

# SENIOR *Center* OF SIDNEY-SHELBY COUNTY

Open Weekdays: 8:00 a.m. - 7:00 p.m. Saturdays 8-12

304 S. West Avenue

Phone: (937) 492-5266

Sidney, OH 45365

NEWSLETTER

January & February

Vol. 28, No. 1



**WELCOME TO 2025!!!!**

**From your Executive Director:**

WOW!!! 2024 went by so fast my head is still spinning! We had so many wonderful events, activities and fun!

I hope everyone had a blessed Holiday Season and that you are ready for “ole man winter” to strike with weather he and “mother nature” decide to dump on us these first 2 months of the year.

The 2025 membership dues will remain the same as last year: \$35 for Shelby County Residents and \$40 for out of the county.

We have some AWESOME guest speakers and entertainers scheduled for our monthly carry in luncheon on the 2<sup>nd</sup> Tuesday of each month. Come and join us for some great food (entrée provided by Ohio Living Dorothy Love), fun and the possibility of winning the attendance prize!! It is a \$25 Gift Certificate to either Kroger or Wal-Mart. Just bring a covered dish to share. I hope to see our attendance for this increase!

Until I see you at the Center, Have a Blessed Day!

*Rachel Hale*  
*Executive Director*



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**WE'RE WITH YOU  
TODAY, AND ALWAYS.**

Wilson Health offers a full range of home care and hospice services. Our staff is crossed trained to make a seamless transition for the patient and family into hospice when needed.

Founded in 1984, Wilson Health Home Care and Hospice is an independent, nonprofit agency serving our patients for nearly 40 years!

For more information, call us at **(937) 498-9335** or visit **wilsonhealth.org**.



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**Countryside Commons Senior Apartments**

Come join our friendly community where seniors 55 and older are enjoying their spacious two-bedroom homes with attached garages, community building with activities and step-free community.

890 Countryside Street, Sidney, OH  
Telephone: 937-492-9292

This institution is an equal opportunity provider and employer.



## *From your Board President:*

Happy 2025 New Year!! Hoping everyone had a blessed holiday season. We are truly blessed to have one of the best Senior Centers in our surrounding area. The Center continues to grow not only in its membership, but also with our various activities, always adding new ideas to share with fellowship.

Some of the more interesting events we shared this year were: The Senior wed game (fun dinner show). Trivia nights, weekly veterans Coffee & Doughnut Breakfast, Veterans banquet honoring our veterans, dances, concerts and various card & board games. If that is not enough entertainment to keep you busy, we have many exercise programs to help keep you healthy during the 2025 year!!

Invite your family & friends to come on down and check out Sidney's best kept secret for those over 50!

*"Pay it forward" "Let's keep this theme happening - Even if just a smile"*

**SHELIA NUSS  
PRESIDENT**



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Sidney, Ohio 45365              Troy, Ohio 45373  
HOURS MON – THURS 8:30 – 5:00 FRIDAY 8:30 – 3:00

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# HEADLINE NEWS!! CHECK IT OUT!!

\*\*\*\*\*

## MONTHLY BILLIARD TOURNAMENT:

The tournament is the last Friday of each month at **10:00am**. Senior Center House Rules will apply for the tournaments only. Come down and join in on the fun and a chance to win the bragging rights for the month!

## CARRY IN MEETING WINNERS:

Attendance prize winner for October was Doshia Robbs (\$25 Walmart Card) and November was Mike Fishbaugh (\$25 Kroger Card)

Come to the next carry in and see if you're the next lucky winner! January 14<sup>th</sup> and February 11<sup>th</sup> are the next ones, we hope to see you there!

January 14<sup>th</sup> guest speaker: Sidney Police Department

February 11<sup>th</sup> guest speaker: Morgan's Place

## HOLIDAY CLOSING:

We will be closed on Wednesday January 1<sup>st</sup> (New Year's Day)

We will be closed on Monday January 20<sup>th</sup> (Martin Luther King Day)

We will be closed on Monday February 17<sup>th</sup> (President's Day)

## VOLUNTEER LUNCHEON:

We appreciate all of our wonderful volunteers that help make the Senior Center awesome! We would like to honor you with a luncheon on Wednesday January 22<sup>nd</sup> @ 11:30am. Please sign up at the front desk before January 17<sup>th</sup> if you are able to attend.

