

THE SENIOR CONNECTION

(937) 426-6166 | BEAVERCREEKOHIO.GOV

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LUNCH & LEARN

Our Lunch & Learn program sponsored by the GCCOA meets on the 3rd Friday at 11:30 am. Next program is **Friday, June 21st**.

DESSERT AND MORE

Debra Burdick from Seniors Helping Seniors held her final class with us in May. Debra is making a change and will no longer be available for the class. We would like to thank Debra for the delicious desserts but most of all for her friendship and the programs and information she brought to our members. Good Luck Debra and Thank you!

THANK YOU VOTERS

We would like to thank all those that voted in May. We at the senior center will do what we can to keep your support and trust in what we do and spend our (your) money responsibly!



LUAU PARTY

The center's Hawaiian Luau Party is scheduled for **Wednesday, June 12 at 12 pm**. Courtney from DaySprings will be here to party with us bringing delicious food, door prizes and live entertainment! Tickets are already on sale for \$5 for members and \$10 nonmembers. Don't get caught on an island by yourself get signed up to be on the "Big" Island with us!



DOG DAYS OF SUMMER

I wonder if they call it the dog days because we are going to have "hotdogs" for lunch? DaySprings will be the sponsor for this years event scheduled for **Monday, July 15th at 12 pm** and you know they always brings some good food! The goods news is you get to enjoy the air conditioned great room while staff is outside in the heat grilling for you. Don't tell anyone in case I (Lee) need to trick, I mean ask someone to help him grill that day. We will have entertainment and door prizes along with the fun, food, and friendship. Tickets are only \$5 for center members and \$10 for non-members! Sign up soon as this is sure to be a sellout!



RECREATION

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAYS	FRIDAY
Cards	Hase (Euchre) 1:00 pm	Bid Euchre 9:00 am	Bridge 12:30 pm	Bingo 1st & 3rd Thursday 1 pm	Euchre 1:00 pm
Games & Activities	Bridge lessons 1:30 pm	3rd Tuesday Bunco 10 am Tech Tips 2nd & 4th Tuesday 12 to 2 pm	Mah Jong 9:30 am Corn Hole 1:00 pm Dominos 2:00 pm		OFF FOR THE SUMMER RETURNS IN FALL Cards & Game Night 1st Friday 6 pm to 9 pm
Organized Pool Play		Drop in Group 1:00 pm to 3:00 pm	Tournament 9:15 am to 12:00 pm	Drop in Group 10:00 am to 12:00 pm	
Drop In Classes	All Mondays Line Dance 1:30pm 2nd Monday Gluten Free Group 10 am	Art Class 10:00am Drop-In Table Tennis 10am 12pm		Knitting Class 2:00pm	1st Friday Craft Class 10 am 3rd Friday Warm Up America 1 pm

Monthly/Bimonthly Programs

2nd MONDAYS	Red Shirt Guys , 9:00 am	4th THURSDAY	Book Club , 1:00 pm
	Red Hat Hotties , 12:30 pm		Shredding Day 9 am 7 pm
2nd & 4th TUESDAYS	Care Giver Group , 9:30 am	1st FRIDAYS	Cards & Game Night , 6:00 to 9:00 pm
2nd THURSDAY	Movie 1 pm	2nd FRIDAYS	Family Quest , 10:00 am
1st & 3rd THURSDAYS	Wellness Checks , 11:45 am	3rd FRIDAYS	Warm Up America 1—2 pm
	Bingo 1:00 pm		

EXERCISE & FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Videos 9:00 am to 10:00 am & 10:00 am to 11:00 am	Walking DVD 9 am	Videos 9:00 am to 10:00 am & 10:00 am to 11:00 am	Drums Alive OFF FOR SUMMER 10:30 am to 11:30 am	Videos 9:00 am to 10:00 am & 10:00 am
Fitness with Brian 11:30 am to 12:00 pm		Fitness with Brian 11:30 am to 12:00 pm	Qigong 4 PM DVD	Fitness with Brian 11:30 am to 12:00 pm
Yoga OFF FOR SUMMER 4 pm		Senior Circuit OFF FOR SUMMER 5:30 pm to 6:30 pm		

Fitness Room

The Center has a fully equipped fitness room with treadmills, bikes, ellipticals and more for cardio workouts as well as top of the line weight machines for strengthening and toning. The fitness area is open Monday through Thursday 9 am to 7 pm, Friday 9 am to 4 pm & Saturday 9 am to 12 pm.

