

# theFlyer

## NEW in February & March

<b>Monday Movie Matinees</b>	<b>Valentine's Day Party</b>
<b>Birthday Party Celebration</b>	<b>Wii Bowling</b>
<b>St. Patrick Day Celebration</b>	<b>New Member Reception</b>
<b>VITA Income Tax Preparation</b>	<b>Education: Music Appreciation</b>
<b>Day Trips to DAI: Victoria Theatre/Schuster Center Tour, Tenderly: The Rosemary Clooney Musical, and History of Dayton Manufacturing at the Carillon Historic Park</b>	

**Newsletter Delivery Alternative: See page 10**



**Rocking in the New Year**

## From the cockpit

As I write, I am watching the buses arrive for the Dayton Art Institute trip. Everyone is excited as they make their way to the bus. According to the participants, the Norman Rockwell exhibit was fantastic and the food was awesome. The success of this trip is due, in part, to Patriot Ridge for providing the buses and drivers. We sincerely appreciate their generosity. Thanks Karen, your first trip was a huge success.

We are off and running in 2012. We started a Monday movie matinee. The Valentine's Party is set for February 10 and Birthday Party for February 24. We will feed the team on February 9. If anyone is interested in helping, please contact me.

Tax season is upon us. Starting the week of January 23, we will

schedule appointments for **VITA tax services** to assist with income tax returns from February 7 to April 12. They will be doing taxes on Tuesday, Wednesday and Thursday. A huge thank you goes out to Jerry Carroll for arranging this program.

- 🕒 Our **Quarter Raffle** is March 9. If you have not attended one of these raffles, you are missing a good time. The kitchen is also open.
- 🕒 New members mark your calendar for our first **New Member Reception** on March 21 at 2:00 pm. We are planning to do one of these each quarter.
- 🕒 **Christmas is Action** is moving full steam ahead. Our **Day of Action is April 21 with a rain date of May 4**. If you or someone you know is in

need of home repairs, please have them contact me. They must be the homeowner, the taxes current, and property insured. Their income must be less than 200% of federal poverty guidelines. For example, one person, living in the home, can have yearly income of \$21,000. We can do interior and exterior painting, landscaping, window and door repair, just to name a few. In addition, we need volunteers to help with lunch for the workers. If you can assist on April 21, please contact me.

Finally, I want to thank our volunteers for all they do for us. Last year, volunteer hours equated to two full time employees. THANK YOU.

*Ellen*

Membership News	2	Activities Calendar	6-7	Help a Phone Call Away	9	<b>Weather Cancellations</b> <b>Watch television channels</b> <b>2, 7, 22 &amp; 45 or listen to</b> <b>WHIO-1290 AM/95.7 FM</b>
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# Fairborn Senior Center

325 North Third Street  
Fairborn, OH 45324  
(937) 878-4141

Website: [www.fairbornseniors.org](http://www.fairbornseniors.org)

## Board of Trustees

President	Dan Kirkpatrick
Vice President	Charles Leath
Past President	Martin Bartik
Secretary	Stephanie Webb
Treasurer	Barbara Henz

## Members

David Cusack	Rhonda Day
David Green	Flo Krikke
Art Myers	Paul Newman
Nancy Trimble	

## Center Staff

### Executive Director

Ellen Slone-Farthing

### Admin. Assistant/Financial Clerk

Jeannetta Walker  
Joyce Hilgeman, Pam Simington

### Program Coordinator

Karen Linaberry

### Care Coordination Director

Nina Killingsworth

### Care Coordination Associates

Peg Carson, Donna Glover

### Homemaker Coordinator

Contact Ellen Slone-Farthing

### Homemakers

Candi Adkins, Judy Bentley,  
Jessie Cooper, Melissa Issacs,  
Vicki Hutchinson, Sharon Jones,  
April Kinman, Brenda Lindsey,  
Joyce Mann, Darlene Matteson,  
Rita Puckett, Angie Sparks,  
Yolanda Tickle, Loretta  
Thompson, Pat Wallen, Shirley  
Walters

### Transportation Coordinators

Jim Adams, Charlotte Brady

### Van Drivers

Gary Agnor, Bob Naragon

### Custodian

Delores Williams



**Hours of Operation**  
**Monday through Friday**  
**8:30 a.m. to 4:30 p.m.**

**Check the newsletter mailing label to find out  
when your membership expires.  
Dues are \$20 a year for individuals or  
\$35 for couples.**

## Sympathy Cards

Anna Connolly  
Anna Wilhelm for passing of  
husband, Robert

## Cheer Cards:

Lucy Fasules  
Carolyn Howard  
Sue Masten  
Taylor Thompson

## New Members

Lucy Adkins  
Kenneth & Josephine Anderson  
Marilyn Browning  
Mary & Daniel Dean  
Ernie & Ruthanne Fugate  
Edward Nikkola  
Janice & Lamont Roberts  
Ardena Roberts  
Richard & Camella Smith  
Wayne Starnes  
Jane & Galen Turpin

**Volunteers contributed 4,608 hours to the Center in 2011.**

## February Sponsor: Dayspring of Miami Valley

Near two local Fairborn landmarks—Wright-Patterson AFB and Wright State University—you'll find Dayspring, a transitional care destination for those needing specialized attention on a short-term or continuing basis. You'll find the facility is a tranquil oasis surrounded by professionally-manicured grounds that feature statues, walking paths, and a gazebo.

