



Bellbrook Boomer Café News

Welcome to the Bellbrook Boomer Café,
a gathering place for
those 50 years young and better!!

Sept/Oct 2011

We Continue To Grow ...

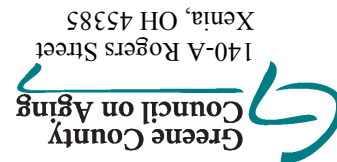
We are delighted to share that Tim Brickey joined the Greene County Council on Aging team in July and a portion of his time is devoted to the Boomer Café and the Bellbrook-Sugarcreek community. Tim is the Senior Center Liaison, which includes providing leadership for the Boomer Café and support for the other centers in Greene County. There is no project or activity Tim is not willing to take on and he has thoroughly enjoyed getting to know so many from the community.

Tim will be at the Boomer for many of the regular activities and is available to listen to your ideas and answer questions. Tim will continue to reach out to those 50+, community groups and businesses to see how we can be of service. There has been some interest in a variety of educational presentations for adults and caregivers, so we encourage you to share your thoughts with Tim as he adds to the Boomer calendar. Tim can be reached by calling the Council office at 937-376-5486 or sending him an e-mail at tim.brickey@gcco.org.

And in the Boomer space, we are pleased to share that the upgrades to the kitchen area are finally complete. We have new flooring and cabinets, and can now use the sink without getting ourselves wet! The challenges with the projection system have not yet been resolved, but the flat screen TV is connected so we should not miss any more sports events!

Next on the list is upgrading the computers, adding a tad more speed. We are fortunate to have new donated computers and they will soon find a home at the Boomer! So please check out the Boomer calendar, invite a friend, and join us for an activity or two. We would love to meet you!

Please join us at 3757 Upper Bellbrook Road, Bellbrook
in the Sugarcreek Education Services Building, beside Bellbrook High School



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HIGHLIGHTS

**~New Event-Chair Volleyball every Wednesday at 10:00-
this is a fun, easy way to get some exercise! You will be
surprised how much fun you will have!**

~Note the schedule changes for Friday Night Euchre.

~Medicare Open Enrollment is Oct 15- December 7.

September/October Events

Monday Open Hours 1:00-4:00

Cooler weather is now upon us and it's a great time to find a warm place to hang out with friends and get involved with any of the activities always available during these open hours. There is a never ending Jigsaw Puzzle, or you can be more active with chair volleyball or ping pong.

Thursday Open Hours 1:00-4:00

The Boomer space is available for whatever you like on the 2nd and 4th Thursdays, Sept 8th and 22nd and October 13th and 27th. There is an active Mahjong group, as well as Scrabble and the ever ready jigsaw puzzle! No need to register, just show up and enjoy.

Creative Expressions-Mondays 1:00-4:00

Wellness Check

A nurse will be available to take your blood pressure, pulse and blood sugar before the Carry-In Lunches on November 21st and December 19th at 11:30.

Carry-In Luncheon-3rd Mondays at 12:00

November 21st and December 19th. On November 21st we will be enjoying a traditional Thanksgiving Dinner, turkey, dressing and the trimmings. For our December luncheon, we are going to have festive o'hderves complete with a cookie exchange. If you would like to participate, please bring a 1/2 dozen cookies packaged ready to exchange with someone. We will draw numbers and you'll take home 6 cookies to enjoy.

Chair Yoga-Fridays at 10:00

Studies are showing the benefits of Yoga. You are invited to experience Yoga at the Boomer every Friday morning and feel the stress melt away! Registration is not required and there is no charge.

Friday Night Euchre

Euchre is back to starting at 7:00 on Friday evenings. Please pay attention to the calendar for cancellations due to the holidays.

Other Activities

Pastry Pick –Up and Chair Volleyball-Wednesdays 10:00-11:00

The Boomer continues to receive a generous supply of donated baked goods from Panera and Krogers through the Family Resource Center. We invite you to stop in for a bagel, loaf of bread and/or a pastry to take home with you. They are tasty and help stretch your groceries for the week!

And while you are there, please consider joining us for the newest Boomer activity— Chair Volleyball! This is growing in popularity for people of ages and it is LOTS of fun. Chair volleyball is played seated with a beach ball...inside out of the elements. Give it a try and pass the word about how much fun you have! A little bit of exercise and a great deal of laughter! And it's a great way to burn off the calories of the Panera/ Kroger items you take with you!



Medicare Questions??

It is time to start considering whether you need to make a change in your Medicare plan. This is an important time for ALL Medicare beneficiaries and reviewing your prescription and Advantage plan options is well worth your time and energy. Karen Burkhardt is available to schedule time to meet with you at the Boomer. Just give her a call at 376-5486 or email at karen.b@gcco.org to schedule an appointment. There is also an opportunity to meet with someone at the annual Medicare Event at the Fairgrounds on October 19th. Please note that Open Enrollment runs from Oct 15th through Dec 7th this year.

Flu Shot Clinic

See the enclosed flyer about flu shots. The clinic will be held at the Boomer Café on Monday, October 10th from 9am—11:30am. This is open to anyone in the community, age 18 or older. The shot costs \$25, and the Health Department can bill Medicare and Medicaid.

Questions?

Contact Tim Brickey at the Council at 376-5486 or tim.brickey@gcco.org

Needed ...

In an effort to waste as little as possible, the Creative Expressions group could use your old colored plastic bags that your newspapers come in. "Whatever for" you ask? Come on Mondays from 1:00-4:00 to find out!

Please mark your calendars for the Annual Holiday Bazaar on November 30th. We encourage anyone who wants to participate to donate their art or craft items. If you would

