

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

JULY & AUGUST 2025

Vol. 28, No. 4

The GREAT Shelby County Fair Senior Day!!



Tuesday July 22, 2025 !!

*All Seniors over 60 years of age, who reside in Shelby County
will get into the fair at NO CHARGE!*

Schedule of Events:

| | |
|---------------|--|
| 9:00 am | Registration opens |
| 9:30 – 11:00 | Agency booths open |
| 10:00 – 11:00 | Bingo!!! |
| 11:00 | Entertainment: Senior Center Singers |
| 11:30 – Noon | Awards to the Most Mature Lady & Oldest Gentleman and Longest married Couple |
| | Drawing for door prizes. |
| Noon | Free Lunch served for registered seniors (Must have ticket) – While supplies last. |

***** IF YOU PRE-REGISTER, YOU MUST CHECK IN AT THE TENT BEFORE 11AM *****

***** AWARD RECEIPIENTS MUST BE PRESENT TO WIN *****



From your Executive Director:

YIPPEE!! YAHOO!!! COOL BEANS!!! AWESOME SAUCE!!! (add your own expression 😊)
Summer is here and I am excited and looking forward to it! There is so much coming up in our programming that everyone will enjoy.

We start the Mastery in Aging weekly program July 2nd. The Annual Veterans & family picnic is on July 3rd. (this is open to any Veteran age 50 or better & their spouse).

The Senior Day at the Great Shelby County Fair is July 22nd and that is just what July holds for us!

Be sure to check out the August events, especially the Annual Ice Cream Social!

Tell your friends, family and neighbors about how great the Senior Center is, let's get to 1000 members again this year! As I write this we are currently at 772!

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

Rachel Hale
Executive Director



From your Board President:

It seems summer is finally here. If you have been reading our newsletter, you will have noticed that we are continuing to add many activities of various interests. Last month we celebrated Senior and Organization of the year with Shelby County and Area Agency on Agency along with a lovely dinner catered from Cracker Barrel.

Congratulations to Ms. Cornelia Dixon, Senior of the Year and The Fish Thrift Store as the Organization of the Year. We would like to "Thank" the many seniors who devote their time and talents to helping others within the Community.

One of the next events that will be open to all the Seniors of Shelby County will be the Shelby County Fair Senior Day on July 22nd 2025. This will even have such events as Bingo, Senior Center Singers, Agency Booths, and a free meal as long as the ticket supplies last.

In order to secure your free meal ticket, one should register at the Senior Center. If you register at the Fair the day of, we are only supplied with a limited number of meal tickets. Once they are gone, they are gone.

We would like to mention our new board members, Duane Mullins, Mike Nolte and Ruth Burnside. And also Thank You to our outgoing members. Nancy Roettger and Judy Drum.

Enjoy your summer with family and friends!

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

SHELIA NUSS
PRESIDENT

HEADLINE NEWS!! CHECK IT OUT!!

MONTHLY BILLIARD TOURNAMENT

April winner was Larry Curtner with runner up Carl Wical.
May winner was Duane Stewart with runner up Bruce Bradley
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 April was Larry Donahue and May was Shirley Dunn.
Each of these lucky winners received a \$25 gift card to Wal-Mart! Come to the next carry in and see if you're the next lucky winner!
The 50/50 winner for April was Steve Schroeder and May was Lisa Gratz.

HOLIDAY CLOSING:

We will be closed on Friday July 4th for the Holiday

CHRISTMAS IN JULY!!

Last winter we set a table up with Christmas Cards for our troops. We managed to have a good number of them to send to Operation Gratitude to be forwarded to our men/women serving our country. We would like to get a jump on it this year by having the cards signed in July. Starting on July 7th and continuing until July 31st, please stop by the table in the multi-purpose room and sign some cards. Thank you for supporting this endeavor to support our troops!

BOARD OF TRUSTEES ELECTION RESULTS

Congratulations to:
Duane Mullens, Mike Nolte and Ruth Burnside on their election to 3-year trustee positions.
Nancy Lillard and Larry Donahue on their election to 1 year trustee positions.