Dayspring's therapists and caregivers provide individualized care plans for each of our transitional care patients. The facility encompasses both a residential area and a separate rehab center. Within the facility, you'll find a chapel, Starbucks coffee shop, beauty shop, and a family guest room. And don't be surprised to hear happy children's voices; there's a Montessori school within our facility.

To arrange a personal tour or for other questions, call Jennifer at 864-5800. Dayspring is located at 8001 Dayton-Springfield Rd., Fairborn, OH 45324, just past Holiday Valley on the way to Enon.

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The Fairborn Senior Citizens Association is funded by the Area Agency on Aging, PSA 2, United Way of Greater Dayton, Greene County Council on Aging, City of Fairborn, Bath Township, membership dues, participation fees, fundraisers and donations.

# membership

# what's NEW

## Luncheons & Dinners

### Valentine's Party

February 10; 11:30 a.m.

Cost: \$3; purchase your ticket at the front desk by February 6.

Enjoy a soup & sandwich lunch while being entertained by DeBray – Raymond & Deborah Johnson, a musical duo, who promise to perform plenty of love songs for us.

### Birthday Party Celebration

Friday, February 24; 1:30 p.m.

RSVP by February 17 at the front desk

Celebrate the January and February birthdays with cake and ice cream. Everyone is welcome – the more the merrier!

### New Member Reception

March 21; 2:00 p.m.

Plan to attend to welcome our new members!

## Education

### COMPARATIVE CULTURES

Fridays through March 23;

10:00 a.m. - 12:30 p.m.

Registration: Contact Ellen

**Comparative Cultures** explores the nature and content of the humanities by examining our culture with various cultures from the past. This course begins in the Paleolithic era and covers the early civilizations and empires, as well as the Renaissance, Reformation and the eighteenth and nineteenth centuries, by providing an introduction to human thought, creativity and human forms by examining literature, architecture, art and philosophy as links between historical reality and human culture.

### Music Appreciation – Why We Like What We Like

March 1, 8, 15, 29 at 11:00 a.m.

This will be a fun, interactive and personalized discussion about the effect music has on us. We will look at many different styles and who knows, we might find out something new and exciting to listen to! **Steve Makofka** will lead this lively discussion and make it a lot of fun.

## Health & Fitness

### Wii Bowling

First and third Wednesday (**February 1 & 15, March 7 & 21**); 1:30 p.m.

Wii is an interactive game attached to the television. You hold handsets which control your motions, and you can “roll” your strikes, spares, or gutter balls right on the TV screen! It is a lot of fun and a great way to be active!

### Eyeglass Cleaning & Repair

Second Wednesday, February 8 & March 14; 11:00 a.m. to 1:00 p.m.

Juanita Kline, licensed Optician will clean eyeglasses with an ultrasonic cleaner and make minor repairs.

### Free Hearing Screening & Cleaning

Third Friday (February 17 & March 16); 9:00 a.m. - noon

The Fairborn Hearing Aid Center will conduct free hearing screenings, clean hearing aids and make minor repairs. Call the Center to schedule your free evaluation.

## Just for Fun

### Monday Movie Matinees

February 6 & February 20; 1:30 p.m.

On February 6, enjoy **“To Kill A Mockingbird”** based on the novel by

Harper Lee and starring Gregory Peck. The movie won 3 Academy awards in 1962 including best actor for Peck.

On February 20, join us for **“Notorious”** starring Cary Grant, Ingrid Bergman, and Claude Rains. This 1946 movie finds Bergman recruited by an American agent (Grant) to infiltrate a German spy ring in post war Rio and is full of suspense, and romance. One of the signature scenes in Notorious is the two-and-a-half minute kiss which circumvented the Production Code's ban on kisses longer than three seconds — the director had his actors disengage every three seconds, murmur and nuzzle each other, then start right back up again. Quite a change from our movies of today!

### St. Patrick's Day with Stephen Hollen

March 8; 1:00 p.m.

Cost: \$1 at the door

Register by March 2 so we have plenty of Irish snacks

**Stephen Hollen** is a story teller and author who will slip on his kilt, harken back to Scottish & Irish ancestors and share stories of giants, leprechauns, fairies & wee folk!

### Quarter Auction

March 9;

## Income Tax Preparation

Tuesday, Wednesday & Thursday

February 7 - April 12; 9:00 a.m. - 3:00 p.m. (**February 7, 8, 9, 14, 15, 16, 21, 22,**

**23, 28, 29, March 1, 6, 7, 8, 13, 14, 15, 20, 21, 22, 27, 28, 29, April 3, 4, 5, 10, 11, 12**)

Call the Center to schedule an appointment.

