

**February 2026****Regular Weekly  
Senior Activities****Monday**

Senior Aerobics  
Gentle Yoga  
Line Dancing  
Euchre

**Tuesday**

Knitting / Crocheting  
Group  
Grief Support Group  
Bingo  
Chair Fitness Class  
Euchre Night

**Wednesday**

Senior Aerobics  
Self Care MELT Class  
Parkinson's Fitness Class  
Bingo  
Bridge

**Thursday**

Pilates  
Weight Watchers  
Quilting Group  
Chair Fitness Class  
Euchre

**Friday**

Cornhole  
Senior Club Carry-In  
Lunch (2nd Friday)  
Senior Club Meeting  
(4th Friday)  
Senior Club Luncheon  
(4th Friday)  
Sinclair Lifelong  
Learning—American  
Politics Class

# Golden Nuggets

## Senior Newsletter

**Message from the Director**

I hope everyone is having a wonderful 2026 so far! I don't know about you, but I'm ready for the Spring season to get here. I have certainly had my fill of snow and cold weather. I am counting the days until the first day of Spring!

I would like to remind everyone that we have several collection bins in the main lobby for donations to assist local organizations. The Northmont FISH food pantry collects non-perishable food

items and clothing to help the local community. Project Read collects books to help with its literacy program. Project Linus collects handmade blankets to give out to children who are seriously ill, traumatized or otherwise in need. Additionally, the local Lion's Club collects used eyeglasses to help combat vision impairment and blindness. Additionally, we are currently collecting food items for the

### *Message from the Director*

Northmont Backpack Food Friends program (see article on page 3 for more info). Please consider donating to all these great organization and help make a difference!

**Englewood Senior Citizens' Club**

Did you know that the Earl Heck Community Center is home to the Englewood Senior Citizens' Club? The senior club was first established back in 1984 and it still going to this day. The club is a way to senior citizens to get together and socialize through meals and other functions, such as fundraisers and community outreach projects. Recently, the club members supported some seniors

living in nursing homes with some surprise holiday gifts. The club meets on the second and fourth Fridays of the month. On the second Friday, the club gets together for a carry-in luncheon. The club provides fried chicken, or some other main entrée, and the members each bring a side dish to share. The fourth

Fridays feature the club business meeting, followed by some kind of luncheon. Membership is open to anyone 55 and older. Dues to join the senior club are only \$10 per year and can be paid in the main office or directly to the club treasurer. Members that are 90 or older can join the club for free.

## MOVIE DAY

The Earl Heck Center offers Movie Days for Seniors on the 2nd and 4th Mondays of the month at 1:00 p.m. Popcorn provided to those in attendance. You must call ahead to reserve your spot. Stop in the main office or call (937) 836-5929



### February 9, 2026

**My Name is Nobody** starring Henry Ford and Terence Hill 1 Hours 57 Minutes

### February 23, 2026

**Catch Me If You Can** starring Leonardo Dicaprio and Tom Hanks 2 Hours 21 Minutes

Got a movie suggestion?  
Be sure to let us know

## Lunch and Learn Program — February 3

Brookhaven will sponsor a senior lunch and learn program at the Earl Heck Center on February 3, 2026 at 11:30 a.m.

Our guest speaker will be Tom Hissong and his presentation will feature stories about his collection of nature photography. Tom is a retired naturalist who worked for the National Audubon Society for 23 years .

Free to attend; however, reservations are required and can be made in the main office or by calling (937) 836-5929. Limit: 65



## Italian Style Lunch for Seniors — February 17

Englewood Health and Rehab will be sponsoring a free lunch for the seniors at the Earl Heck Community Center on February 17, 2026 at 11:30 a.m.

The Italian themed lunch will feature spaghetti, meatballs, garlic knots, green beans, and

cookies. This lunch is open to anyone 55 and older and free to attend; however, reservations are required and can be made in the main

office at the Heck Center or by calling (937) 836-5929. Limit: 65



## Free Blood Pressure Checks

Free blood pressure checks are offered at the Earl Heck Community Center on the first and third Wednesdays of the month from 12:00–12:30 p.m. This free service is provided by our friends at Brookdale (1st Wednesday) and Arcadia Care at Dayton (3rd Wednesday). No appointment is necessary.



## Northmont Backpack Food Friends “Love Our Students” Food Drive

The Earl Heck Center will once again be participating in the annual “Love Our Students” food drive again this year. The goal of the Backpack Food Friends organization is to feed hungry kids enrolled in the Northmont School District.

Low-income children in the elementary schools receive a bag of easy to prepare foods that are put in their backpacks

for home use on weekends and school breaks when state funded meals are not available to them.

Food Donations will be accepted at the Earl Heck Center now through February 27th. Donations may be dropped off in the main lobby during our regular office hours.

Items needed include: Microwave bowls of

Spaghetti O’s, Beanie Weenies, ravioli, beef stew, easy mac & cheese, Vienna sausages, peanut butter or cheese crackers, single serve cereal boxes, pop tarts, pudding cups, Jello cups, fruit cups, applesauce cups, granola bars, instant oatmeal packets, snack size packets of animal crackers, goldfish, cookies, pretzels, dried fruit, trail mix and 100% juice boxes. See flyer in lobby for full list.