## AARP TAX PREPARATION:

We will be hosting AARP again this spring for FREE tax preparation. More information to follow, appointments will be required. Stay tuned to our Facebook page and watch the bulletin boards here at the Center for details.




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# Here is a new and exciting way to support the Senior Center!

Check out our on-line store at:

<https://www.bonfire.com/store/senior-center-of-sidney-shelby-county-ohio/>

**\*\* If you are unable to order online, please see Rachel to place an order thru the Senior Center. \*\***



We are offering 2 different t-shirt designs. Pickleball and Are you 50 or better.

There is also a choice of a long sleeve t-shirt as well as a nice warm and comfy sweatshirt.

Prices are:

T-Shirts	\$30
Long Sleeve T-shirt	\$35
Sweatshirt	\$40

The Senior Center profits between \$6 and \$8 per item ordered and they come directly to you! What an awesome way to help the Center and help us get the word!

Premium Unisex Tee

\$30.00

Thank you for your support.

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# BE IN THE "KNOW" WITH WHAT'S HAPPENING

\*\*\*\*\*

## **CERTIFIED PERSONAL TRAINER:**

We ask that before you use our exercise room and equipment for the first time you meet with a personal trainer. Laura's hours are: Monday and Tuesday mornings 8:15 – 9:15 am

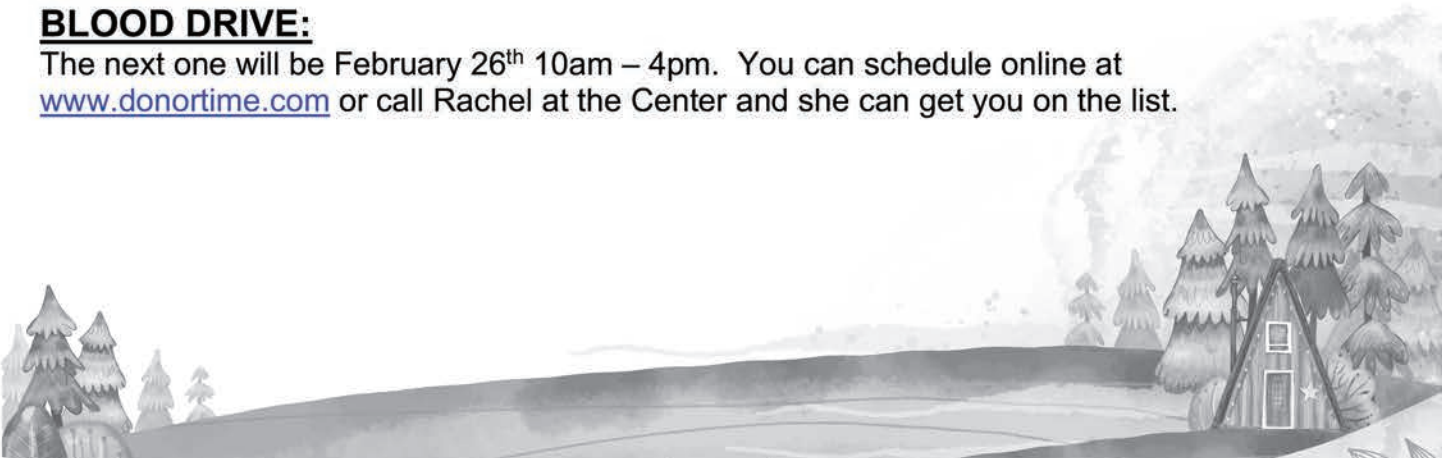
## **ON FACEBOOK:**

Check us out on Facebook, Senior Center of Sidney/Shelby County. Help us spread the word by following these 4 steps: **1.) FIND US 2.) LIKE US 3.) FOLLOW US 4.) SHARE OUR POSTS!** It will go a long way in getting our information out to the public. You will also get up to date information on whenever we are delayed or closed.