VITA (Volunteer Income Tax Assistance) preparers will assist with your income tax returns.



# weekly Activities

Activities at a Glance	Day/Time
Barbershop Chorus	Tuesday at 1:00 p.m. Men & women welcome.
Beading	Wednesday at 5:30 p.m.
Beginning Line Dance (fee) Line Dance/Advanced Line Dance (fee)	Tuesday at 11:00 a.m. with Linda Williams Tuesday at 1:00 p.m. with Linda Williams
Members Only Bingo Sunday Bingo	First Thursday at 1:00 p.m. Second & fourth Sunday at 2:00 p.m.
Bridge	Thursday at 1:00 p.m.
Checkbook Balancing Assistance	Call Ellen to schedule between 1:00 p.m. - 4:00 p.m.
Cooking Class	Second Tuesday at noon
Dominoes	First & third Sunday at 2:00 p.m.; Wednesday at 10:00 a.m.
Euchre	Monday at 1:00 p.m.
Exercise	Tuesday & Thursday at 10:00 a.m.
Fitness with Joyce Hazlett	Monday, Wednesday, Friday at 10:00 a.m.
Gentle Yoga (fee)	Friday at 1:30 p.m.
Monday Movie Matinee	First & third Mondays at 1:30 p.m.
Ping Pong & Corn Hole	Thursday at 10:00 a.m.
Pinochle	Wednesday & Thursday at 12:30 p.m.; Friday at noon
Tap Dance Lessons (fee)	Monday at 1:00 p.m.
Walking	Monday, Wednesday, Friday at 9:00 a.m.
Wii Bowling	First & third Wednesdays at 1:30 p.m.

**Pay as you go or purchase an activity card at the Front Desk**

# for your Health

## Support Groups

The **Alzheimer's Caregiver Support Group** meets the third Wednesday at noon. **(February 15 & March 21)**

**Healing Hearts** meets monthly on the second Tuesday at 1:00 p.m. to guide you through the grief process. Sponsored by Crossroads Hospice. **(February 14 & March 13)**

The **Parkinson's Support Group** meets the second Monday at 12:30 p.m. **(February 13 & March 12)**

The **R.A.P (Relative as Parents)** group, designed for grandparents raising grandkids and other kinship caregivers, meets the **second Tuesday at 10:00 a.m.** at the Faith Community United Methodist Church in Xenia. Call 1-937-376-5486 for more information.

## Health Clinics & Legal

Free **Blood Pressure & Blood Sugar Clinic** on the second Tuesday; 10:00 a.m. - noon. Sponsored by Wright Nursing & Rehabilitation. **(February 14 & March 13)**

**Free Eyeglass Cleaning & Repair** on the second Wednesday from 11:00 a.m. to 1:00 p.m. Juanita Kline, licensed Optician will make minor glasses repairs. **(February 8 & March 14)**

Free **Hearing Aid Clinic** on the third Friday from 9:00 a.m. to noon. Services provided by Fairborn Hearing Aid Center, 209 West Main Street. Register at the desk. **(February 17 & March 16)**

Attorney Dave Cusack hosts the **Legal Hour** on the fourth Tuesday at 2:00 p.m. Register at the front desk. **(February 28 & March 27)**

## Health News: Getting Healthy in 2012

by Nancy Trimble PhD, RN, CNP, and Board Member

In looking to be healthier this year, consider the issues that face all of us as Americans:

**Portion size is out of control.** Read the nutrition labels on your food packages. For example, one serving of bread is one slice, a serving of chicken is the size of a wallet, potato chips might be 10 chips. Packages of salad dressing given out by some fast food restaurants equals about 4 servings. Try cutting back on both the numbers of servings and serving sizes.

**Physical activity has dropped and our waist sizes enlarged.** Add some walking to your daily plan. Walk up two flights of steps instead of taking the elevator. Park your car a little

farther away from the door at work and make it farther weekly. If you cannot walk outside, walk in your home, at the mall or the Center.

**Decrease the number of processed foods in your diet.** Watch out for the "low fat" or "fat free" labels. This usually means higher carbohydrates. A little fat in the diet is necessary to feel full. We often eat more than a serving if it sounds "healthy".

**Stop smoking or using tobacco products.** This takes time, so make a plan and set small goals you can achieve. Cut your tobacco use by half in the first 30 days, then half again, and again until you have quit. Stay away from triggers to smoke. It means a change in your routine.

### Get advanced directives together.

That means at minimum, a living will and durable power of attorney for health care. This applies to young (over age 18) as well as older folks.

If not yet retired, begin to plan for what will fulfill you after retirement. Many people do not plan for this (especially men). Having a plan will make the retirement transition easier and possibly prolong your life.

Volunteer to help somebody or an organization, even if it is for just one hour per week. Remember, it is better to give than to receive.

