

**March 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  
Matter of Balance 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**

It has certainly been one heck of a crazy winter for us this year! On January 25th, we received a record breaking 12.4 inches of snow in a 24-hour period. The old record, set by the blizzard of 1978, was 12.2 inches. As if that wasn't enough, we had to deal with some extremely cold temperatures as well. I can't ever remember having to cancel the activities at the Earl Heck Center so many times in

one winter season.

The good news is that Spring is upon us. The official first day of spring falls on Friday, March 20th. I think I can speak for everyone when I say, "Halleluia!" I've had enough of winter, and I'm sure everyone else around here has as well.

March is also the month where we spring forward an

### *Message from the Director*

hour. Daylight Saving Time begins on Sunday, March 8th. Don't forget to change your clocks!

**Prescription Drop Off Box at Englewood PD**

Did you know that you can drop off your expired and unwanted prescription drugs anytime at the Englewood Police Department? The drop box is located in the front lobby at the Englewood Police Department and can be accessed 24-hours a day. The goal of this program is to keep drugs off the street, prevent overdoses and accidental poisonings, and avoid environmental

contamination. Old prescriptions drugs should never be flushed down the toilet or left out where they could fall into the wrong hands, such as a small child.

Items that are accepted at the drop off box include: Narcotics, non-narcotics, over the counter drugs, herbals, and veterinary

medications. No vapes, liquids, needles, aerosols or ointments accepted.



## 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



### March 9, 2026

**Escape from Alcatraz**  
(1978) starring Clint Eastwood 1 Hours 52 Minutes

### March 23, 2026

**9 to 5** (1980) starring Dolly Parton, Jane Fonda, and Lily Tomlin 1 Hour 49 Minutes

Got a movie suggestion?  
Be sure to let us know

## Brookdale Lunch and Learn Program – March 3

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

Our guest speaker for this event will be John Seibel. John worked previously as a news anchor for Channel 2 news, but is now the Executive Director for the GoCyber Collective organization. John will be talking about the

current scams affecting senior citizens and how to protect yourself.

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



## Outpatient at Home Lunch and Learn – March 17

Outpatient at Home/Therapy Advantage will be sponsoring a free lunch for the seniors at the Earl Heck Community Center on March 17, 2026 at 11:30 a.m.

Phil Brown will be our guest speaker and will talk about the benefits of physical,

occupational and speech therapy services.

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: 50



## Craft Project (Cypress Pointe)

Cypress Pointe will be hosting a free craft project for the seniors on Tuesday, March 31 at 10:00 a.m.

For this project, we will be decorating small succulent pots. You will get to keep your plants and decorated pots at

the end of the project.

Open to anyone 55 and older and free to attend; however, reservations are required and can be made in the main office. Space is limited for this activity, so don't wait to sign up or you might miss out!



## Local Spotlight: Engaging Days Senior Enrichment Center

If you have ever been tasked with being a caregiver, you know how important it is to get a break for yourself sometimes. Engaging Days is a dementia specialized adult day center offering care for those living with dementia and respite for their caregivers. Their mission is to help individuals with dementia to

thrive, not just survive. They accomplish this goal by offering a variety of diagnosis appropriate cognitive and physical enrichment such as Music Therapy, daily exercise, spiritual programming, and much more! Please call (937) 540-8408 for more information, or to schedule a tour.

Engaging Days is located at:  
606 Taywood Road, Suite 12  
Englewood, Ohio 45322



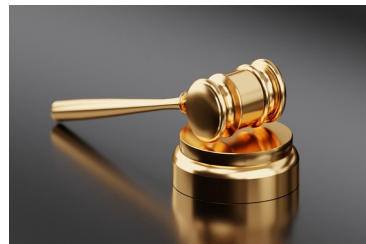
## Senior Fun Auctions

Monthly Senior Fun Auctions are held at the Earl Heck Community Center on the 4th Tuesdays of the month at 11:00 a.m. These events are sponsored by Momentous Health and the Earl Heck Center.

How does it work? Multiple prizes will be brought in for you to "bid" on. Everyone

receives a numbered paddle to use for their bidding. The auctioneer will hold up an item and you will then decide if you want to bid on it. Once all bids are placed, a numbers will be drawn until a winning number is selected. If you bid and your number is drawn, you will win the prize. There is a two prize limit for all

participants. This is a fun, competitive game and is more enjoyable with more players! Grab a friend and join us for a morning of fun and laughter...and free prizes!



## Englewood Easter Egg hunt

The annual City of Englewood Easter Egg Hunt will be held at Centennial Park on Saturday, March 28th. The Easter Egg Hunt is open to children 8 and under. The Easter Bunny will arrive to the park on the truck at 9:45 a.m. The egg hunt begins

promptly at 10:30 a.m. We recommend you arrive at the park by 10:15 a.m. for lineup. There will be prizes awarded to the kids that locate the prize eggs. This event is free to attend.



### March Birthdays

Jerry Henry March 1  
Kathryn Hildebrand March 1  
Alice Coulter March 4  
Karen Glaze March 4  
Kathleen Stidham March 7  
Jim Frazier March 12  
Jeriylea Spivey March 15  
Tim Barga March 17  
Karen Somers March 19  
Nancy Grimes March 23  
Barbara Schulte March 27  
Judy Apple March 28  
Carol Amsbaugh March 29







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Facebook:

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



## Englewood Senior Citizens' Club News

**Club Pizza Party and Entertainment:** The luncheon for the 4th Friday in March (3/27) will be a pizza party with entertainment. Pizza will be provided by the Heck Center. Drinks, chips and desserts will be provided by the club. The club business meeting will be moved up to 11:00 a.m. Pizza will follow at 11:30 a.m. Mike Hemmelgarn will return to entertain us with his comedy, juggling and ventriloquist act beginning at noon. We will finish the day off with some club bingo following the entertainment. Open to all senior club members; however, you registration is required so we have an accurate head count. Please be sure to sign up on the bulletin board by March 24th if you plan on attending.

**Club T-Shirts:** Englewood Senior Citizens' Club T-Shirts are available for purchase. Shirts are only \$15 each and come in various sizes and colors. Be sure to get yourself one of these great looking shirts and show your support for the Englewood Senior Club!



## 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!

**Get Well Wishes:** If you know of one of our seniors that is sick or in the hospital, please be sure to let us know so we can send a get-well card out to them. Sometimes something as simple as a card can mean the world to someone.

**Spring Forward :** Daylight Saving Time in on March 8, 2026. Don't forget to move your clocks ahead one hour.

**Guest Speaker Etiquette :** Please remember to be courteous to our guest speakers and event sponsors when they are here at the Earl Heck Center. Let's be sure to give them our full attention and not talk while they are doing their presentations. We also need to do a better job of turning our cell phones during these events. There is nothing more annoying and distracting than when a cell phone starts ringing very loudly during an event. This seems to happen quite a bit, so let's try to do better in the future.

**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 [heckcenter@englewood.oh.us](mailto:heckcenter@englewood.oh.us)