**RENTAL OF OUR BUILDING:** Are you or someone you know interested in renting the building? Please call Rachel Hale (Executive Director) at (937) 492-5266.

## **BLOOD DRIVE:**

The next one will be February 26<sup>th</sup> 10am – 4pm. You can schedule online at [www.donortime.com](http://www.donortime.com) or call Rachel at the Center and she can get you on the list.



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**We WILL follow the Sidney City Schools for DELAYS ONLY.**

**Closings will be done on a judgement basis.**


**Please listen to radio station Hits 105.5, WHIO TV, WDTN TV or check in on our Face Book page for information regarding possible closings or extended delays (more than 2 hours).**




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# MONTHLY REMINDERS FOR: January & February

## **BOARD MEETINGS:**

The Senior Center Board of Directors meetings are: No meeting in January. There will be a meeting on Friday February 7<sup>th</sup> at 9am.

All are welcome at the Monthly Board meetings.

## **LUNCH & LEARN:**

Join us on Tuesday January 28<sup>th</sup> at 11:30am. Our guest speaker will be: Chastity Crowder, Shelby County Dog Warden, to share about the shelter and how S.C.A.R.F. helps them with maintain their no kill shelter status. She will be bringing a "special friend" with her for you to meet.

## **HEALTH LUNCHEON:**

Join us on Tuesday February 25<sup>th</sup> at 11:30am. Our guest speaker will be from Wilson Health. Speaker will be announced prior to this event. Watch our Facebook page and check out the bulletin board at the front desk.

**ENJOY THE BENEFITS OF  
MEMBERSHIP**



**2025 membership is due.**

\$35 for Shelby County Residents

\$40 for out of County Residents

We accept cash or check. You can stop by in person or mail it in and we will send your new card to you.





## WEEKLY SCHEDULE

SENIOR CENTER SINGERS: Monday & Friday 10am

BINGO: Monday and Thursday at 1:00 p.m.

MAH JONG: Monday and Friday 1:00 p.m.

SHUFFLEBOARD: Monday and Thursday 1:00 p.m.

PICKLEBALL: Mon. & Thurs. at 3pm, Tues. at 4:45 p.m. Wed. & Fri. at 1:00 p.m.  
Beginners Level only: Wednesday, Thursday & Friday 4:45pm

CHAIR EXERCISE: Tuesday and Thursday at 9:00 a.m.

MOVE N GROOVE: Tuesday and Thursday at 10:00 a.m. Mondays at 5:30 p.m.

LINE DANCING: Tuesday and Thursday at 11:00 a.m.

ADVANCED LINE DANCING: Monday and Friday at 11:00 a.m.

CHAIR YOGA: Monday & Friday 9am

EUCHRE: Tuesday and Friday at 1:00 p.m. Thursday evening at 7:00 p.m.

BID EUCHRE: Tuesday at 7:00 p.m.

TEXAS HOLD EM': Monday & Thursday at noon, Tuesday, Wednesday & Friday at 1pm

PINOCHLE: Tuesdays & Thursdays noon – 3:00 p.m. & Wednesday 11:00 – 3 p.m.

BRIDGE: Friday at 12:30 p.m.

KNITTING/CROCHETING GROUP: Wednesday at 10 a.m. Monday & Thursday 2:30 p.m.

BILLIARDS: Tournaments are held on the last Friday of the month at 10:00 a.m.

VET'S COFFEE & DONUTS: Friday 9am – 11am

WALK & MARCH: Wednesday 10am

TRIPOLY CARD GAME: Wednesday 10am, Friday 1pm



# Live Healthy, Get Active!

## Mileage Fitness Program

Log your miles you reach walking, jogging, running or biking in the Fitness Room at the Senior Center.

## Hours of Activity Fitness Program

Log your hours/time you spend at each individual exercise class at the Senior Center or hours you spend working out in the Fitness Room. Athletic Trainer, Laura Cianciolo will set up a work out program for you.

Both hours and miles will be calculated from the time you start the program and are accumulative. The sooner you start after January 1<sup>st</sup> the faster you will qualify for awards!