**Wednesday, February 1**

9:00 Walking  
 10:00 Fitness  
 10:00 Dominos  
 12:30 Pinochle  
 1:30 Wii Bowling  
 5:30 Beading

**Thursday, February 2**

10:00 Exercise  
 10:00 Ping Pong/Cornhole  
 11:30 3 F's Lunch  
 12:30 Pinochle  
 1:00 Bridge  
 1:00 Membership Bingo

**Friday, February 3**

9:00 Walking  
 10:00 Fitness  
 Noon Pinochle  
 1:30 Gentle Yoga

**Sunday, February 5**

2:00 Dominos

**Monday, February 6**

9:00 Walking  
 10:00 Fitness  
 1:00 Euchre  
 1:00 Tap Dance  
 1:30 Movie Matinee

**Tuesday, February 7**

10:00 Exercise  
 11:00 Beg. Line Dance  
 1:00 Line Dance  
 1:00 Foxy Reds  
 1:00 Barbershop

**Wednesday, February 8**

9:00 Walking  
 10:00 Fitness  
 10:00 Dominos  
 11:00 Eyeglass Cleaning  
 12:30 Pinochle  
 5:30 Beading  
 6:30 Cross-stitch

**Thursday, February 9**

10:00 Exercise  
 10:00 Ping Pong/Corn Hole  
 11:30 3 F's Lunch  
 11:30 Red Hat Diamonds  
 12:30 Pinochle  
 1:00 Bridge

**Friday, February 10**

9:00 Walking  
 10:00 Fitness  
 10:00 Quilting Stitch-in  
**11:00 Valentine's Day Party**  
 Noon Pinochle  
 1:30 Gentle Yoga

**Sunday, February 12**

2:00 Bingo

**Monday, February 13**

9:00 Walking  
 10:00 Fitness  
 12:30 Parkinson's Support  
 1:00 Euchre  
 1:00 Tap Dance

**Tuesday, February 14**

10:00 Exercise  
 10:00 Blood Pressure  
 10:30 Book Club  
 11:00 Beg. Line Dance  
 Noon Cooking Class  
 1:00 Healing Hearts  
 1:00 Line Dance  
 1:00 Barbershop  
 2:00 Genealogy

**Wednesday, February 15**

9:00 Walking  
 10:00 Fitness  
 10:00 Dominos  
 Noon Alzheimer Support  
 12:30 Pinochle  
 1:30 Wii Bowling  
 5:30 Beading

**Thursday, February 16**

10:00 Exercise  
 10:00 Ping Pong/Corn Hole  
 11:30 3 F's Lunch  
 12:30 Pinochle  
 1:00 Bridge

**Friday, February 17**

9:00 Hearing Aid Clinic  
 9:00 Walking  
 10:00 Fitness  
 Noon Pinochle  
 1:30 Gentle Yoga

**Sunday, February 19**

2:00 Dominos

**Monday, February 20**

9:00 Walking  
 10:00 Fitness  
 1:00 Euchre  
 1:00 Tap Dance  
 1:30 Movie Matinee

**Tuesday, February 21**

10:00 Exercise  
 11:00 Beg. Line Dance  
 1:00 Line Dance  
 1:00 Barbershop

**Wednesday, February 22**

9:00 Walking  
 10:00 Fitness  
 10:00 Dominos  
 12:30 Pinochle  
 5:30 Beading

**Thursday, February 23**

10:00 Exercise  
 10:00 Ping Pong/Corn Hole  
 11:30 3 F's Lunch  
 12:30 Pinochle  
 1:00 Bridge

**Friday, February 24**

9:00 Walking  
 10:00 Fitness  
 10:00 Quilting Stitch-in  
 Noon Pinochle  
 1:30 Gentle Yoga  
**1:30 Birthday Celebration**

**Sunday, February 26**

2:00 Bingo

**Monday, February 27**

9:00 Walking  
 10:00 Fitness  
 10:00 Quilters  
 1:00 Euchre  
 1:00 Tap Dance

**Tuesday, February 28**

10:00 Exercise  
 11:00 Beg. Line Dance  
 1:00 Line Dance  
 1:00 Barbershop  
 2:00 Legal Hour

**Wednesday, February 29**

9:00 Walking  
 10:00 Fitness  
 10:00 Dominos

12:30 Pinochle  
 5:30 Beading

**Thursday, March 1**

10:00 Exercise  
 10:00 Ping Pong/Corn Hole  
**11:00 Music Appreciation**  
 Noon 3 F's Lunch  
 12:30 Pinochle  
 1:00 Bridge  
 1:00 Membership Bingo

**Friday, March 2**

9:00 Walking  
 10:00 Fitness  
 Noon Pinochle  
 1:30 Gentle Yoga

**Sunday, March 4**

2:00 Dominos

**Monday, March 5**

9:00 Walking  
 10:00 Fitness  
 1:00 Euchre  
 1:00 Tap Dance  
 1:30 Movie Matinee