## Free Chair Exercise Classes

Free Chair Exercise classes are offered at the Earl Heck Community Center on Tuesdays and Thursdays at 1:00 PM. These low impact classes are performed from the comfort of a chair and are geared towards seniors and adults with mobility issues. Classes are done using chair

fitness videos . These classes are free to attend and open to all adults. Chair fitness classes can help improve strength, flexibility, balance, and cardio for all fitness levels. No advance registration required—just show up to any class and get started!



## Matter of Balance Workshop

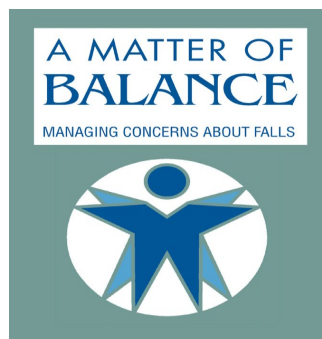
An 8-week Matter of Balance workshop will be held at the Earl Heck Center on Wednesday mornings at 9:30 a.m. beginning on February 4th. This program is sponsored by Goodwill/Easter Seals and is free to attend. If you have concerns about falling, this program will teach you skills on how to improve your balance,

flexibility, and strength. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.

Each class is two-hours long and will run from February 4 through March 25, 2026.

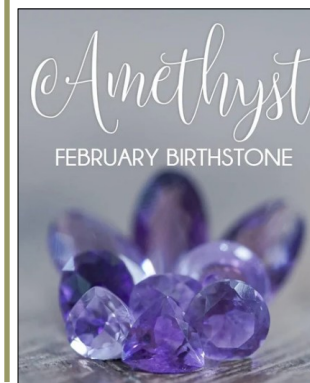
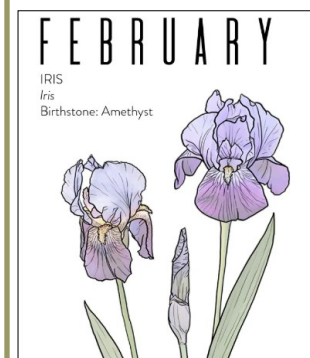
Free to attend; however, reservations are required and can be made in the

main office at the Earl Heck Center or by calling (937) 836-5929.



## February Birthdays

Teresa Mott February 1  
Dave Schmitz February 2  
John Beecroft February 7  
Jane Gordon February 8  
Lois Kerns February 11  
Delores Elms February 20  
Mark Owens February 22  
Pat Spencer February 22  
Cherie Kuhn February 23  
Terri Waddell February 25  
Reba Summer Feb. 27







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**Facebook:**

[www.facebook.com/  
EarlHeckCommunityCenter](https://www.facebook.com/EarlHeckCommunityCenter)



## Englewood Senior Citizens' Club News

**Club Carry-In Lunches:** The Englewood Senior Citizens' Club carry-in lunches are always held on the second Fridays of the month. The club supplies the chicken entrée for these lunches. The club members should provide a side-dish or dessert to share with the group. A signup sheet will be posted on the club bulletin board for all carry-in lunches. Members need to sign up by noon on the Tuesday before the lunch if they plan on attending. We encourage more members to provide a hot side dish or complimentary side dish to go with the chicken since we don't seem to have as many of those as people would like. Please write down the side-dish you plan on bringing so we can plan accordingly and not have too much of one item. As much as people may enjoy dessert, we probably don't need 20 pies for each lunch.

**Chili and Soup Lunch:** The Senior Club will have a chili and soup luncheon for the club members on the 4th Friday in February (Feb. 27). Similar to our carry-in luncheon, we would like club members to bring in pots/crockpots of chili or soup to share with the group. Soup and chili sides, as well as desserts, will also be needed. Please sign up on the club bulletin board for this event. Sign up sheet will be posted in February.

**Club Dues:** 2026 club dues are still being collected. If you would like to join the club, dues are only \$10 per year. Members 90 and older may join the club for free. Membership to the club is open to anyone 55 and older.

## From the Office

**Winter Weather Policy:** Please remember, if Northmont City Schools are closed due to the weather, all senior classes and activities are cancelled for that day. This only pertains to closings caused by the weather (not holidays, teacher workdays, etc.). If a one or two hour delay is issued for the schools, then all classes will go on as scheduled. Please stay safe this Winter season!

**Cold and Flu Season:** We are in the middle of cold and flu season, so be sure to use good hygiene while here at the Heck Center. Be sure to wash your hands often and use the provided hand sanitizer to keep germs at bay. If you are sick or under the weather, please stay home until you are feeling better. No need to come here and get everyone else sick.

**Holiday Closure:** The Earl Heck Community Center will be closed on Monday, February 16th in observance of Presidents' Day.

**Attention: Wednesday Bingo Players:** We have several workshops, painting classes, and other activities scheduled on Wednesday morning over the next few months, so you won't be able to get into the room until these classes are finished (11:00 or 11:30am). We know some of you like to show up early, but if you do and we have activities going on in the room, you will have to wait out in the lobby until the classes are done.

**Heck Center Email List:** You can receive updates from the Earl Heck Center by email by subscribing to our email list. Subscribers will receive monthly newsletters, calendars, Earl Heck Center updates and more sent directly to your email. If you would like to join our email list, stop by the main office to sign up or send an email request to join to

