



Jamestown SENIOR CENTER

Newsletter for September—October 2025

Welcome

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

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

Hours Monday, 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 937-376-5528.

Savvy Senior Expo

Thursday, October 23 from 10:30 to 3:30pm at the Xenia Community Center, 1265 W. 2nd St. Join us for this fun & informative event with speakers, vendors, interactive sessions and GCCOA team members. Bring a friend and explore options for your best aging experience. Some topics: Pain Management; Cooking with Spices; Big Talk; Scams; Property considerations; Medicare. Learn something, see friends, and have some fun, all at the same time. Admission: an item for the pantry. Door prizes. Refreshments.

An Ounce of Prevention

Fall Prevention Month is observed annually in September. It is a time to raise awareness about the importance of preventing falls, especially in older adults. A few helpful hints to assist in preventing risk of falls. Encourage regular exercise which can improve leg strength and balance. Wear well-fitting, supportive shoes with non-slip soles. Identify home safety concerns. Remove any loose rugs and replace with non-slip mats. Also, remove any clutter that can become a trip hazard in your living space. Have adequate lighting throughout your home, particularly in hallways, stairwells and areas with transitions. Schedule regular eye and hearing exams to address any impairments that could affect balance. By addressing these factors, seniors can significantly reduce their risk of falling and maintain their independence and quality of life.

Fall Prevention Event

Thursday, September 11 from 1:30 to 3:30pm ~ GCCOA's annual free event at the Xenia Community Center, 1265 W. 2nd Street. Fall & balance assessments; blood pressure screenings; review of your medications for fall risks; and much more.



Halloween Masquerade Party at the Center

Saturday, October 18 at 12 noon

Lots of spooky food, treats, games, prizes and costume judging! \$5 per person. Reservation please! Sign up at the center or call Diane 937-470-5265

Our ladies had a great time at the "Shuffle Up and Deal" game time Saturday. Small group but a fun filled afternoon.



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 9 at 11:30am



Menu: Spaghetti, Garlic Bread, Green Beans, salads, desserts.

Tuesday, October 14 at 11:30

Harvest Lunch. Menu. Bean Soup, corn bread, fried potatoes/onions, assorted salads and desserts.



Happy Birth Day



September

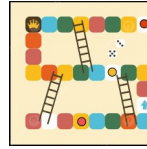
Martha Jane Beegle..... 1
Peggy Cox 4
Karen Heifner 7
Annetta Crosswhite 8
Liza Townsend 21
Becky Lott 23

October

Esther Bussell 6
Digna Kiser..... 6
Jerri DeVoe 15
Vickie Bell 30
Carol Smith 31

Note: The Senior Center is closed Labor Day, Monday September 1

Game Day



Mondays at 1 pm. Join us for a fun time of card games, board games or bring a favorite.
No games on Sept 1

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 if you want. Water and coffee provided.



Fridays 1:00 to 3:30

Pay 25 cents per game to play three cards.

No Bingo on October 17th

Bingo Group Carry-In Lunch ~

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

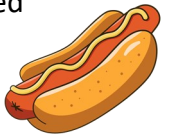
September 5 menu:

soup, sandwich, dessert. Bring a favorite.



October 3: Theme will be hot dogs and buns, assorted sides and dessert.

Bring a covered dish.



EUCHRE WINNERS Congratulations to these Seniors

Date	High Score	2nd High Score	Most Loans
07/08	Charles Daughtrey 74/5	Imy Dice 74/3	Bob Staup 74/2
07/15	Richard White 77/3	Lee Snell 70/6	Uly Ponder 69/6
07/22	Vickie Bell 75/5	Charles Daughtrey 72/2	Lee Snell 66/3
07/29	Uly Ponder 73/3	Opal Snell 72/4	Jerri DeVoe 67/3
08/05	Charles Daughtrey 73/3	Jenny Sagers 69/2	Richard White 66/4
08/12	Jim Bailey 72/2	Opal Snell 68/2	Uly Ponder 49/3



GCCOA Fall Shredding Event

Xenia Community Center parking lot, 1265 W. Second Street. **Saturday, October 25 from 9 to noon**
Bring up to 3 boxes of confidential papers.
Individuals only. No businesses please.