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CONGRATULATIONS
 May winner: Duane Stewart
 Runner up: Bruce Bradley

Do you like to shoot pool?
 Come join us for the monthly Billiard
 Tournaments on the last
 Friday of the month.
 July 25th & Aug 29th

Donuts and beverages provided for
 each participant!



VETERANS & SPOUSES

Free Picnic

THURSDAY JULY 3RD
11AM - 1PM

Hamburgers, hot dogs and
 all the delicious picnic side dishes!

*This will be in place of the Friday
 morning breakfast*

We invite all Veterans age
 50 and better and their
 spouses to join us for our
 Annual Veterans Picnic!

We hope to see you here!



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**.

WILSON HEALTH
 Home Care & Hospice

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 Wednesday August 27, 2025 10am – 4pm. You can schedule online at www.donortime.com or call Rachel at the Center and she can get you on the list.

MONTHLY CARRY IN SPEAKERS:

July 8th: Habitat for Humanity of Miami/Shelby County

Aug 12th: DiAnne Karas

You won't want to miss either of these speakers! Come to the carry in luncheon, enjoy a delicious lunch and hear what they have to say.




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MONTHLY REMINDERS FOR: July & August

BOARD MEETINGS:

The Senior Center Board of Directors meetings are:

July 11th and August 8th at 9am.

All are welcome at the Monthly Board meetings. Please join us and hear all of the Senior Center news and discussions.

LUNCH & LEARN:

Join us on Tuesday August 26th at 11:30am. We will be having Rick and Annette Paulus return with their beautiful Alpaca friends! Come and learn all about them and meet these amazing creatures! **FREE LUNCH TO THE 1ST 25 PEOPLE SIGNED UP.**



Aging Mastery Program[®]

National Council on Aging

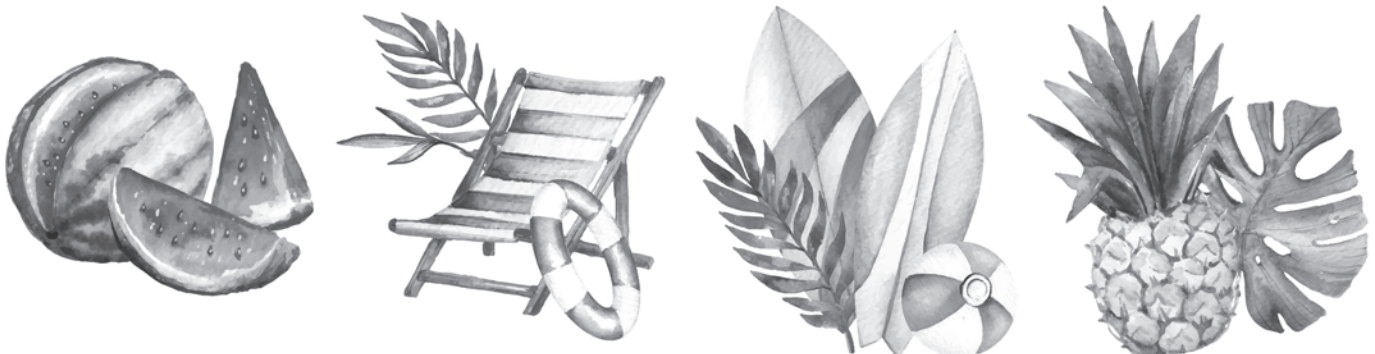
THERE IS STILL TIME TO GET SIGNED UP !

Learn the keys to health and wellness in your senior years at a free program beginning July 2 at the Senior Center of Sidney-Shelby County. The Aging Mastery Program (AMP), open to Senior Center members and seniors from the surrounding community, will empower you to develop achievable goals to improve your well-being physically, mentally and financially.

In 10 one-hour sessions, at 9 a.m. on Wednesdays, July 2 through September 17 (no sessions on August 6 and 27), health care and financial professionals will cover topics such as physical activity, nutrition, sleep, medication management, financial fitness, fall prevention and more.