**Tuesday, March 6**

10:00 Exercise  
 11:00 Beg. Line Dance  
 1:00 Foxy Reds  
 1:00 Line Dance  
 1:00 Barbershop

**Wednesday, March 7**

9:00 Walking  
 10:00 Fitness  
 10:00 Dominos  
 12:30 Pinochle  
 1:30 Wii Bowling  
 5:30 Beading

**Thursday, March 8**

10:00 Exercise  
 10:00 Ping Pong/Cornhole  
**11:00 Music Appreciation**  
 Noon 3 F's Lunch  
 12:30 Pinochle  
 1:00 Bridge  
 1:00 Membership Bingo  
**1:00 St. Patrick Day Party**

**Friday, March 9**

9:00 Walking  
 10:00 Fitness

**Activities**

# February

10:00 Quilting Stitch-in  
11:30 AID  
Noon Pinochle  
1:30 Gentle Yoga

**Sunday, March 11**  
2:00 Bingo

**Monday, March 12**  
9:00 Walking  
10:00 Fitness  
12:30 Parkinson's Support  
1:00 Euchre  
1:00 Tap Dance

**Tuesday, March 13**  
10:00 Exercise  
10:00 Blood Pressure  
10:30 Book Club  
11:00 Beg. Line Dance  
Noon Cooking Class  
1:00 Healing Hearts  
1:00 Line Dance  
1:00 Barbershop  
2:00 Genealogy

**Wednesday, March 14**  
9:00 Walking  
10:00 Fitness  
10:00 Dominos  
11:00 Glasses Repair  
12:30 Pinochle  
5:30 Beading  
6:30 Cross-stitch

**Thursday, March 15**  
10:00 Exercise  
10:00 Ping Pong/Corn Hole  
**11:00 Music Appreciation**  
Noon 3 F's Lunch  
12:30 Pinochle  
1:00 Bridge

**Friday, March 16**  
9:00 Walking  
9:00 Hearing Aid Clinic  
10:00 Fitness

11:30 AID  
Noon Pinochle  
1:30 Gentle Yoga

**Sunday, March 18**  
2:00 Dominos

**Monday, March 19**  
9:00 Walking  
10:00 Fitness  
1:00 Euchre  
1:00 Tap Dance  
1:30 Movie Matinee

**Tuesday, March 20**  
10:00 Exercise  
11:00 Beg. Line Dance  
1:00 Line Dance  
1:00 Barbershop  
1:00 Red Hat Diamonds

**Wednesday, March 21**  
9:00 Walking  
10:00 Fitness  
10:00 Dominos  
Noon Alzheimer Support  
12:30 Pinochle  
1:30 Wii Bowling  
**2:00 New Member Reception**  
5:30 Beading

**Thursday, March 22**  
10:00 Exercise  
10:00 Ping Pong/Corn Hole  
Noon 3 F's Lunch  
12:30 Pinochle  
1:00 Bridge

**Friday, March 23**  
9:00 Walking  
10:00 Fitness  
10:00 Quilting Stitch-in  
Noon Pinochle  
1:30 Gentle Yoga  
1:30 Circus

**Sunday, March 25**  
2:00 Bingo

**Monday, March 26**  
9:00 Walking  
10:00 Fitness  
10:00 Quilters  
1:00 Euchre  
1:00 Tap Dance

**Tuesday, March 27**  
10:00 Exercise  
11:00 Beg. Line Dance  
1:00 Line Dance  
1:00 Barbershop  
2:00 Legal Hour

**Wednesday, March 28**  
9:00 Walking  
10:00 Fitness  
10:00 Dominos  
12:30 Pinochle  
5:30 Beading

**Thursday, March 29**  
10:00 Exercise  
10:00 Ping Pong/Corn Hole  
**11:00 Music Appreciation**  
Noon 3 F's Lunch  
12:30 Pinochle  
1:00 Bridge

**Friday, March 30**  
9:00 Walking  
10:00 Fitness  
Noon Pinochle  
1:30 Gentle Yoga

## VITA Income Tax Preparation

**Tuesday, Wednesday, & Thursday;**  
9:00 a.m. - 3:00 p.m.

**February 7, 8, 9, 14, 15, 16, 21,**  
22, 23, 28, 29

**March 1, 6, 7, 8, 13, 14, 15, 20,**  
21, 22, 27, 28, 29

**April 3, 4, 5, 10, 11, 12**

**Once you have all of the information for your income tax return, call the Center at 878-4141 to schedule an appointment.**

**Fairborn Senior Center: (937) 878-4141**

### VITA Income Tax Assistance at the Center

On Tuesday, Wednesday, and Thursday from February 7 to April 12, VITA (Volunteer Income Tax Assistance) income tax preparers will be at the Center to assist with your income tax return from 9:00 a.m. to 3:00 p.m. Call the Center to schedule an appointment. You will need the following information for your appointment:

**Last year's tax return, Social Security cards for all persons listed on the tax return, valid picture I.D., all tax-related information, and a completed tax preparation information sheet, available at the front desk.**

### Transportation

To receive transportation to medical appointments, hair salons, shopping or even the Center, you must first complete a transportation registration packet. Call Transportation to get your free packet.