KNITTING CLASS - KNIT WITS

The Center is offering a beginners knitting class on Thursdays from 2:00 to 3:30 pm. You will need 1 pair of #7 knitting needles and 1 sugar'n cream skein (ball) of yarn. This is a drop-in class and new folks are welcome! This class is free and for members only.

HEARING TEST

We are having hearing checks, including checking and/or cleaning hearing aids, at the Center. Butch, from the Fairborn Hearing Aid Center, will be here the third Thursday of the month from 11:45 am to 12:45 pm. The test is scheduled in the multipurpose room in the Lofino Plaza. Tests are administered on a first come first serve basis.



GARDEN GROUP

Mark your calendars for **Tuesday, June 4th** when we are traveling to Cox Arboretum to enjoy a tram tour of the gardens. The transportation fee is \$5, with a 9:30 departure time from Lofino Center. Registration is necessary to guarantee a seat on the bus. We plan to stop for lunch on the way back.



LANDSCAPE CHANGES STILL IN THE WORKS

The plans to renovate the Lofino Center landscaping to the left of the main entrance are going forward. Following the removal of the existing plantings by Parks and Recreation personnel, trailer loads of compost will be tilled in to enhance the soil. We have a volunteer willing to complete this step, but we are in need of Center members, (or young people in need of service hours) to plant the new shrubs, trees and perennials. Those willing to help are asked to submit their names and contact information to Krissi, Judy or Lee.

Many hands make light work, as the saying goes. So please step forward and give us a hand.



MOVIE— CAN YOU EVER FORGIVE ME?

Lee Israel (Melissa McCarthy) made her living in the 1970's and 80's profiling the likes of Katharine Hepburn, Tallulah Bankhead, Estee Lauder and journalist Dorothy Kilgallen. When Lee is no longer able to get published because she has fallen out of step with current tastes, she turns her art form to deception, abetted by her loyal friend Jack (Richard E. Grant). An adaptation of the memoir "Can You Ever Forgive Me?" relays the true story of the best-selling celebrity biographer (and friend to cats).

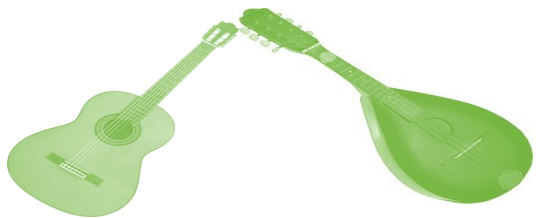


Ana from Springfield Masonic community is our movie sponsor providing popcorn and drinks! Next showing **Thursday, June 13th**.

THE BEAVERCREEK STRUMMERS GROUP JOIN THE BAND

The Beaver Creek Strummers are our band from the center. This group travels to perform for local assisted livings, senior housings, church groups and more all around the area. They started off as just a ukulele class and as time passed by wanted to do more so they expanded to become a band. Over the years the band added a keyboard player, fiddle, harmonica, flute, accordion, guitars and more.

Unfortunately we have lost some members over the years and are looking for some new folks with musical interest and talent to join the band. Do you play an instrument like a flute, guitar, mandolin, harmonica or other? Do you still actively play or would you like the opportunity to play again with a group of great folks that share the same love of music. If you are just beginning, a bit rusty, or ready to rock and roll come check out the Beaver Creek Strummers. The group practices at the center on most Thursday mornings at 9:30 am and would love to have you sit in and strum, blow, press keys and sing along with us. Don't be shy. Be there or be square.