You'll receive a free AMP book, which covers each subject area, along with exercises and sections for developing your personal wellness goals and tracking your progress.

To register, by June 26, call the Senior Center, 937-492-5266, or email srcenter@nktelco.net. The Aging Mastery Program is sponsored by the Area Agency on Aging, PSA 2.



WEEKLY SCHEDULE

SENIOR CENTER SINGERS: Monday & Friday 10am

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

MAH JONG: Monday and Thursday 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.

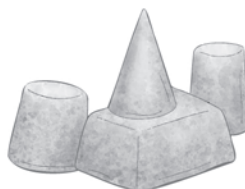
KNITTING/CROCHETING GROUP: Wednesday at 10 a.m. Monday & Thursday 2:30 p.m.

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





WILSON HEALTH

STROKE AWARENESS EVENT

Join us for a Stroke Awareness Event!

August 26, 2025

9 a.m. - Noon



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

Wilson Health will be offering:

- **Carotid Artery Screens**
The screening is \$10 and is self-pay only and does not require a physician order
- **Medical experts onsite to answer questions**
- **Blood pressure checks**
- **Open to the public; No appointment required**



YOU'RE INVITED TO
**END OF
SUMMER ICE
CREAM SOCIAL**

AUGUST 20TH 1 - 3PM

Stop in for your yummy treat!
Bring a non-member friend, family or
neighbor age 50 or better and be entered
into the door prize drawing.

*******SAVE THE DATE !!!*******

SPAGHETTI DINNER FUNDRAISER:

FRIDAY SEPTEMBER 12, 2024. MORE INFORMATION TO FOLLOW IN NEXT NEWSLETTER

ANNUAL FALL FUNDRAISER:

FRIDAY OCTOBER 17TH & SATURDAY OCTOBER 18TH (WE WILL BEGIN ACCEPTING DONATIONS FOR THE WHITE ELEPHANT/THRIFT SALE AREA ON SEPTEMBER 2ND.. NO CLOTHES OR SHOES.)

LET'S DANCE!!!

Save these dates and join us for some fun!

Date

- 9/26/2025
- 10/24/2025
- 12/12/2025



Theme

- Barn Dance/Western
- Halloween
- Winter Wonderland

All dances start at 7pm, doors opening at 6:30pm. FREE and open to the public age 50 or better! Light refreshments and door prizes provided. Watch for more details in upcoming newsletters.

FUNDRAISING OPPORTUNITIES

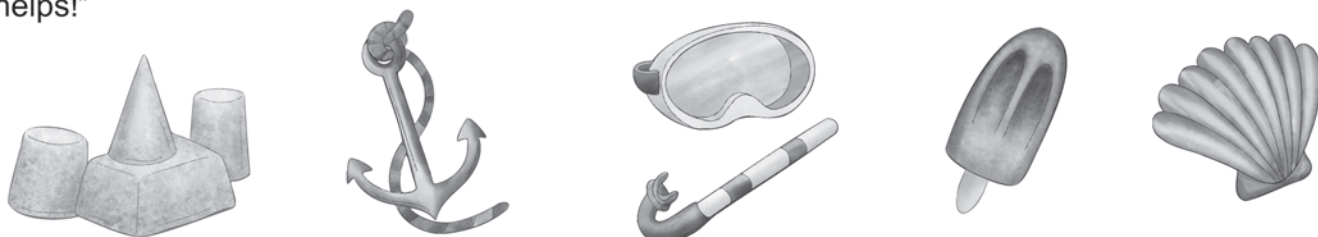
There are many different ways that the Center raises money that you might not know about. If you would like to help out or get involved with any of these, let the staff know and we will be happy to answer any questions.

1.) Kroger Rewards: If you have a Kroger Plus card you can go online and register under the community rewards section and select the Senior Center of Sidney-Shelby County. A percentage of each dollar you spend will be donated to the Senior Center. This DOES NOT affect your fuel rewards. It is an EASY and FREE way to support the center. If you have questions, please see Rachel and she will help you with it. **The last quarter we received a donation of \$112.03 !!!** This goes a long way in keeping our programming up and running!

