



# WELCOME August

As we step into this new month, may it bring you warmth, joy, and countless opportunities for happiness.

**Troy Senior Citizens Center**

Hello all! There's a lot happening this **August** and it's going to be a fabulous month.

We're celebrating 67 new members who joined this year with a New Member Breakfast on August 15th—open to all. Whether you've been here for years or just joined last week, we'd love for you to come mingle over a warm breakfast.

We have a new offering of tech support sessions that are starting this month—if you have questions about your phone, tablet, or computer, I'll be offering one-on-one help on August 15 and 29. It's free to sign up but we appreciate donations to support the center. We especially encourage those who recently received an iPad from the Tech Grant to sign up to help get you comfortable using it.

We've got a full lineup of programs, including Lunch & Learns, Bunco, Book Club, and two great presentations—from a local history tour to an emergency preparedness talk. Plus, our line dancers are taking the show on the road with performances at senior living communities this month—go team!

Our Nutrition Program is still going strong thanks to your support and a generous grant. If you haven't tried the meals yet, stop by and see me in the office to learn more.

And finally—if you're interested in helping shape the future of the center, consider running for our Board of Trustees. There are several open positions this fall, and we'd love to have your leadership at the table.

*Kristy Cox*  
Director

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# NUTRITION PROGRAM

When you choose a meal, taste is often top of mind—but what we eat also plays a major role in how we feel, move, and function day to day. Food is powerful. It fuels our body, tells our cells how to function, and can even help prevent or reverse disease.

At TSCC, we aim to support healthy aging by offering programs that nourish the body and the mind. That includes providing access to meals that not only taste great and promote wellness, but also reduce the challenges many older adults face. Preparing meals for 1 or 2 can lead to food waste, overspending, and unnecessary stress and work. This program offers a simple, affordable solution.

Our tasting event featured 2 chef-prepared meals: Chicken Stir Fry and Beef Stroganoff. After enjoying the meals, we wrapped up with a game of fun Keyword Bingo (check out Gery and his winning sourdough chocolate chip cookie on page 6!).

Our goal? To make sure the meals are just as flavorful as they are nourishing. We want our members to feel cared for and to know that Troy Senior Center is on your team when it comes to your health. The nutrition facts talk—Marina carefully crafted each dish with healthy, natural ingredients.

Also, a big thanks to our incredible chef, Marina—she’s not only a rockstar in the kitchen, but also a trained doula and expert in herbal medicine and natural healing. With her holistic approach, she creates meals that nourish the body. Thanks to the generous support of the Miami County Foundation, these meals are still available for just \$5, exclusively for Troy Senior Center members.

We want to activate programs that help our members feel their best, and we’ll continue seeking funding for this program. If you’re interested in purchasing meals or supporting the program, see

*Kristin is the official*

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# Board Elections

Our Board of Trustees helps guide the future of the Troy Senior Center—and this fall, several leadership roles are opening up. If you're passionate about the center and want to make a difference, consider running! Open Positions: President, Vice President, Secretary (appointed), Treasurer (appointed)

## To qualify, you must:

Be a current member for at least 6 months before taking office. To run for President, you have to be on the Board currently.

Submit a short bio (due September 15th)

Interview with the Code of Regulations Committee

Be ready to attend meetings, communicate regularly, and help lead

Bios will be posted for the membership to review ahead of voting.

## Voting takes place at the Annual Meeting on October 9th

Voting opens at 9:00 AM and closes just before the noon Carry-In Lunch.

Absentee voting is October 6–8 in office—only if you're unable to attend the Carry-In.



**YOUR VOTE  
HAS POWER**

A photograph showing a person's hands typing on a laptop keyboard. In the background, there are several cardboard shipping boxes and a roll of packing tape, suggesting a shipping or logistics environment.

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Community!