Tin Hau Harmonica Elbow Beggar
© Miss Fung in Hong Kong

MILITARY TALK

The center hosts a Military Talk every fourth Monday of the month from 10 am to 12 pm. The next session is **Monday, June 24**. Your moderator teaches in an open forum with lots of audience participation, so feel free to attend and contribute. We know we have many veterans at the center, and look forward to you sharing your knowledge and experiences as well. You do not have to be a military person. If you have an interest in history, and/or the military you will enjoy this program as well.

FATHER'S DAY LUNCHEON FRIDAY, JUNE 14th



A few years ago we decided to take our Father's Day program on the road. We have gone to some of the area restaurants and enjoyed some good meals and good company! To make it a little more interesting we load the men on a van and head to our destination but don't tell them where we are going. The fun part for me is having them all try to guess where we are going. The guesses change every time we make a turn, lol. Join us as we take a mystery trip to one of the local restaurants to enjoy each others company, as well as some good food. Fathers and grandfathers alike enjoyed our trip last year so we thought we'd go again. The Center will provide transportation as well as a carpool if needed. I would tell you where you're going but Krissi won't let me. Fee is \$5 for members and \$10 for non-members. **Depart Center at 11:45 am.**

MORE PROGRAMS

GAME NIGHT

Just a reminder that the Center offers a game night on the first Friday of the month. The evening begins with food at 6 pm (center provides the chicken) and folks bring a side dish to share with others. The games begin at 7 pm and include cards, dominos, pool etc. Tickets are \$1 for members and \$5 for non-members. There is no game night in July, August or September. After the June 7th program game night returns on Friday October 4th.

WELLNESS CHECKS, REHAB & NURSING INFO

The Arcadia Home Care is here the **1st Thursday** and Beavercreek Health and Rehab on the **3rd Thursday** of the month from **11:45 am to 12:45 pm** to provide blood pressure and glucose checks.



TUESDAY TECH TIPS

Enjoy one-on-one instruction with Beavercreek Community librarians every **2nd and 4th Tuesday**. Drop in from 12:00 pm - 2:00 pm for basic help on the computers with your email, searching the internet and using Facebook. Bring your laptop, phone or tablet and learn how to download apps or set up your contacts. Free to all members!

BEAVERCREEK SENIOR CENTER RED HOTTIES



The ladies will be heading out to lunch on **Monday, June 10th** to Tronis Italian Restaurant, at 1314 E. Dorothy Lane. If you would like to join the ladies you may sign up at the front desk or call Queen Carol at 937-673-0510.

RED SHIRT GUYS

The Red Shirt Guys will meet at 9 am on **Monday, June 10th** at the Hasty Tasty Pancake House on Linden Avenue.

This breakfast meeting is held on the second Monday of each month and is open to all men who are members of the Beavercreek Senior Center. You may join the fellows anytime as a new member. For more information or to join the group, please contact Ron DeRamus at 937-673-0547. Wear your red shirt and join us!



News & Notes

Lunch Program

The Older Americans Act supports the lunch program served at the Center on Tuesdays and Thursdays at 12 noon. You must sign up by 11 am the day before by calling the Center for a reservation at 426-6166. There is a suggested donation of \$2, but not required.



BOOK CLUB

The club meets on the **4th Thursday of the month at 1 pm**. Book for *June 27 Educated by Westover*, *July 25 Salt fat Acid Heat - by Nosrat*.

Please feel free to join the group. For more info contact Carolyn at 426-0864.

FAMILY QUEST

The genealogy class meets **the 2nd Friday of each month at 10 am** at the Center. New members are always welcome.



