

# MIAMI TOWNSHIP SENIOR CENTER NEWSLETTER MARCH 2020



DIRECTOR.....	Marsha Heath
ACTIVITY DIRECTOR.....	Sissy Galbraith
ADMIN.ASSISTANT.....	Karen Herbert

Center's hours are from 9:00 AM – 4:00 PM. Doors will open at 8:45 AM (unless otherwise noted) so members can get prepared for 9:00 classes. For exercise members the gym will open at 8:00 and close at 3:45.

## **MEMBERSHIP**

\$5.00 for Miami Township residents

\$7.50 for all non-residents

Center members benefit by receiving the monthly newsletter. Membership money goes to support the activities enjoyed by its' members. Support your local Senior Center. Come visit often! ***The temperature in the Center varies. Please dress accordingly.***

**In case of inclement weather, we follow Three Rivers on school closings and delays. (On a 2 hour delay we open at 11:00)**

# MARCH BIRTHDAYS



Birthdays Party is on the 3<sup>rd</sup> Friday of the month. Starting at 11:00 AM with horse racing, followed by lunch and bingo. **Order your congregate meal by Wed, March 18<sup>th</sup>.**

Carolyn Proffitt	01	Betty Turner	17
Joe Anderson	03	Lynn Rieskamp	18
Dolly Duerk	04	Kathy Huschart	19
Joanne Gutziller	04	June Smallwood	23
Helen Kremer	05	Charlie Runtz	23
Patricia Adamson	06	Barb Deck	25
Mary Jo Kathman	08	Ellen Van Treese	26
Shirley Gobich	12	Irma Swartz	28
Ann Mitchell	12	Marybeth Winters	28
William Dilley Jr.	13	Marylin Baird	29
Joan Lippert	13	John Booth	29
Angeline Reperowitz	16	Dot Kemper	30

**NEW ACTIVITIES ADDED**  
**SOMETHING FOR EVERYONE!!**

**MONDAY 9:00** – Be Fit (video) – Improve core strength, flexibility, balance, coordination, circulation and reaction time.

**1:00** – Word Search – Come in and challenge yourself to a word search puzzle.

**TUESDAY 9:00** – Balance (video) – Work on balance and posture.

**10:00** – Life Stories - Write about your life, past, present and future. (every other Tuesday)

**11:00** – Puzzle Mania – Help reach our goal of completing 35 jigsaw puzzles!

**WEDNESDAY 9:00** – Arthritis (video) – Work on exercises for arthritis.

**THURSDAY 9:00** – Chair Yoga (video) – Helps increase strength and energy, improves posture and reduces stress.

**10:00** – Scrabble – Bring a partner and see who ends up the winner!!!

**FRIDAY** – **9:30** – 2 movie days. The second and fourth Friday.

**2:30** – Body Groove (video) Get your body moving to the beat of the music!!

**SMART 911**  
**MARCH 9<sup>TH</sup>**

Miami Townships own Safety Administrator, Jim Hughs, will be here at 11:00 to explain the purpose and benefits of having the Smart911 app on your phone. It could save your life.

## **FALL PREVENTION PROGRAM SERIES**

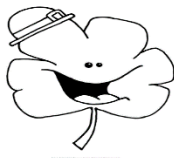
Are you worried about falling? Do you feel less steady on your feet? You may be interested in a 7week evidenced based fall prevention series. The classes are free and are scheduled for Tuesday afternoons from 1:30 – 3:30 starting March 10<sup>th</sup> through April 21<sup>st</sup>. Come join these interactive sessions to learn simple ways to reduce your risk of serious injuries. Guest speakers include a physical therapist, fireman, pharmacist and vision specialist.

## **CHILI SALE AND LUNCH** **MARCH 25<sup>TH</sup>**

It's that time of year again for our annual chili lunch and sale. Please have your orders and reservations in by March 18<sup>th</sup>. \$5.00 donation for lunch and \$3.00/pint, \$6.00/quart. Thanks.

## **LUNCH OUTING** **MARCH 11<sup>TH</sup>**

Our lunch outings start back up on March 11<sup>th</sup>. Everyone meet at the Wishbone Tavern in the Delhi Shopping Center @ 11:00. Please call the Center so we can make the proper amount of reservations. It's just such a great time when a whole group gets together. (513-941-2854)



*Good humor makes all things tolerable.*  
*Henry Ward Beecher*

## **CONGREGATE MEALS**

Each day we serve a meal between **11:30 and 12:00** to those that sign up. If you can't make it, please call by 11:15. You need to make your reservation two days in advance. The normal suggested donation is \$1.00 per meal. I invite you to give it a try. **Due to CASS's time schedule we don't get the menu in time to send out with the newsletter so please pick up the March menu at the Center.**

### **\*\*QUILTING CHANGE FOR QUILTERS\*\***

Any quilter wishing to use the longarm themselves must bring their own thread for top and bobbin. This change is due to the cost of thread. Everything else remains the same. Thread size needs to be 40 or 50 weight

## **SENIOR CENTER BOUTIQUE**

We have ceramic pieces, baby or lap quilts, beaded bracelets, hand crafted greeting cards, and more. If you need a quick gift or just something for yourself, stop in and shop.