2.) Aluminum Cans: Got cans that have built up? Needs someplace to get rid of them? We take them! No matter if they are crushed or not, we take them. Drop them off in the back hallway or let a staff member know and they can help you get them inside.

3.) Jingle Jangle Jar: Do you hate wrapping coins? We love it!!! Drop your spare change (or even paper money) into the jar and support the Center. Every little bit counts!

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



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James and Eileen Wiseman Scholarship

Congratulations to
Andrew Thorne, son of
Steve & Kelly Thorne

He is the grandson
of Senior Center members
Joe & Kay O'Leary.

Mr. Tom Wiseman presented to
him the \$1,000 Scholarship at a
recent awards ceremony
at his school.

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Andrew Shaffer, Agent



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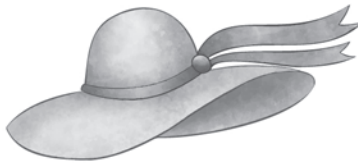


CONGRATULATIONS !!!

Ms. Conelia Dixon
2025 Outstanding Senior
Citizen of the Year!



Shelby County Relay for Life is Friday August 15th 5pm – 10pm on the Court Square. This year the Senior Center is selling Luminaria's as a way to remember loved ones and friends who have lost the battle with cancer. If you would like to purchase one please see Rachel at the Senior Center. Cost is \$10 each and there is a small form to fill out with your loved one's name.



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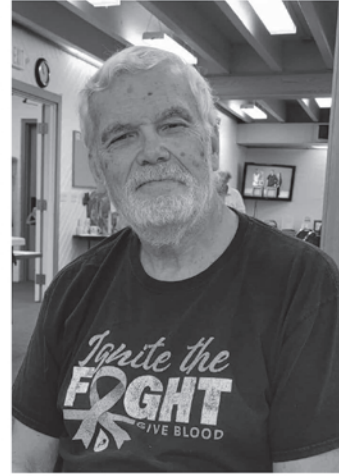
WELCOME TO OUR NEWEST BOARD MEMBERS!



Ruth Burnside



Duane Mullen



Mike Nolte



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, Buckeye Forest, Wilson Health, The Landings, Medicare Resource, Shelby Skilled Nursing, Momentous Health Care and Versailles Health Care.