FROM YOUR COUNCIL ON AGING

Thank you to our Beaver Creek friends who participated in the May 21st "Going With the Flow" Senior Palooza. It was a wonderful day, despite the cool temperatures, and we achieved our objectives of spending time with others, working our brains and bodies, and most of all - having fun! Thank you to Lee, Krissi and Shawnah for sharing their time and talents and to all of the Center members who joined us for the day. Planning for 2020 is already in the works and we hope you will mark your calendar for the third Tuesday in May (the 19th). So for those who came, we hope to see you next year and for those who missed, please consider adding it to your May 2020 calendar. If you like having fun it is definitely the event for you! Please check out some of the pictures on the Council's Facebook Page (Greene County Council on Aging).

LUNCH n' LEARN

The June Lunch n' Learn is Friday, June 21st and is 11:30am to 1pm at the Center. We are pleased to have Physical Therapist David Kerns from ReHab at Home as our presenter, who will talk with us about balance and movement. Space is limited, so please make your reservation at the front desk by June 17th if you would like to join us.

YOUR RESOURCE PERSON AT THE CENTER

Care Manager Matt Murphy, who works out of the Council's Beaver Creek Office, is available at the Center the 1st and 3rd Thursdays from 1 to 3pm for questions and assistance related to consumer issues, insurance coverage, grab bars, services, comfort and support. Please stop in with your questions, to say hello or to schedule an appointment.

BEAVERCREEK PROGRAMS:

The following GCCOA programs are held at Peace Lutheran Church (3530 Dayton-Xenia Road). Please enter at the awning covered lower level accessible door.

Caregiver Support Group ~ Meets the 2nd and 4th Tuesdays from 9:30am to 11:00am. The June meetings are the 11th and 25th and open to friends and family members caring for an older loved one.

Brain Fitness Afternoons are also on Tuesday the 11th and 25th and run from 2 – 4pm. Please join us for brain-stretching games like Scattergories, good conversation and snacks. For more information or to let us know you are coming, please contact Pam at 376-5486 or pam.d@gccoa.org.

The monthly **Legal Chat** with attorney Dave Cusack is June 20th from 2:30pm to 3:30pm. Space is limited and the deadline for reservations is May 13th (937-376-5486 or jeff@gccoa.org).

BEAVERCREEK SATELLITE OFFICE:

Our Beaver Creek space (1221 Meadow Bridge, Suite C next to the Bureau of Motor Vehicles) is staffed every Tuesday from 8:30am to 5pm. Feel free to drop in with your questions, to learn more about Council services/programs, or to schedule time to talk to a team member.

We will be holding our **Medicare 101** program at the Beaver Creek office on **Wednesday, June 12th from 3:30pm to 5:00pm**. We will be talking about how Medicare works, the various options, costs and the process for signing up. This program is for those turning 65 in the next three to six months and well worth your time. To reserve a seat, contact the Council at 376-5486 or info@gccoa.org.

LOFINO SENIOR CENTER

MAILING ADDRESS:

1368 Research Park Dr.
Beavercreek, Ohio 45432

LOCATION ADDRESS:

3868 Dayton Xenia Rd.

If you are interested in receiving this newsletter, please contact the Center.

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FITNESS CLASSES ON BREAK

We will take a break from the exercise classes with instructors (except Brian's class) for the summer since the attendance dwindles and our instructors need a break. We will not hold classes in June, July and August. We are very fortunate to have some great instructors and they will return in the fall refreshed and ready to go. We will also be looking to at new fitness classes to offer this fall as well a new instructors because we are always looking expand fitness opportunity for you.

All of our fitness class fee structures are the same, only \$25 for members and \$50 for non-members for the 6 week session. Drop-in fee for one class is \$5 for members and \$10 non-members. Classes this fall so far includes:

Yoga on Mondays at 4 pm - Drums Alive on Thursdays at 10:30 am

Senior Circuit on Wednesdays from 5:30 pm to 6:30 pm

If you know of additional fitness/exercise classes you would like to see offered this fall please call or stop by the front desk and let staff know.

CENTER HOURS: Monday through Thursday, 9:00 am to 7:00 pm | Friday, 9:00 am to 4:00 pm | Saturday, 9:00 am to 12:00 pm