## **MOVIE DAYS**

**March 13<sup>th</sup>** - Overcomer

An inspirational movie for the whole family starring Alex Kendrick and Priscilla Shirer.

**March 27<sup>th</sup>** - *Mystery Movie*

Popcorn and drinks served to all movie goers. Movie starts at 9:30.

## **"ASK NURSE JANET"**

The third Friday of each month from 10:00 to 11:00 AM bring your medical questions to our nurse. Sponsored by Hillebrand Home Health. Nurse Janet can also do blood pressure screenings.

## **INVESTMENT CLUB**

Investment Club meets the first Friday of each month at 9:00 AM. Join Jason Murray of Edward-Jones to ask questions and discuss money/investments. **Next meeting – Mar 6<sup>th</sup>.**

## **CARD & SCRAPBOOKING**

Bring your own cards and quilling supplies and get over to the Center on Thursdays from 10:00 to 12:00. Learn, practice and create projects. Work on your own with support from classmates. Pack your lunch and eat with the group.

## **ACRYLIC PAINT CLASS**

Classes are on Thursdays at 1:00. You use your own surface and brushes. \$5.00 per class.

## **CHAIR VOLLEYBALL**

Each Thursday morning at 11:00 AM we play chair volleyball. It's fun and great exercise. We use a beach ball so there is little chance for injury. Six people on a team. Come try it out.

## **WII BOWLING**

Do you enjoy sporting competition? Come be a Wii bowler. Join us for a game on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month at **10:00**. (For March Wii Bowling is on the 2<sup>nd</sup> and 4<sup>th</sup> Wed)

## **PAPERBACKS & PUZZLES**

Paperback books and puzzle exchange area has moved to the greenhouse. Brighter light for choosing the books you'd like to read. Just pick out books and/or puzzles you want, take them home, and bring them back when you're finished. Donations accepted. No sign in or out required

## **WHEELING ON WEDNESDAY**

### **WOW**

Bi-weekly days trips are back. Limited space and they fill up fast. The temperature in the van varies so bring appropriate clothing and remember only spill proof cups used in van.

**March 4<sup>th</sup>** – Model T Ford Museum

**March 18<sup>th</sup>** – The Maya Exhibit and Omnimax movie

**\*\*\*\*\*NOTICE\*\*\*\*\***

- All reservations for lunches and trips must be made in person and paid for at that time. See office if you need further details.
  - We now have crib and lap quilts for sale! Made from our brand -new long arm.
  - Please be aware in the parking lot to pull all the way up to the tire stops. This prevents the driveway from being blocked.
- Thank you.

**SHOPPING**

C.A.S.S. Transportation Program takes Miami Township participants shopping on every Monday from 10:30 – 1:00 PM. Please call C.A.S.S. at 721-0375 to make your reservation or for more information.

**C.A.S.S. SOCIAL WORKER**

If you have any questions regarding any social issues, or help with filling out forms and/or filing you can call Cheryl Bolender from C.A.S.S. 559-4523. You can also call Council On Aging at 721-1025.

**\*\* SAVE AND CHECK OUT OUR TRAVEL BOOKLET FOR TRIPS, OR STOP BY THE OFFICE FOR INFORMATON. UPDATED BOOKLETS WILL BE SENT OUT AS NEEDED.\*\***

# Township Café

## **MARCH MENU**

**March 20th – Birthday Party**

Order your congregate meal by Wednesday, March 18<sup>th</sup>

**March 25<sup>th</sup> – Chili lunch and sale**

\$5.00 donation for lunch

\$3.00/pint - \$6.00/quart

Please have your orders in by March 18th

MIAMI TOWNSHIP  
SENIOR CENTER  
TRAVEL CLUB  
2020-2021

YOUR TICKET TO FUN  
AND ADVENTURE





# **Niagara Falls & Toronto**

**June 8-12, 2020**  
**(Mon – Fri)**

**\$499**

**Per person, Double Occupancy**

- Motorcoach transportation
- 4 nights lodging
- 8 meals: 4 breakfasts and 4 dinners
- Guided tours of Niagara Falls and Toronto
- A visit to Casa Loma; Canada's most magnificent castle
- A visit to Niagara-on-the-Lake & Queen Victoria Park
- A journey to The Falls on a "Hornblower Niagara Cruise
- *and much more*

A \$75 deposit is due by January 3, 2020.

