










Welcome to our July Newsletter! Happy Birthday USA! Here you will find all the news that is news! Please take a minute to look over the calendar and newsletter, we have a few changes and additions.


Join us when you can, and don't forget to invite friends!


Thanks as always for making our center a fun place to be! **YOU** make the difference!

-  Our next Monthly Luncheon is July 11th at NOON at Wiesemeyer. We have Elizabeth Lakamp entertaining. We'll serve bratwurst with or without sauerkraut, mashed potatoes, corn, and a dessert yet undecided. \$10 at the door. **RSVP IS VERY IMPORTANT!** If you RSVP'd and can no longer make it, **PLEASE** call the center at 618.667.2022, and let us know! Many Thanks!
  
-  **DRUM FUN** is held every Monday downstairs at Wiesemeyer at 2 PM. Bring a friend! **ALL ARE WELCOME!** This seated session is perfect for music lovers who want to improve and maintain upper body strength and mobility. This class is **FREE!** **NO RSVP** required! Join us!
  
-  Bingo continues every Monday at 12:30 at Wiesemeyer. We'll have a light snack and there is no cost to play, and no RSVP required. **NO COST TO PLAY!**
  
-  Our "Sit n Get Fit" Class meets every Wednesday at 10 AM at the house. This class improves strength and flexibility, all in a fun inviting setting! Bring a friend for this seated exercise class! Weights, exercise bands and water are provided. **THIS CLASS IS FREE!** Please RSVP to the office at 618.667.2022. If you forget to RSVP, come anyway, we'll make it work!
  
-  Pokeno is July 17<sup>th</sup> at 12:30 at Wiesemeyer. Main Street Barber Shop is sponsoring prizes. We'll serve a light snack, and there is no cost to play. No RSVP required. Cambridge House will be providing snacks for all of 2024! **THANK YOU TO ANGIE at CAMBRIDGE HOUSE IN MARYVILLE!**


 Our next Live and Learn will be July 24th at 1 PM at Wiesemeyer. We have the Troy Police K-9 officers demonstrating the services they provide. These highly trained, amazing animals serve a vital role in the safety of our community. Come on out and see these the dogs in action! ALL ARE WELCOME ! This event is FREE! Please RSVP to 618.667.2022.


 The July Food and Friends Club dinner is Wed. the 31st at 4 PM. The restaurant will be announced after the vote at the June dinner. We had 30 friends join us in June! Watch for more info! We'll have a meal, and shoot the breeze with friends. All are welcome! We'll do separate checks, and share all the news that is news! RSVP IS REQUIRED, because we will have a good size group! RSVP by Friday July 25th. Please call 618.667.2022! Can't wait to see you for dinner!

 Bunco is on the 25th from 1 PM until about 3 PM at the house. \$5 to play, cash prizes for most Bunco's, Wins and Losses. Snacks provided! We are always looking for players and subs, call the center at 618.667.2022 to be put on the list, and to RSVP.

 We're headed to Nashville in September, for the Nashville Show Trip. Sept. 2-6, 2024. Tickets are on sale NOW! \$915 double occupancy all inclusive! We have one bus full, and 6 seats remaining as of today June 25<sup>th</sup> on the second bus. Give us a call to grab your seat!

#### Day Trips 2024

 Newsies the Musical, at Stages on August 7<sup>th</sup>, with lunch at Bill Gianinos. Nonrefundable tickets go on sale Monday June 3rd at 10 AM. \$90 all-inclusive per person. This a 1 sneaker trip! See Sneaker Rating at troyseniorcenter.com in the Trip section., or call the center for more info. We'll hear the story of the Newsboys Strike of 1899 as the newsboys stood up to the titans of the publishing industry. Last day for tickets is July 1<sup>st</sup>.

 All the BIG Stuff in Casey, IL October 10<sup>th</sup>. We'll take the bus to Casey, have lunch at Richards Farm Restaurant, and do a self-guided tour of all the BIG stuff in Casey! Many Guinness Book of World Record items are here! You will receive a map of what's where, but most items are within a 3-block area. You will also have a chance to visit the Wildflour Bakery and Candy company all within easy walking distance! This is a 3-sneaker trip for distance, but otherwise this is paved level ground. There are lots of resting spots along the way. You won't want to miss this lighthearted trip during the beautiful month of October! (Praying for good weather, the trip goes on either way!) Stay tuned for pricing and more info!

*As always, my hours are generally Mon. Wed. Thurs. from 9 am till 2 pm. Please know, if I am in the office at the "house" my door is always open! If not at the "house" you can always leave a message at 618.667.2022 and I'll get back with you as quick as I can!*

*Wanda Todoroff* Activity Director 618.667.2022 