### Transportation Weather Cancellation

Transportation is scheduled weather permitting. To determine if your scheduled transportation is cancelled due to the weather, call the Center after 7:30 a.m. and listen to the recorded message. **Listen to radio WHIO-1290 AM/95.7 FM or watch television channels 2, 7, 22 or 45 for closing information.**

# March

Activities

# jaunts & Journeys

## **Victoria Theatre/Schuster Center Tour**

February 29; 10:00 a.m. - 2:00 p.m.  
Cost: Tours free. Lunch cost only ranging from \$5.50 to \$8.50

This is a unique opportunity to tour the beautiful and historic Victoria Theatre, and the state-of-the-art Schuster Performing Arts Center. We begin with a tour of the Victoria Theatre, followed by lunch at Citilites, located in the Schuster Center's Winter Garden, and then we tour the Schuster Center. Each tour will last about 45 – 60 minutes. Citilites offers daily specials, soups, sandwiches, house specialties, salads, combination lunches, and desserts with prices ranging from \$5.50 - \$8.50. Transportation provided by Wright Nursing & Rehabilitation Center. Contact the front desk to reserve your spot for this great tour and lunch!

## **Tenderly: The Rosemary Clooney Musical**

The story of film actress and legendary singer Rosemary Clooney comes to life on stage in TENDERLY, an engaging new musical that

captures the highlights of her amazing career and the challenges she faced as a wife, mother, and performer. Hear her beloved and classic songs, meet the characters who touched her life, and follow this remarkable woman on a journey that leads to ultimate triumph. The production is being offered at the Victoria Theatre from February 21 – March 4, 2012. For groups of 10 or more, we can get group tickets to a matinee for \$66.60 a person. The dates for the matinees are Saturday or Sunday, Feb 25 & 26, or March 3 & 4. If you are interested in seeing this production, please contact Karen in Activities. If there is enough interested, Karen will see about purchasing the tickets and possibly arrange transportation.

## **History of Dayton Manufacturing - Carillon Historic Park**

March 22; Register by March 14  
Cost \$6, plus lunch cost ranging from \$3 to \$9

There is a lot to see at the Carillon Historic Park's new Heritage Center of Dayton Manufacturing and

Entrepreneurship, including a Carousel of Innovation, Deeds Barn, NCR Cash Registers, Animatronic Theater, 1912 Cadillac, and much more. Lunch will be at the historic Culp's Café which offers a wide variety of appetizers, soups, salads, sandwiches, house specials, and some yummy looking desserts.

**Patriot Ridge and Trinity Communities** will provide the transportation.

## **Travel Savannah & Jekyll Island, Georgia, and Beaufort, South Carolina**

May 6, 2012 to May 12, 2012

Cost: \$522, includes tips for driver and 3 step on guides  
Registration underway

Tour the amazing Jekyll and St. Simon's Islands in Georgia as well as beautiful Beaufort, South Carolina. The cost includes deluxe motorcoach transportation, 6 nights lodging with 4 consecutive nights in the Savannah area, and 6 breakfasts and 4 dinners.

A \$75 deposit and \$45 insurance fee are due upon registration. The final payment is due February 29.

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## **Greetings from Activities**

I have now been through my first holiday season with all of you and I had a great time! The Christmas dinner was a lot of fun, and so was the New Year's Eve Party! You are a great group of party people.

By the time you read this article, we will have been to the Dayton Art Museum to see the Norman Rockwell exhibit, had our Circus party, started our Sinclair class, and watched the first of several movies! February will bring the Victoria/Schuster trip, our Valentine and Birthday Parties, some new movies to watch, and we will begin playing with the Wii again.

I love your input about other activities, programs, or trips so keep the ideas coming. We will no longer team up with the Huber Heights Senior Center for trips, so I have to re-group and figure out which direction we would like to go for future trips. I will continue to have day trips each month, but as far as longer overnight trips, we will just have to see if we can team up with other centers to get the number of people needed to keep the trips affordable for you.

Thanks again for all of your kindness, warm words of welcome, and hugs. I go home and tell my husband each day how lucky I am to work at such a great place.

*Karen Linaberry*

## Care Coordination

The OSHIP certified Care Coordination staff can guide you through the complicated Medicare process. Before you turn 65 or change an existing Medicare plan, make an appointment to discuss your options. The staff also directs clients to sources for house/yard work, transportation, personal care, shopping, meals, and home health care. In addition, they provide crisis intervention for eviction, food, utility shut-off, and family consultation. You might be surprised how they can help you. Reach Care Coordination at 878-4141, extension 215.