# August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<u>1</u> <b>10AM: VB</b> <b>12:30PM:</b> Bridge <b>1:00PM: Cards</b>	<u>2</u> <b>1PM:</b> Bid Euchre
<u>3</u>	<u>4</u> <b>10AM: LD</b> <b>1PM: Cards</b> <b>6:30PM: Bridge</b>	<u>5</u> <b>9AM: Crafts</b> <b>11AM: Drum</b> <b>12PM: The Troy Zone Talk</b> <b>12:30PM: Cards</b>	<u>6</u> <i>Bday Cupcakes from Brookdale</i> <b>9:15AM: VB</b> <b>10:45AM: Yoga</b> <b>11AM: Pool</b> <b>1PM: Mah Jongg</b>	<u>7</u> <b>10AM: LD</b> <b>1PM: Cards</b> <b>6PM: Drum</b>	<u>8</u> <b>9:15AM: Walk</b> <b>10AM: VB</b> <b>11:30-1:30:</b> Wellness Screen <b>1PM: Bingo</b>	<u>9</u> <b>1PM:</b> Bid Euchre
<u>10</u>	<u>11</u> <b>10AM: LD</b> <b>1PM: Cards</b> <b>6:30PM:</b> Bridge	<u>12</u> <b>9AM: Crafts</b> <b>11AM: Drum</b> <b>12PM: L+L</b> <b>12:30PM: Cards</b> RSVP due for Member Breakfast	<u>13</u> <b>9:15AM: VB</b> <b>10:45AM: Yoga</b> <b>11AM: Pool</b> <b>1PM: Bingo</b> Mah Jongg <b>2:30PM: Board</b>	<u>14</u> <b>10AM: LD</b> Performance <b>12PM: Carry In</b> <b>1PM: Cards</b> <b>6PM: Drum</b>	<u>15</u> <b>9AM: New Member Breakfast</b> <b>10AM: VB</b> <b>12:30PM:</b> Bridge <b>1PM: Bingo</b> <b>1PM-4PM: Tech Support</b>	<u>16</u> <b>1PM:</b> Bid Euchre
<u>17</u>	<u>18</u> <b>10AM: LD</b> Performance <b>1PM: Cards</b> <b>6:30PM:</b> Bridge	<u>19</u> <b>9AM: Crafts</b> <b>11AM: Drum</b> <b>12PM: L+L</b> <b>12:30PM: Cards</b> <b>6:30PM: Bridge</b>	<u>20</u> <b>9:15AM: VB</b> <b>10:45AM: Yoga</b> <b>11AM: Pool</b> <b>1PM: Mah Jongg</b>	<i>National Senior Citizens Day</i> <u>21</u> <b>10AM: LD</b> Performance <b>1PM: Cards</b> <b>5PM-9PM: Skyline</b> <b>6PM: Drum</b>	<u>22</u> <b>9:15AM: Walk</b> <b>10AM: VB</b> <b>11AM: Book Club</b> <b>1PM: Bingo</b>	<u>23</u> <b>1PM:</b> Bid Euchre 2PM: LD Performance
<u>24</u>	<u>25</u> <b>10AM: LD</b> <b>1PM: Cards</b> <b>6:30PM:</b> Bridge	<u>26</u> <b>9AM: Crafts</b> <b>11AM: Drum</b> <b>12PM:</b> <b>Emergency Preparedness</b> <b>12:30PM: Cards</b>	<u>27</u> <b>9:15AM: VB</b> <b>10:45AM: Yoga</b> <b>11AM: Pool</b> <b>1PM: TSSC Bingo</b> Mah Jongg <b>2PM: Bunco</b>	<u>28</u> <b>10AM: LD</b> Performance <b>1PM: Cards</b> <b>6PM: Drum</b>	<u>29</u> <b>12PM: L+L</b> <b>1PM: Cards</b> <b>1PM-4PM: Tech Support</b>	<u>30</u>

# Member of the MONTH

**Hannelore Zimmerman**

*“Life is better with these relationships,” she says—and we couldn’t agree more.*



Born in Steyr, Austria in 1956 to Karl and Gerhilde, Hannelore Zimmerman’s life has been shaped by resilience, family, and a deep appreciation for togetherness. After the tragic loss of her aunt, Karl and Gerhilde (Hannelore’s parents) took in their nieces and nephews, raising a family of 7 children and 4 cousins with unwavering love and strength. In 1956, with the help of their cousin John and sponsorship from the Brethren Church, the family immigrated to Pleasant Hill, Ohio, where Karl worked diligently—welding by day and crafting horse bridles by night—to build a better life.

Hannelore made Troy her home after marrying Ralph in 1975. Together, they raised 2 children, Dan and Sandy, and she is now a proud grandmother to Lili, Ruby, and Lucas. Though Ralph passed away 20 years ago, Hannelore still lights up recalling the joy of dancing with him—especially to their favorite tunes during family gatherings where she remains the reigning "wipeout" dance queen.

She worked 8 years at A.O. Smith before dedicating 25 years to Troy City Schools.

Her career reflects her dependable, kind-hearted nature and her passion for serving others. When she’s not crocheting, knitting, or reading, you’ll find her at the Troy Senior Center playing cards, enjoying laughter and lifelong friendships.

“Life is better with these relationships,” she shares—and it’s clear, she’s helped create a community where others feel the same.

Hannelore is a proud member of the German Club in Englewood, where her famous strudel and schnitzel are always a hit. She finds joy in springtime, the color blue, and the spirit of Christmas, and has a soft spot for carnations and the movie *Pretty Woman*. Her collection of bells and Hummels reflects her appreciation for beauty in small things.

It’s no surprise that Hannelore is our Member of the Month. Her life story is a testament to strength, community, and the enduring power of love and family.

We’re lucky to have her in ours.



# Technology Support

Technology is amazing – it can help you schedule appointments, manage your health chart, connect with family on Zoom or FaceTime, and more. But sometimes, getting it to work can be a challenge. Now you've got help. Kristy is available to walk you through your questions one-on-one, in a relaxed and supportive setting.

