativity and spend quality time with your special someone or friends. This will be a guided painting session – no experience needed! Enjoy complimentary sparkling grape juice to sip while you paint.



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