Located at the  
**Senior Center of  
Sidney-Shelby County**  
304 S. West Avenue  
Sidney, OH 45365  
(937) 492-5266

## Requirements to Qualify

You must be age 50 or better and a member of the Senior Center of Sidney-Shelby County. If you are not a member yet, it is easy to join.

## Program Incentives

### Mileage Program -

- Certificates given as you reach the following goals: 100, 250, 500 & 800 miles.
- Water Bottles given at 150 miles
- T-shirt given at 300 miles
- Name into a drawing for FREE renewal of membership for 2026 at 500 + miles

### Hours of Activity Program -

- Certificates given at 100 hour increments. Ex: 100, etc.
- Water Bottles given at 150 hours
- T-shirt given at 300 hours
- Name into a drawing for FREE renewal of membership for 2026 at 500 hours

## End of Year Awards

Recognition and plaque will be given to the person with the most miles and the person with the most hours. This to be awarded in January 2026 with acknowledgement in the Senior Center Newsletter as well as the Sidney Daily News.



**Make Your Heart a Priority in 2025!**

**FREE HEART HEALTH SCREENINGS**

**FEBRUARY 11 • 8:30 a.m. - 11:00 a.m.**

Senior Center of Sidney-Shelby County  
304 S. West Avenue • Sidney, OH



**Free Screenings Will Include:**

- Lipid Profile Blood Draw & Blood Glucose Screening (12-hour fasting required)
  - Blood Pressure Check
  - Heart Risk Assessment
  - CPR Demos & Education
- Medical Team on Hand to Answer Your Questions



**No Appointment Necessary!**

**KNOW YOUR NUMBERS!**  
*A simple screening could save your life!*

# FUNDRAISING OPPORTUNITIES

There are many different ways that the Center raises money that you might not know about. If you would like to help out or get involved with any of these, let the staff know and we will be happy to answer any questions.

**1.) Monthly Basket Raffle:** Watch for these to be up at the front desk. Each chance is \$2 and the retail value on the baskets are typically around \$75. Each basket has a theme and also includes up to \$50 in gift cards to area restaurants and/or stores.

**2.) Kroger Community Rewards:** Do you have a Kroger Plus card? If so, you can register online for Kroger to donate a portion of your purchase to the Senior Center! This DOES NOT affect your fuel points and is a great way to support the Center without spending anything more than you normally do! If you need help, please see Rachel and she will be happy to get you set up.

**3.) Aluminum Cans:** If you have cans piling up we take them! Crushed or not, we accept them and take them in for redemption. Just drop them in the back hall or in the ground floor kitchen, please let an employee know.

Thank you for your support, these might not seem like a lot but you know the saying: "Every little bit helps!"



## THANK YOU!!

We would like to thank all of our newsletter advertisers. When you visit any of these establishments, please tell them you saw their ad in our newsletter and thank them for supporting the Senior Center of Sidney-Shelby County.

The City of Sidney Parks Department for providing wonderful service of our building, all the snow removal, lawn mowing and much more!

**Many of our programs could not happen if not for the following sponsors:**

**BINGO:** Affinity Care, Ayden Healthcare, The Landings, Medicare Resource, Momentous, Stormer Insurance and Wilson Health.

**LUNCH & LEARN:** Fish Thrift Store

**HEALTH LUNCHEON:** Wilson Health

**CARRY IN ENTRÉE:** Ohio Living Dorothy Love



# GET TO KNOW YOUR BOARD MEMBERS



Maggie Wiley – Board Trustee  
Senior Center Member since 2021  
\*was also a previous member & employee\*

Board Member since: 2024  
\*was also on board when previously a member\*

“I enjoy playing Bingo and coming to the monthly Carry In luncheon. The members and friends here are great and I like volunteering. It gets me out of the house.”



Steve Wiford – Board Trustee  
Senior Center Member since 2010  
Board Member  
2014 – 2017, 2017-2021  
2024 to present

“I enjoy playing cards, the Carry In luncheon and the various events. I think people should get more involved and enjoy the beauty of the center that is open to all over 50 years of age.”



Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p><b>6</b> 9:00 CHAIR YOGA 10:00 CHOIR 11:00 ADVANCED Line Dancing 12:00 TEXAS HOLD EM 1:00 SHUFFLEBOARD, BINGO &amp; MAH JONG TILES 3:00 PICKLEBALL 2:30 Crocheting &amp; Knitting 5:30 MOVE N GROOVE</p>	<p><b>7</b> 9:00 CHAIR EXERCISE 10:00 MOVE N GROOVE 11:00 LINE DANCING 12:00 PINOCHLE 1:00 EUCHRE 1:00 Texas Hold Em 4:45 – 6:45 PICKLEBALL 7:00 BID EUCHRE</p>	<p><b>1</b> <b>CLOSED</b></p>	<p><b>2</b> 9:00 CHAIR EXERCISE 10:00 MOVE N GROOVE 11:00 LINE DANCING 12:00 TEXAS HOLD EM 1:00 PINOCHLE 1:00 SHUFFLEBOARD, &amp; BINGO 2:30 Crocheting/Knitting 3:00 PICKLEBALL 4:45 BEGINNERS PICKLEBALL 7:00 EUCHRE</p>	<p><b>3</b> 9:00 CHAIR YOGA 9:00 Ver's Coffee &amp; Donuts 10:00CHOIR 11:00 ADVANCED Line Dancing 12:30 BRIDGE 1:00 Euchre &amp; Texas Hold Em &amp; Tripoley 1:00 PICKLEBALL 4:45 Beginners Pickleball</p>	<p><b>4</b></p>	<p><b>5</b></p>
<p><b>13</b> 9:00 CHAIR YOGA 10:00 CHOIR 11:00 ADVANCED Line Dancing 12:00 TEXAS HOLD EM 1:00 SHUFFLEBOARD, BINGO &amp; MAH JONG TILES 3:00 PICKLEBALL 2:30 Crocheting &amp; Knitting 5:30 MOVE N GROOVE</p>	<p><b>14</b> 9:00 CHAIR EXERCISE 10:00 MOVE N GROOVE 11:00 LINE DANCING 11:30 CARRY IN 12:00 PINOCHLE 1:00 EUCHRE 1:00 Texas Hold Em 4:45 – 6:45 PICKLEBALL 7:00 BID EUCHRE</p>	<p><b>15</b> 10:00 CROCHETING &amp; KNITTING 10:00 WALK &amp; MARCH 10:00 Tripoley Card Game 11:00 PINOCHLE 1:00 TEXAS HOLD EM 1:00 PICKLEBALL 4:45 BEGINNERS PICKLEBALL</p>	<p><b>16</b> 9:00 CHAIR EXERCISE 10:00 MOVE N GROOVE 11:00 LINE DANCING 12:00 TEXAS HOLD EM 12:00 PINOCHLE 1:00 SHUFFLEBOARD, &amp; BINGO 2:30 Crocheting/Knitting 3:00 PICKLEBALL 4:45 BEGINNERS PICKLEBALL 7:00 EUCHRE</p>	<p><b>17</b> 9:00 CHAIR YOGA 9:00 Ver's Coffee &amp; Donuts 10:00CHOIR 11:00 ADVANCED Line Dancing 12:30 BRIDGE 1:00 Euchre &amp; Texas Hold Em &amp; Tripoley 1:00 PICKLEBALL 4:45 Beginners Pickleball</p>	<p><b>18</b></p>	<p><b>19</b></p>
<p><b>20</b> <b>CLOSED</b></p>	<p><b>21</b> 9:00 CHAIR EXERCISE 10:00 MOVE N GROOVE 11:00 LINE DANCING 12:00 PINOCHLE 1:00 EUCHRE 1:00 Texas Hold Em 4:45 – 6:45 PICKLEBALL 7:00 BID EUCHRE</p>	<p><b>22</b> 10:00 CROCHETING &amp; KNITTING 10:00 WALK &amp; MARCH 10:00 Tripoley Card Game 11:00 PINOCHLE 1:00 TEXAS HOLD EM 1:00 PICKLEBALL 4:45 BEGINNERS PICKLEBALL</p>	<p><b>23</b> 9:00 CHAIR EXERCISE 10:00 MOVE N GROOVE 11:00 LINE DANCING 12:00 TEXAS HOLD EM 12:00 PINOCHLE 1:00 SHUFFLEBOARD, &amp; BINGO 2:30 Crocheting/Knitting 3:00 PICKLEBALL 4:45 BEGINNERS PICKLEBALL 7:00 EUCHRE</p>	<p><b>24</b> 9:00 CHAIR YOGA 9:00 Ver's Coffee &amp; Donuts 10:00 CHOIR 11:00 ADVANCED Line Dancing 12:30 BRIDGE 1:00 Euchre &amp; Texas Hold Em &amp; Tripoley 1:00 PICKLEBALL 4:45 Beginners Pickleball</p>	<p><b>25</b></p>	<p><b>26</b></p>
