



May 2026 Newsletter

Welcome May Flowers

May Day, celebrated on May 1st, is a holiday with rich historical and cultural significance. It has two primary interpretations: as a traditional spring festival in many cultures and as International Workers' Day, a celebration of labor and working classes. The spring festival aspect of May Day includes customs such as dancing around the maypole, crowning a May Queen, and various festivities that herald the arrival of warmer weather and the blooming of flowers. These celebrations often provide a wonderful opportunity for socialization, as communities come together to enjoy the festivities, fostering friendships and strengthening bonds. In contrast, International Workers' Day commemorates the struggles and achievements of labor movements worldwide, particularly honoring the Haymarket affair in Chicago in 1886, which was a pivotal event in the fight for the eight-hour workday. May Day thus symbolizes both the joy of nature's renewal and the ongoing quest for workers' rights and social justice.

UPCOMING EVENTS:

- May 5 Trivia Night w Megan
- May 6 Birthday Party /Trivia
- May 7 Air Fryer Cooking
- May 11 Blood Drive
- May 13 Dine to Donate/Old Scratch
- May 15 Strawberry Crafts w Kathy V.
- May 20 Drone Demo/sheriff Dept.
- May 27 Sr. Fitness Day @ Garbry

OUR MISSION

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

Haven't Yet Renewed Your Membership ?

Your cost is only \$20 due to the Miami County Age Friendly Grant.

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. We have added many new programs which have been well attended and we are open to more suggestions!

Premier Health is here the second Friday of each month from 11:30 to 1:30 for **Health Screenings** including blood pressure and Glucose readings

Troy Senior Citizens Center

Do you play Euchre?

We are looking for a couple more players to join us on Mondays and/or Thursdays at 1:00.
COME ON IN!

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Trustee Nominations

There are three Trustee positions coming up for vote in the fall. Start thinking about this if you are interested in serving. (You must be a member for at least one year) More details to follow.

**Volunteers needed!
This years
Strawberry Festival is
June 6 and 7.
Sign up soon! We
need you and your
fun spirit!**

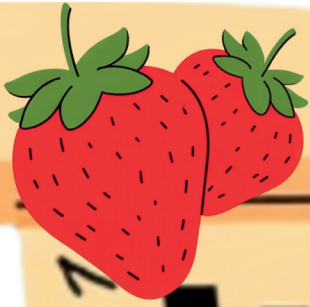
Troy Senior Citizens Center

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WANTED

Volunteers for Strawberry Festival

This is our biggest fundraiser of
the year and

WE NEED YOU

Sign up for two three hour shifts
and get your name entered to win
a \$25 gift card

We need everyones help to make
this a success

*This is a large portion of our money to keep
the center running*

SIGN UP TODAY

Sign up sheets are on the South
Wall



Upcoming Programs

**Strawberry Festival
Baking Days**
are **May 26, 28 and 29**
starting at **10:00 am**
until we're done!
Show up anytime to help!

Troy Senior Citizens Center

Fun Fitness Things

Cardio Drumming Tuesdays
at 11:00 and Thursdays at 6:00

Chair Zumba

Wednesdays at 4:30 pm
(every Wednesday) plus

Stretch n Flex on Tuesdays at
9:00 and **Tai CHI** on Fridays at
9:00

Chair Volleyball Wed and Fri
mornings, too!

Chair Yoga Thursdays at
10:00

Wii Bowling and other sports
at 2:00 on Tuesdays or
whenever available

May 5th

Trivia Night w Megan

May 7th

Alisha from OSU Extension will be
teaching us How to Air Fry

May 11th

Blood Drive

May 12th-

Otterbein will
provide lunch and OSU
Extension office will present
Gardening in Small Spaces

May 13th

Dine to Donate at Old Scratch Pizza

May 15th Strawberry Crafts w
Kathy Vogler...9:00 am

May 19th Lunch provided by Troy
Rehab and presentation by Keith
from Miami County Veteran Service

May 20th Drone Demonstration by
the Sheriff Dept. and group photo

May 21st Dine to Donate Bob Evans

May 27th Sr Fitness Day at Garbry
Ridge

May 29th Book Club - This month we
are reading "The Heretics Daughter" by
Kathleen Kent

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8 Ed Witte
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Happy May Birthdays

Enjoy your day!!



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May 2026

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
10:00 Line Dancing 1:00 Cards 6:30 Bridge	9:00 Crafts NO Stretch n Flex 11:00 Drumming 1:00 Cards 2:00 Wii Bowling 5:30-7:30 Trivia Night	9:15 Chair Volleyball 11:00 Pool 11:30 Birthday Trivia 1:00 Mah Jongg 4:30 Chair Zumba \$5	10:00 Line Dancing 10:00 Chair Yoga 11:00 Air Fryer Cooking 12:30 Bridge 1:00 Cards 6:00 Cardio Drumming	9:00 Tai Chi 10:05 Volleyball 12:30 Bridge	9:00 Tai Chi 10:05 Chair Volleyball 11:30-1:30 Premier Health Screenings 1:00 BINGO	1:00 Euchre
10	11	12	13	14	15	16
HAPPY MOTHERS DAY	9-1 Blood Drive 10:00 Line Dancing 1:00 Cards 6:30 Bridge	9:00 Crafts 10:00 Stretch n Flex 11:00 Drumming 12:00 Lunch n Learn 1:00 Cards	9:15 Chair Volleyball 11:00 Pool 1:00 Mah Jongg 1:00 BINGO 2:30 Board Mtg 4:30 Chair Zumba \$5 5-9 D2D Old Scratch Pizza	10:00 Line Dancing 10:00 Chair Yoga 12:00 Carry In / mtg 1:00 Cards 6:00 Cardio Drumming	9:00 Tai Chi 9:00 Crafts w Kathy V 10:05 Volleyball 1:00 BINGO 12:30 Bridge	1:00 Euchre
17	18	19	20	21	22	23
	10:00 Line Dancing 1:00 Cards 6:30 Bridge	9:00 Crafts 10:00 Stretch n Flex 11:00 Drumming 12:00 Lunch n Learn 1:00 Cards	9:15 Chair Volleyball 11:00 Pool 11:30 Drone Demo/Sheriff 1:00 Mah Jongg 1:00 Bridge 4:30 Chair Zumba. \$5	9-8:00 D2D Bob Evans 10:00 Line Dancing 10:00 Chair Yoga 1:00 Cards 6:00 Cardio Drumming	9:00 Tai Chi 10:05 Chair Volleyball 1:00 BINGO	1:00 Euchre
24	25	26	27	28	29	30
	Memorial Day 10:00 Line Dancing 1:00 Cards 6:30 Bridge	9:00 Crafts NO Stretch n Flex 10:00 Strawberry Baking 11:00 Cardio Drumming 1:00 Cards 6:30 Bridge	9:15 Chair Volleyball 10-1:00 Senior Fitness Day @ Garbry Ridge 11:00 Pool 1:00 Mah Jongg 1:00 BINGO 4:30 Chair Zumba \$5	10:00 Line dancing 10:00 Chair Yoga 1:00 Cards 6:00 Cardio Drumming	9:00 Tai Chi 10:05 Volleyball	1:00 Euchre
31	Please note the Stretch n Flex class on Tuesday is now at 10:00 Walking group will start on Wednesday, May 6 at 10:00					
						Wii Bowling every Tuesday at 2:00 Strawberry Committee Mtg May 15 at 12:00 Strawberry Baking May 26, 28, 29