Final payment due March 16, 2020

**\*\*Passport needed\*\***

# **Cape Cod, Martha's Vineyard, & Plymouth**

**September 13 – 19, 2020  
(Sunday – Saturday)**

**\$610**

**Per Person, Double Occupancy**

- Motorcoach transportation
- 6 nights lodging including 4 consecutive nights in the quaint Cape Cod area
- 10 meals: 6 breakfasts and 4 dinners
- A visit to lovely, artistic Martha's Vineyard
- A guided tour of the historic seaside towns of Hyannis and Sandwich
- A guided tour of the "Outer Cape", including Provincetown and Chatham
- A visit to Plymouth, MA and famous "Plymouth Rock"
- A visit to the JFK Museum and Sandwich Glass Museum
- *And much more*

A \$75 deposit is due by May 6, 2020

Final payment is due June 24<sup>th</sup>



# **HAWAII**

With Norwegian Cruises on The Pride  
of America

**November 7-14, 2020**

**8 Days/7 Nights**

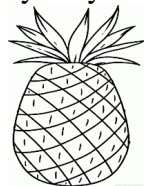
Inside Cabin Category IC \$3,647  
Inside Cabin Category IB \$3,817  
Balcony Cabin Category BB \$4,407  
Balcony Cabin Category BA \$4,677

Honolulu, Oahu  
Kahului, Maui  
Hilo & Kona, Hawaii  
Nawiliwili, Kauai

Rates are per person double occupancy and include roundtrip  
airfare from Cincinnati, cruise, port charges, government fees,  
taxes, and transfers to/from ship.

An initial deposit of \$350 per person double occupancy or \$700  
per person single occupancy is required in order to secure  
reservations and assign cabins. Final payment is due by May  
31<sup>st</sup>.

*Detailed flyers at the Center*



# VENICE TO ROME

## WITH OCEANIA CRUISES ON THE MARINA

OCTOBER 25 – NOVEMBER 4, 2020

11 Days/10 Nights

\*Escorted by Grand American Tours\*

Venice, Split, Croatia, Heraklion (Crete), Greece  
Ephesus (Kusadasi) Turkey, Santorini, Greece  
Messina Italy, Naples/Pompeii Italy  
Rome Italy

Balcony Cabin Category	B3	\$5,500
Balcony Cabin Category	B2	\$5,550
Balcony Cabin Category	B1	\$5,600
Concierge Balcony Cabin Category A4		\$5,800
Concierge Balcony Cabin Category A3		\$5,850

Rates are per person, double occupancy, and include round-trip airfare from Cincinnati.

An initial deposit of \$850 per person double occupancy or \$1700 per single occupancy is required in order to secure reservations and is due February 1, 2020. Final payment is due June 19, 2020

**\*\*PASSPORT IS REQUIRED\*\***

Detailed flyers are available at the Center

# **SOUTHERN CARIBBEAN**

WITH ROYAL CARIBBEAN  
CRUISE LINE ON THE  
GRANDEUR OF THE SEAS

13 DAYS/12 NIGHTS  
**FEBRUARY 6-18, 2021**

**Charlotte Amalie, St. Thomas**  
**Philipsburg, St. Maarten**  
**Castries, St. Lucia**  
**Bridgetown, Barbados**  
**Basseterre, St. Kitts & Nevis**

Inside Cabin – 6V	\$1,078
Inside Cabin – 2V	\$1,098
Outside Cabin – 6N	\$1,308
Outside Cabin – 2N	\$1,358
Balcony Cabin – 4B*	\$3,505

Rates are per person double occupancy and include cruise, port charges and government fees.

An initial deposit of \$550 per person double occupancy or \$1100 per single occupancy is required in order to secure reservations. Final payment is due by October 1, 2020

**\*\*PASSPORT IS REQUIRED\*\***

Detailed flyers are available at the Center

**\*\*We will need our own transportation to ship\*\***

These trips are open  
to you, your family,  
friends and  
neighbors.

THE MORE THE  
MERRIER!!

*and  
so the  
adventure  
begins*

# *Places we have traveled...*

Nashville, Chicago  
Salem MA, Boston, Pigeon Forge,  
Gatlinburg  
England, Ireland, Scotland  
Bahamas, Miami, Port Canaveral, Parris  
Island  
Charleston, Savannah, St Simon Island,  
Jekyll Island, Biltmore, North Carolina  
Frankenmuth, MI  
Vincennes, IN  
New Orleans  
Alaska

More bus tours and cruises to come.  
Always check our newsletter for  
upcoming trips!