## Homemaker Program

The Homemaker Program is designed to help seniors remain independent in their homes. The homemakers provide housecleaning, laundry service, light meal preparation, and home organization. They can also pick up groceries or medication. Services are billed at an hourly rate with a two hour minimum per visit. Call 878-4141 to discover how the Homemaker Program can benefit you.

## Transportation

The Center's vehicles operate Monday through Friday from 8:30 a.m. to 4:30 p.m. Schedule appointments up to thirty days in advance. Next day transportation is provided only if space is available and requested by 12:30 p.m. the day before. Schedule transportation by calling 878-4141, extension 216. The following fee schedule is for a one way trip, based on ability to pay:

-  \$1 Fairborn Senior Center
-  \$2 Fairborn, Enon areas
-  \$4 Beavercreek, Xenia, Huber Heights & Greene County areas
-  \$6 Dayton, Kettering, Centerville, and Springfield

# Center Services

## On the road again

You probably know Transportation Services provides rides to medical appointments on a **priority basis**. Within our driving area, we can also take you to other appointments or places you want to go, on a space available basis. Yes, it's true! We can take you to your favorite beauty or barber shop, the bank, grocery store, dry cleaners or coin laundry to name a few. Simply call us to set up a ride. Would you like to go shopping at the Mall at Fairfield Commons? Maybe you would like to meet the "gang" for lunch at your favorite restaurant. We will be happy to schedule the ride if space is available and weather permits. **As a reminder**, we cannot provide same day rides or additions to the schedule. The cut off time for booking a next day, space available, ride is 12:30 p.m. the business day before the requested ride. Cancellations do happen so it is possible space may become available. If for any reason you need to cancel a scheduled ride, please call us as soon as possible so someone else can take advantage of our transportation services.

If you know a senior citizen, 60 years old or older, residing in Fairborn or Bath Township, who could use our services, tell them to call us at 878-4141, extension 216, and request a free transportation registration package. Once they register as a transportation services client they can take advantage of our services.

*Jim Adams & Charlotte Brady*

## Care Coordination

## Help is a just a phone call away

Now that things have settled down after the holidays, maybe it is time to clean and organize. Perhaps you need help with small indoor repairs or shelving to help you get organized. We have a list of women and men who could help you with those household projects. Whatever it is why not call Care Coordination for the Handyman/Home Services list.

If you, a friend or a neighbor, need help but you don't know where to start, our Care Coordination assessors could lend a hand. They can visit you in your home to determine where help is needed; then direct you to the resources that meet your needs. Assistance isn't limited to just household related items. Financial resources could be needed as well. We can look at the situation to see if you might qualify for extra help from Social Security to help pay for medication co-pays or insurance premiums.

Call Nina Killingsworth at 878-4141 ext 215.

*Nina Killingsworth*

# News you can use

## Your newsletter delivery



With a thousand members, printing and mailing our monthly newsletter, **the Flyer**, is a major expense. In addition, with recent post office changes, we must now take our newsletters to the Xenia Post Office for mailing. **You can save the Center money by receiving your newsletter by e-mail or viewing it online at [www.fairbornseniors.org](http://www.fairbornseniors.org).**

To receive the Fairborn Senior Center's newsletter by e-mail, simply send your e-mail address to Ellen at [ellenslone@fairbornseniors.org](mailto:ellenslone@fairbornseniors.org) or Karen at [karenlinaberry@fairbornseniors.org](mailto:karenlinaberry@fairbornseniors.org) and tell them you want to receive your newsletter by e-mail.

We appreciate your willingness to help us reduce our newsletter expenditures.

## A new year celebration of food & fellowship



*Photo compliments of Dave Lundy*

## Hats off to our sponsors

Thanks once again to all of our New Year's Eve and Circus sponsors! They were Alisa from **Patriot Ridge**, Lisa from **Wright Nursing & Rehabilitation**, Becky from **Friend's Care Center**, Sandy from **Summit at Park Hills**, Diane from **Hospitality Homes**, Tami from **Emeritus at Fox Run**, Chrissy from **Elmcroft**, Joe from **IHS Pharmacy**, Jennifer from **Dayspring**, Ann from **Vitas Hospice**, Peggy from **Hospice of the Miami Valley**, Fran from **Greene Oaks**, and Rachel from **Sterling House of Beavercreek**!

## Common SCAMS

### Investment Fraud

"A scammer might offer you a "risk-free" investment only to steal your money. For example, some scam artists convince consumers to invest in coins and precious metals, such as gold. Remember, all investments involve risk. Consult with trusted family members or friends before making important financial decisions."

### Phishing

"Some scammers "phish" for your personal information by using cleverly designed calls or e-mails. They often pretend to be your bank or a government agency and ask you to update or confirm your account by submitting your bank account number, password, or social security number. Never respond to unexpected requests for personal information."

