




# June


Hello June! We are half way through 2024! Time flies when you are having fun! 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!


 **NOTE THIS DATE AND TIME CHANGE!** Drum Fun is moving! May 24<sup>th</sup> at 9 AM is the last day for Drum Fun at the Skating Rink. On May 31<sup>st</sup>, Drum Fun will be held at 9 AM downstairs at the Wiesemeyer building. Beginning in June, DRUM FUN will be held every Monday downstairs at Wiesemeyer at 2 PM. NO DRUM FUN ON JUNE 3<sup>rd</sup>! June 10<sup>th</sup> we will be back on schedule for Monday's at 2 pm downstairs at Wiesemeyer. AND!!!! Drum Roll!!!!!! I will be leading the class! Get ready to rock and roll! You should know that I have ZERO experience drumming, but I'm ready! 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!

 The "Sit n Get Fit" Class meets every Wednesday at 10 AM at the house. It's a flexibility and strength vibe, all done to music new and old! Invite 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!

 Our next Monthly Luncheon is June 6<sup>th</sup> at NOON at Wiesemeyer. We have The Nitpickers entertaining. I've heard good things about them, so this should be fun! We'll serve chicken salad on a croissant, pasta salad, fruit, chips 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!

 **NOTE THIS DATE CHANGE!!** Pokeno is June 26<sup>th</sup> at 12:30 at Wiesemeyer. Linda Manley 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 June 19<sup>th</sup> at 1 PM at Wiesemeyer. Macy Shriver from Empowered Self Defense will be back to teach us more about how to stay alert, and defend ourselves while we are out and about. She will show us how to defend ourselves from a seated or standing position. ALL ARE WELCOME to participate in this hands on class. This event is FREE! Please RSVP to 618.667.2022.



Our Next Food and Friends Club dinner is Wed. the 26<sup>th</sup> at 4 PM. The restaurant will be announced after the vote at the May dinner. 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 June 21<sup>st</sup>**. Please call 618.667.2022! Can't wait to see you for dinner!



Bunco is on the 27<sup>th</sup> 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 full bus and we're working on a second one! Give us a call to grab your seat!



Several day trips are being planned for 2024. In the works:

- Newsies the Musical, at Stages on August 7<sup>th</sup>, with lunch at Bill Gianinos. Nonrefundable tickets go on sale Monday July 1st at 10 AM. \$90 all-inclusive per person. We have 40 seats available. This a 1 sneaker trip! See Sneaker Rating at [troyseniorcenter.com](http://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.
- All the BIG Stuff in Casey, IL in October. Stay tuned for 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