<p><b>27</b> 9:00 CHAIR YOGA 10:00 CHOIR 11:00 ADVANCED Line Dancing 12:00 TEXAS HOLD EM 1:00 SHUFFLEBOARD, BINGO &amp; MAH JONG TILES 3:00 PICKLEBALL 2:30 Crocheting &amp; Knitting 5:30 MOVE N GROOVE</p>	<p><b>28</b> 9:00 CHAIR EXERCISE 10:00 MOVE N GROOVE 11:00 LINE DANCING 11:30 LUNCH &amp; LEARN 12:00 PINOCHLE 1:00 EUCHRE 1:00 Texas Hold Em 4:45 – 6:45 PICKLEBALL 7:00 BID EUCHRE</p>	<p><b>29</b> 10:00 CROCHETING &amp; KNITTING 10:00 WALK &amp; MARCH 10:00 Tripoley Card Game 11:00 PINOCHLE 1:00 TEXAS HOLD EM 1:00 PICKLEBALL 4:45 BEGINNERS PICKLEBALL</p>	<p><b>30</b> 9:00 CHAIR EXERCISE 10:00 MOVE N GROOVE 11:00 LINE DANCING 12:00 TEXAS HOLD EM 12:00 PINOCHLE 1:00 SHUFFLEBOARD, &amp; BINGO 2:30 Crocheting/Knitting 3:00 PICKLEBALL 4:45 BEGINNERS PICKLEBALL 7:00 EUCHRE</p>	<p><b>31</b> 9:00 CHAIR YOGA 9:00 Ver's Coffee &amp; Donuts 10:00CHOIR 11:00 ADVANCED Line Dancing 12:30 BRIDGE 1:00 Euchre &amp; Texas Hold Em &amp; Tripoley 1:00 PICKLEBALL 4:45 Beginners Pickleball</p>	<p><b>** MEMBERSHIP RENEWAL TIME**</b> <b>\$35 for Shelby County Residents</b> <b>\$40 for out of county</b> <b>** Volunteer Luncheon 1/22/2024</b> <b>Please sign up before 1/17/2024</b></p>	

# February 2025

◀ Jan 2025	February 2025					Mar 2025 ▶
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
<b>MEMBERSHIP RENEWAL TIME**</b> <b>\$35 for Shelby County Residents</b> <b>\$40 for out of county</b>  <b>** 2/11/2024 Wilson Hearth Health</b> <b>Event 8:30 am – 11:00 am</b>						

**SENIOR CENTER SIDNEY-SHELBY COUNTY  
304 SOUTH WEST AVENUE  
SIDNEY, OHIO 45365**

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Trustee, Nancy Lillard  
Trustee, Maggie Wiley  
Trustee, Steve Wiford  
Trustee, Bob Zumberger  
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Sidney City Manager, Andrew Bowsher

**STAFF:**

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Cindy Lambert, Program Coordinator  
Elizabeth Hamm, Receptionist  
Pam Moorman, Part-time Finance Officer  
Carolyn Warner, Part-time Receptionist  
Tim Yinger, Part-time Receptionist



The Senior Center of Sidney-Shelby County is funded in part by  
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The City of Sidney, Shelby County United Way  
Donations, Member Dues & Fund Raisers