



# August 2026 Newsletter



Welcome to our August Newsletter! Lots of fun during the month of August! Here you will find details about our upcoming events. Don't forget to follow our new Facebook page, "Friends Of Jarvis Township Seniors". You can also go to [troyseniorcenter.com](http://troyseniorcenter.com) to see all that's going on at the center. Please take a moment to look over the newsletter and join us for anything that might interest you. All are welcome, so bring a friend! You make our world go round!



**NEW!!** In partnership with St. John Community Care, Our **FREE SAVVY Caregiver 6 week training** begins every Friday from August 7<sup>th</sup> through Sept. 11<sup>th</sup>, from 1:30 to 3:30 at the office at 409 Collinsville Rd. Troy. Savvy Caregiver® is a proven, nationally recognized training program for family and friend caregivers of someone with memory loss, dementia, or Alzheimer's disease. It is designed to give caregivers relevant knowledge, skills, and mastery to support the person living with dementia and to take care of themselves. Topics include information about Alzheimer's and related dementias, the role of confusion and its effects on behavior, the stages of dementia, how to keep the person engaged and involved in daily activities. Decision making for difficult issues caregivers often face and caregiver self-care exercises are highlighted. Savvy program participants report increased confidence and ability to manage their caregiving, as well as lower depression and burden. **You must register for this class!** Please call or email Mary Baldwin at [mbaldwin@stjohnscc.org](mailto:mbaldwin@stjohnscc.org) Phone: 224-220-5863. You can also call the center to register, 618.667.2022.



Our next Monthly Luncheon is August 6<sup>th</sup> at NOON at Wiesemeyer. \$10 at the door. We are serving, mostaccioli, bread sticks, Carol's salad and Dilly Bars. The Silver Creek Duo is entertaining. **RSVP IS VERY IMPORTANT! Last day to RSVP is Friday July 31<sup>st</sup>.** If you RSVP'd and can no longer make it, PLEASE call the center at 618.667.2022 and let us know! Many Thanks



**NO DRUM FUN ON AUGUST 21<sup>st</sup>!** Otherwise, Drum Fun continues every Friday at 9 AM. Beginning August 7<sup>th</sup> Drum Fun will be back at the skating rink! Thanks again to the Edwardsville Shortmans Club for the use of their building! Lisa Edwards will lead the group as always! Thank you Lisa for finding us a home for the summer! Free to participate. No talent needed! 😊



Shoot the Breeze continues on Monday's at 11:30 at Wiesemeyer. Shoot the Breeze is just that, a time to get together and chat! You are welcome to bring a sack lunch, and catch up with friends. We have also added a Swap Table! Bring gently used, clothing, household goods, decorations etc. to donate to anyone who wants it. Take something, leave something! Of note: **YOU MUST TAKE ANYTHING THAT IS NOT TAKEN BACK HOME WITH YOU!**



Bingo is every Monday at 12:30 pm. At Wiesemeyer. Prize is \$2 per win! Join us!



We play Hand and Foot the second and third Thursdays of the month. In August we'll play on the 13th and the 20th from 12:45 – 3:30 pm at the office building. No experience needed! Free to play. Come one come all!



Our Sit n Get Fit Class meets every Wednesday at 10 AM at the Wiesemeyer building. This class improves strength and flexibility, all in a fun inviting setting! We even exercise to the Beer Barrel Polka! Bring a friend for this seated exercise class! Weights, exercise bands and water are provided. **THIS CLASS IS FREE!** No RSVP required.



Pokeno is Wed. the 19th at 12:30 at Wiesemeyer. Prizes now \$2 per win! We'll serve a light snack; there is no cost to play. No RSVP required. You do not need to know how to play. Cambridge House of Maryville has agreed to provide snacks for the all of 2026! **THANK YOU TO ANGIE!**



Food and Friends will get together August 26th at 4 PM. Location will be voted on at the July dinner. All separate checks, and everyone drives to the restaurant. It's a fun time to relax and enjoy and good meal with friends. RSVP is a must! Call the center at 618.667.2022 to RSVP.



BUNCO is played the last Thursday of the month at Wiesemeyer, our next game is August 27th at 1 PM. We are looking for additional subs! Please call the center to get on the waiting or sub list. 618.667.2022



Our Alzheimer's Support Group meets on the first and fourth Wednesday's of the each month at the office at 409 Collinsville Rd. in the Tri-Township Park. We'll meet on the 5th and 26<sup>th</sup> of August. No charge to attend. If you or some one you know could use some extra support living with this disease, join us! The best support often comes from others dealing with the same issues.



### Overnight Trips 2026

September 20- 26 - Garden of the Gods, Royal Gorge, Colorado Springs. This trip is currently full. Please call the center to get on the waiting list.



### Day Trips 2026

You may take a number as soon as 9 am on the first date of ticket sales for any day trip. **NO EARLY SALES.** Two tickets per person max. Check or credit card preferred, cash accepted.

October 7th – Stages St. Louis, “Come from Away”. A true story of the 7000 airline passengers stranded in Gander, Newfoundland after the 9/11 attacks, and the small town that welcomed them. Call the center to inquire regarding open seats. 618.667.2022

Dec. 19th 2 PM – Powell Hall Mercy Holiday Celebration more info to follow!

*If you have suggestions for Live and Learns, new entertainment, or day trip ideas, please let me know! As always, my hours are generally Mon. Wed. Thurs. from 9 am till 2 pm. Please know, if I am in the office, my*

***door is always open! If not at the office you can always leave a message at 618.667.2022 and I will get back with you as quick as I can!***

*Wanda Todoroff*

**Activity Director 618.667.2022**