Source: Ohio Attorney General Mike DeWine "Elder Fraud" booklet.  
[www.ohioattorneygeneral.gov](http://www.ohioattorneygeneral.gov)

# Help with HEAP

HEAP provides assistance with winter heating bills for individuals at or below 200% of the poverty level. For a single person to be eligible for the program, the income could be as much as \$21,780; \$29,420 for a two person household. The Ohio Department of Development insists the primary HEAP applicant must include a copy of their Birth Certificate, along with the other documents, in order to get approval of the one time credit on the primary heating source.

The Fairborn Senior Center contracts with the Area Agency on Aging to help people complete HEAP applications. Applications will be available at the Center. Call Care Coordination to schedule an appointment.

## What does investment landscapes look like in 2012

Submitted by Martin Bartik, AAMS Financial Advisor, Edward Jones

As an investor, you know 2011 was a somewhat “choppy” year, with the financial markets going through many ups and downs. What can you expect in 2012?

As baseball Hall of Famer Yogi Berra is quoted as saying, “It’s hard to make predictions — especially about the future.” These words are certainly applicable for anyone who would like an accurate forecast of the investment climate.

Yet, we do know of some factors that may affect your portfolio in the months ahead. Here are a few of them:

### **Strong business fundamentals.**

This past year, all the noise about the debt ceiling debate, the size of the U.S. deficit and the European financial situation tended to drown out some fairly good news: U.S. businesses’ balance sheets were strong for the most part, borrowing costs remained low, and corporate profits were good — and corporate profitability remains a key driver of stock prices. Heading into 2012, these fundamentals continue to look positive, which may bode well for investors.

**Europe’s debt crisis.** Greece’s economic problems made a lot of news in 2011, but they weren’t the end of the story in Europe, as major financial difficulties also face Italy, Spain, Portugal and Ireland. It’s by no means clear how these problems will be resolved, so don’t be surprised to see them lead to intermittent, if short-lived, shocks to the markets.

**Election-year patterns.** As you’re well aware, we’re voting for president in 2012. You might be surprised to learn the S&P 500 index has shown negative returns in only three of the last 21 presidential election years. Coincidence? No one can say for sure — and at this point, no one can say if this pattern of positive returns will continue during this election year. Still, it’s an interesting phenomenon.

There you have it: the good, the bad and the quirky. Take them all together, and you still may not be able to foresee what will happen with the markets this year, but you’ll have a lot to think about. Instead of trying to predict what will happen in 2012, you may be better off following these tried-and-true investment strategies:

**Diversify your holdings.** By spreading your money among a wide range of investments, you can reduce the effects of volatility on your portfolio. Keep in mind, though, that diversification, by itself, can’t guarantee profits or protect against loss.

**Don’t ignore your risk tolerance.** If you worry excessively about market fluctuations, you may have too much risk in your portfolio, which means you may need to make some changes.

**Always look at the “big picture”.** Financial markets will always fluctuate. If you can keep your focus on your long-term objectives, and make decisions accordingly, you can avoid overreacting to short-term events.

Like other years, 2012 will bring with it periods of both turbulence and smooth sailing. By making the right investment moves, you can still chart a course that can allow you to move ever closer to your future goals.

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.*

Fairborn Senior Center  
325 North Third Street  
Fairborn, OH 45324  
Phone: (937) 878-4141  
Fax: (937) 878-4775

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# club Calendar

## **Adventures in Dining**

March 9; 11:30 a.m.  
AID meets the second Friday. Lunch provided by the Community Action Partnership. Register at the front desk.

## **Book Club**

February 14 & March 13; 10:30 a.m.  
The Book Club meets monthly on the second Tuesday. In February, we'll finish discussing **Anna Karenina** by Leo Tolstoy (the last half). Our March selection will be **Death Comes to Pemberley** by P. D. James.

## **Cross-stitch Stitch-in**

February 8 & March 14; 6:30 p.m.  
The Cross-stitch group meets the second Wednesday at 6:30 p.m. Bring your project. If you don't now how to cross-stitch, but have always wanted to learn, let someone with experience share their art.

## **Genealogy**

February 14 & March 13; 2:00 p.m.  
Are you interested in developing your family tree? Let the Genealogy group guide you through the process. Call Sondra Leggett at 879-3557 if you have questions.

## **Foxy Reds**

February 7 & March 6  
The Foxy Reds regular monthly meeting is scheduled for the first Tuesday, times subject to change.

## **Red Hat Diamonds**

February 9 & March 21  
The regular meeting is the third Tuesday at 1:00 p.m. at the Center. We will meet at Giovanni's Restaurant, 215 W. Main Street, for lunch on February 9 at 11:30 a.m.

## **Quilter's Stitch-in**

February 10 & February 24, March 9 & March 23; 10:00 a.m.  
Session cost: \$1 members; \$2 nonmembers  
The Quilter's meet the second and fourth Fridays. Experienced or novice -- everyone interested in quilting is welcome. Work on a project, get help with a project, or learn something new. If you machine piece, bring your machine. Quilting Instructor Linda Adams can help you.

**are  
YOU  
ready for  
some fun?**