CARRY IN: Ohio Living Dorothy Love

LUNCH & LEARN: The Fish Thrift Store

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--|---|--|---|---|-----------|-----------|
| Veteran's Picnic Thursday July 3rd 11:30 – 1pm | | | | | | |
| | 1 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 | 2 10:00 CROCHETTING & KNITTING 10:00 WALK & MARCH 10:00 Tripoley Card Game 11:00 PINOCHLE 1:00 TEXAS HOLD EM 1:00 PICKLEBALL 4:45 BEGINNERS PICKLEBALL | 3 9:00 CHAIR EXERCISE 10:00 MOVE N GROOVE 11:00 LINE DANCING 12:00 TEXAS HOLD EM' 12:00 PINOCHLE 1:00 SHUFFLEBOARD & MAH JONG TILES 2:00 BINGO 2:30 Crocheting/Knitting 3:00 PICKLEBALL 4:45 BEGINNERS PICKLEBALL 7:00 EUCHRE | 4 CLOSED | 5 | 6 |
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| August 2025 | | | | | | Sep 2025 ▶ |
|--|--|--|---|--|-----------|------------|
| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
| Bid Euchre Tournament Friday August 9th @ 1pm | Ice Cream Social Wednesday August 20th 1pm – 3pm | Wilson Health Event -Stroke Awareness & Prevention Tues. Aug.26th 9am – 11am | | | | |
| 4 9 :00 CHAIR YOGA 10:00 CHOIR 11:00 ADVANCED Line Dancing 12:00 TEXAS HOLD EM 1:00 SHUFFLEBOARD, BINGO & MAH JONG TILES 3:00 PICKLEBALL 2:30 Crocheting & Knitting 5:30 MOVE N GROOVE | 5 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 | 6 CAMEO RENTAL 8:30AM – 10:30AM 10:00 CROCHETING & KNITTING 10:00 Tripoley Card Game 11:00 PINOCHLE 1:00 TEXAS HOLD EM 1:00 PICKLEBALL 4:45 BEGINNERS PICKLEBALL | 7 9:00 CHAIR EXERCISE 10:00 MOVE N GROOVE 11:00 LINE DANCING 12:00 TEXAS HOLD EM' 12:00 PINOCHLE 1:00 SHUFFLEBOARD, BINGO & MAH JONG TILES 2:30 Crocheting/Knitting 3:00 PICKLEBALL 4:45 BEGINNERS PICKLEBALL 7:00 EUCHRE | 8 9:00 CHAIR YOGA 9:00 BOARD MEETING 9:00 Vet's Coffee & Donuts 10:00CHOIR 11:00 ADVANCED Line Dancing 12:30 BRIDGE 1:00 Euchre, Texas Hold Em' & Tripoley 1:00 PICKLEBALL 4:45 Beginners Pickleball | 9 | 10 |
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| 18 9 :00 CHAIR YOGA 10:00 CHOIR 11:00 ADVANCED Line Dancing 12:00 TEXAS HOLD EM 1:00 SHUFFLEBOARD, BINGO & MAH JONG TILES 3:00 PICKLEBALL 2:30 Crocheting & Knitting 5:30 MOVE N GROOVE | 19 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 | 20 10:00 CROCHETING & KNITTING 10:00 WALK & MARCH 10:00 Tripoley Card Game 11:00 PINOCHLE 1:00 TEXAS HOLD EM 1:00 PICKLEBALL 4:45 BEGINNERS PICKLEBALL | 21 9:00 CHAIR EXERCISE 10:00 MOVE N GROOVE 11:00 LINE DANCING 12:00 TEXAS HOLD EM' 12:00 PINOCHLE 1:00 SHUFFLEBOARD, BINGO & MAH JONG TILES 2:30 Crocheting/Knitting 3:00 PICKLEBALL 4:45 BEGINNERS PICKLEBALL 7:00 EUCHRE | 22 9:00 CHAIR YOGA 9:00 Vet's Coffee & Donuts 10:00CHOIR 11:00 ADVANCED Line Dancing 12:30 BRIDGE 1:00 Euchre, Texas Hold Em' & Tripoley 1:00 PICKLEBALL 4:45 Beginners Pickleball | 23 | 24 |
| 25 9 :00 CHAIR YOGA 10:00 CHOIR 11:00 ADVANCED Line Dancing 12:00 TEXAS HOLD EM 1:00 SHUFFLEBOARD, BINGO & MAH JONG TILES 3:00 PICKLEBALL 2:30 Crocheting & Knitting 5:30 MOVE N GROOVE | 26 9:00 CHAIR EXERCISE 10:00 MOVE N GROOVE 11:00 LINE DANCING 11:30 LUNCH & LEARN 12:00 PINOCHLE 1:00 EUCHRE 1:00 Texas Hold Em' 4:45 – 6:45 PICKLEBALL 7:00 BID EUCHRE | 27 10:00 CROCHETING & KNITTING 10:00 Tripoley Card Game 11:00 PINOCHLE 1:00 TEXAS HOLD EM BLOOD DRIVE 10AM – 4PM | 28 9:00 CHAIR EXERCISE 10:00 MOVE N GROOVE 11:00 LINE DANCING 12:00 TEXAS HOLD EM' 12:00 PINOCHLE 1:00 SHUFFLEBOARD, BINGO & MAH JONG TILES 2:30 Crocheting/Knitting 3:00 PICKLEBALL 4:45 BEGINNERS PICKLEBALL 7:00 EUCHRE | 29 9:00 CHAIR YOGA 9:00 Vet's Coffee & Donuts 10:00CHOIR 11:00 ADVANCED Line Dancing 12:30 BRIDGE 1:00 Euchre, Texas Hold Em' & Tripoley 1:00 PICKLEBALL 4:45 Beginners Pickleball | 30 | 31 |

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