 August 15 & 29

 1:00 PM – 4:00 PM | 30-minute sessions

 Office at the Troy Senior Center

 Donation-based – all proceeds support the Senior Center

We used to receive tech support through the library, but that funding has ended – and the need is still here. So we're giving this a try! If it's helpful and there's interest, we'll explore continuing it in the future. Spots are limited – call or stop by the office to reserve your time.



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# Line Dancers on the Move

Our line dancers are hitting the road again, bringing joy, energy, and their incredible rhythm to local senior living communities! Our group will dance to hits from the '50s and '60s, brightening the days of residents with every step.

Catch them at one of their upcoming stops:

August 14 at 10:00 AM – Troy Rehab

August 18 at 10:00 AM – StoryPoint

August 21 at 10:00 AM – Stillwell

August 23 at 2:00 PM (Saturday) – Courtyard

August 28 at 10AM - Brookdale Troy

Let's cheer them on as they share smiles and spark memories across the community!

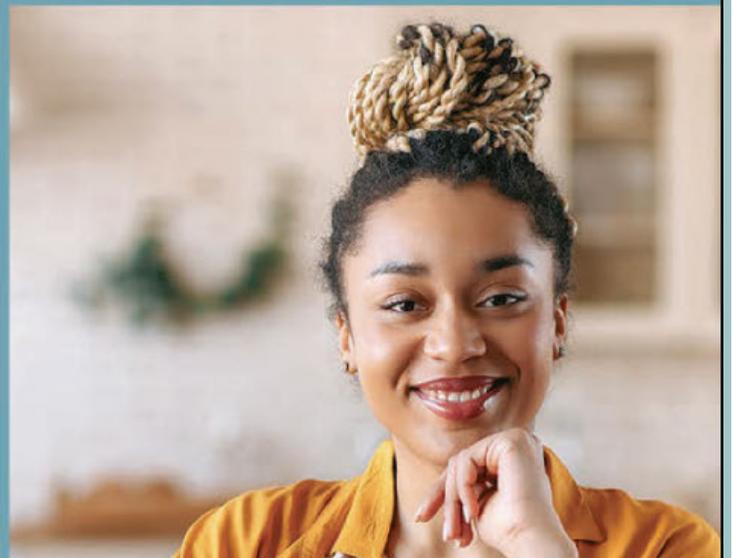
# WE'RE HIRING!

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# Upcoming Programs

## Discover Troy's Hidden Stories

Tues, Aug 5<sup>th</sup> at 12PM | BYOL

Join us for a presentation from the Troy Local History and Genealogy Center. Research Assistant Megan will take us on a journey through Troy's past with her talk, "The Troy Zone: Interesting Houses and the People Who Lived There." Learn about local homes from the canal era and the people who called them home.

## Emergency Preparedness Talk

Tues, Aug 26 at 12 PM

The Public Health Department will be leading a presentation about emergency preparedness—what to do in case of storms, power outages, or other emergencies. This is a BYOL event; pack a meal & join us.

## New Member Breakfast

Friday, Aug 15<sup>th</sup> at 9:00AM

We've welcomed 67 new members this year, and it's time to celebrate! Join us for our New Member Breakfast — open to both new and longtime members. This is a great opportunity to mingle and enjoy a meal together. The event will be held at the Troy Senior Center. Please RSVP by Tuesday, August 12th so we can plan accordingly.

## Grandparent's Day 2K Walk Event

Saturday September 6th, 10 AM

More info coming soon.

## Bunco is Back!

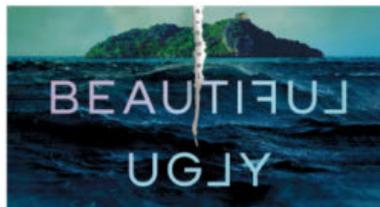
Wed, Aug 27<sup>th</sup> at 2pm

## Lunch and Learns

- Buckeye Forest - Tues, Aug 12th at 12PM
- Troy Rehab - Tues, Aug 19<sup>th</sup> at 12PM
- Laurels of Huber Heights - Fri, Aug 29<sup>th</sup> at 12PM: Tips for smart devices

## Book Club - Fri, Aug 22<sup>nd</sup> at 11AM

Interested in joining Book Club? The group meets on the 4th Friday of the Month at 11AM. This month's book is **Beautiful Ugly by Alice Feeney**



## Monthly **BINGO** schedule (**1PM**).

- 2<sup>nd</sup> Wednesday – Troy Rehab
- 2<sup>nd</sup> Friday – Vancrest
- 3<sup>rd</sup> Friday - Shelby Skilled Nursing
- 4<sup>th</sup> Friday - Buckeye Forest
- 4<sup>th</sup> Wednesday - TSCC

## Visit the Center

<b>TROY SENIOR CENTER</b>	937-335-2810
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