



Jamestown SENIOR CENTER

Newsletter for September - October 2026

Welcome

The center invites adults age 50+ to attend all weekly and special programs. No membership fee.

6 E Xenia Street on the northeast side of the Opera House.

Hours: Monday: 10–12:30;
Tuesday & Friday from Noon to 4:00 pm.

The Center is operated by the Greene County Council on Aging with funding from the Senior Services Levy.

For questions, contact Diane H 937-470-5265 or Tim Brickey at

Special Dates

Labor Day 09/07
911 Remembrance 09/11
Talk Like a Pirate..... 09/19
Autumn Equinox..... 09/22
Pumpkin Spice Day 10/01
National Golf Day 10/04
Columbus Day 10/12
Halloween 10/31



September is Fall Prevention Awareness Month

Most of us have heard the phrase “an ounce of prevention is worth a pound of cure.” Benjamin Franklin is credited with that remark in 1736 when advising people on fire safety. Let’s borrow his phrase to assist older adults from preventing falls with a mix of physical health care, safe daily habits and home updates.

Physical Health Care: Have your sight and hearing regularly checked. Any loss in these two areas can greatly increase your risk of falling. Exercises that focus on building lower body strength help prevent falls. The heel to toe walk will train your ability to stay steady while moving forward. Classes offered at senior centers include Chair Yoga and Tai Chi which both improve strength and balance.

Safe Daily Habits: Falls can happen when we are unaware of what’s going on around us. We become familiar with places we visit regularly and don’t pay attention. Take a moment to see if any changes have been made at the places you regularly visit. Avoid distracted walking. Checking your cell phone when walking makes it too easy to trip over unexpected obstacle.

Home Updates: A cluttered home can be hazardous. Keep the walkways and hallways clear of boxes, electrical cords, newspapers and books, which are often a trip hazard that leads to falls. Improve your home lighting, especially in dim areas. Wear appropriate footwear for your environment. Open back shoes and slippers are not as firm fitting and can a trip hazard. Avoid wearing shoes with worn treads. With winter not that far off wearing the correct soled shoe becomes even more important when going outside.

— Come to the GCCOA Fall Prevention Event on Thursday, September 10th, from 1:00-3:30pm in the Xenia Community Center. —



Halloween Masquerade Party

Saturday, October 24, 12 noon. Lots of spooky food, treats, games, prizes and costume judging! Reservation please! Minimum of 10 for party to be held. Sign up at the center or call Diane 937-470-5265. Bring a non-perishable food item to attend, to be donated to local food pantry.

Jamestown Senior Center Calendar

Carry-In Lunch

Coffee, water and table service provided. Bring a dish to share. Sign up sheet for carry-in dish available at the center.

Tuesday, Sept 8 at 11:30am

Menu: Bean Soup, Fried Potatoes, Corn Bread, salads and desserts

Tuesday, Oct 13 at 11:30am

Menu: Cabbage Rolls, rolls, assorted salads and desserts.



September

Martha Jane Beegle.....04
Peggy Cox04
Karen Heifnre07
Annetta Crosswhite08
Lisa Townsend21
Becky Lott23

October

Esther Bussell06
Digna Kiser.....06
Jerri DeVoe15
Vickie Bell30



Game Day

Mondays at 10 am. Join us for a fun time of card games, board games or bring a favorite.
No group on Sept 7th

EUCHRE

Tuesdays 1:00 to 4:00pm.

50 cents for a fun afternoon. High score, 2nd highest score and Most Loans wins! See our winners below. Bring a snack to share. Water & Coffee provided.



Fridays 1:00 to 3:30

Pay 25 cents per game to play three cards. *No Bingo on Oct 2*

Bingo Group Carry-In Lunch ~

On the 1st Friday of each month the group gathers at noon for a Carry-In Lunch.

Sept 4: Sloppy Joes sandwich, chips, cookies

October 2: Hot dogs and buns, assorted sides and dessert

GCCOA Special Events

All events held at the Xenia Community Center, 1265 W. Second Street, next to the Council's office. For more information: gcco.org/events

Fall Prevention Event – Thursday, September 10 from 1:30 to 3:30. Learn to reduce our risk of falls and keep ourselves strong, healthy and upright

Savvy Senior Expo – Thursday, October 22 from 10:30 to 3:30. A fun & informative event with demos, presentations & door prizes. No registration.

Shredding Event – Saturday, October 31 from 9am to noon. Limit 3 bankers boxes. No businesses or recycling please.

EUCHRE WINNERS Congratulations to these Seniors

Date	High Score	2nd High Score	Most Loans
6/16	Opal Snell 70-5	Jenny Sagers 66-4	Charles Daughtrey 68-6
6/23	Connie Morgan 82-2	Linda Harper 65-2	Uly Ponder 61-3
6/30	Opal Snell 70-4	Wanda Everman 70-2	Martha Jane Beegle 67-5
7/7	Carolyn Strauder 75-4	Linda Harper 72-3	Martha Jane Beegle 62-3
7/14	Opal Snell 92-9	Wanda Everman 74-2	Roger Barber 69-3
7/21	Jim Bailey 81-5	Bob Staup 77-2	Opal Snell 69-5
7/28	Wendy Heathcook 85/4	Bob Staup 78-4	Wanda Everman 73-4
8/4	Brad Barber 82-2	Martha Jane Beegle 74-3	Wendy Heathcook 64-4
8/11	Martha Jane Beegle 50-1	Bob Staup 42-2	Linda Harper 32-3