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MSC Transportation

Office:

419-377-8113

**Drivers: Sue LaFontaine &
Dennis Oberhauser**



**Maumee Senior Center's
Health & Wellness
Fair Returns!**

**FRIDAY, SEPTEMBER 6, 2024
9:30 A.M.-1 P.M.**

2430 S. Detroit Ave., Maumee, 419-893-1994

FREE Lunch! FREE Admission!

Chance to win a \$250 Grand Cash Prize!

Be Sure to Stop By for:

**Free Health Screenings*

**One-on-One Time with Local Professionals*

**Basket and 50/50 Raffles & More!*

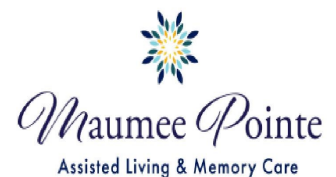
Thank you to our sponsors:

Maison-Dardenne-Walker Funeral Home,

Paramount Elite, Maumee Pointe,

Lakes of Monclova, Oakleaf Village and Promedica

***Maumee Free Standing Emergency Department
and Urgent Care.***



The Maumee Senior Center will be closed on Monday, 9/2 for the Holiday and Friday, 9/6 for the Health Fair. Hope to see you at the Health Fair!!

Programs and services at the Maumee Senior Center are partially funded by the Older American's Act, the Lucas County Senior Services Levy, City of Maumee, and other state and federal sources, as well as, fundraisers, memberships, sponsorships and donations. Donations to the center for its programs and services are gratefully accepted.

MSC Board of Trustees:

- Joe LaChapelle*
- Maria Zapiecki*
- Chris Blakely*
- Heather Cole*
- John Gouttiere*
- Genevieve Stults*
- Pat Viertelbeck*
- Darryl Lycourt*
- Doug Swary*

Advisory Committee:

*Chris Blakely– Chairman,
and Ginny Hiser*

The Advisory Committee is a group of representative Senior Center participants. To offer concerns or questions for the Advisory Committee, contact the Advisory Committee by e-mail at: mscadvisory@gmail.com or any of the participants.

ATTENTION:

Opinions of guest speakers and advertisements are not necessarily those of the Maumee Senior Center. Although Maumee Senior Center is proud to advertise quality businesses and products, we do not endorse these companies in a mutually exclusive manner.

OUR NUMBERS ARE GROWING!

Please consider carpooling with a friend to the Center to help free up parking spaces so we can continue to serve as many people as possible. Thank you!



Maumee Senior Center Presents...

The Annual Pulled Pork Dinner Drive-Thru



Saturday, Sept. 14, 2024

Maumee Senior Center, 2430 S. Detroit Ave.

Drive-Thru: 3-6 p.m. While Supplies Last

Tailgate Order Pick-Up Begins at 2 p.m.

PULLED PORK DINNERS= \$10 EACH

Includes: Smoked, Slow-Roasted Pulled Pork on a Bun, Coleslaw, Baked Beans, BBQ Sauce and Home-made Cookie.

***UPGRADE TO DOUBLE MEAT FOR \$3 MORE!**

SMOKED QUESO & CHIPS = ADDITIONAL \$5

TAILGATE MEAL PACKAGES TO GO!

NEW Pre-Order 5 meals or more to beat the drive-thru rush and pick up your bulk order beginning at 2 p.m.!

NEW Pre-Order 10 meals or more & receive **FREE DELIVERY!**
Call 419-893-1994 to order. Tailgate orders are due by Sept. 6!

Go Hog Wild for Lucas County Seniors!

All proceeds to benefit the Lucas County Senior Services Levy Campaign
PAID FOR BY: LUCAS COUNTY SENIOR CITIZENS COMMITTEE, KELLY WARNKE, TREASURER, PO BOX 141147, TOLEDO, OH 43614

SAVE THE DATE!

Friday, October 11th– time TBD

All that Jazz
at the Maumee Senior Center



Featuring

Gene Parker

Stay tuned...more details to come!

“Wind down your week” with a Sound Bath at the MSC!

Friday, September 20th from 1-2 p.m.

The next Sound Bath is on Friday, October 25th

Please join us for a deep relaxation Sound Bath experience with Kimberly Post RN, Reiki Master and Sound Healing Practitioner.

Sound Baths are beneficial in assisting the body with clearing negative energy and emotions, which can bring the body back into balance. Attending a sound bath can lift our mood and raise our vibration and allow us to feel more connected to ourselves & the world around us.

Cost is \$10 per person tickets can be purchased at the front desk of the Maumee Senior Center. Call 419-893-1994 if you have any questions.

**If class number does not reach minimum requirement, it may be cancelled. Tickets are non-refundable. Thank you!*



**Watercolors, Pastels, Acrylics Workshop Class
Tuesday, October 22nd at 12:30 p.m.**

Join us for this 2.5 hour workshop to learn how to create plein air paintings in watercolor or pastels. Students will be working from a large screened TV mounted on the wall to simulate working outside. Your instructor will teach you special techniques and about the equipment needed to paint in nature.

Cost: \$25 with your own supplies or \$27 if you don't have any supplies.

What you need to bring: a color photo, which can be on a phone or iPad. Call 419-893-1994 to register or stop at the front desk.



STEPPING ON
A free, seven-week workshop to help you stay safe from falls

UTOLEDO HEALTH

Avoid a dangerous, costly fall. **STEPPING ON** is a workshop to help you continue doing the things you love.

In seven weeks, you'll learn:

- To identify and remove or avoid fall hazards inside and outside your home
- How vision, hearing, medication and footwear affect your risk of falling
- Adaptable strength and balance exercises to help you get back on your feet if you fall

STEPPING ON has been proven to reduce falls by 30%.

To register, call Angela Castillo, RN, Injury Prevention at **419.383.6156**.

**Join us each Tuesday,
Sept. 10–Oct. 22, 2024 • 9:30 a.m.**

Maumee Senior Center
2430 South Detroit Ave.
Maumee, OH 43537
419.893.1994

RSVP today at the front desk at the Maumee Senior Center! Call 419-893-1994 if you have any questions.

Device Advice with the Library!

The Maumee Senior Center has partnered with the Toledo Lucas County Public Library to provide technology assistance to area seniors!

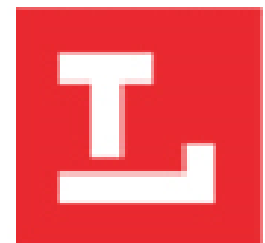
Sign up for a 30-minute session with a Tech Team Librarian and get one-on-one help with basic device setup, troubleshooting, and new skills on your smartphone, tablet or laptop.

Sessions start at 1:30pm and end at 3pm

The upcoming session days at the Maumee Senior Center are:

Tuesday, September 17th

*Space is limited and sessions are first come, first serve. Call 419-893-1994 to schedule your 30 minute session.



Opportunities to Support the MSC

Are you looking for ways to support the Maumee Senior Center? Below are some ways that you may be able to help us continue to serve area seniors! If you have any questions, please give us a call at 419-893-1994. Thank you!



We of the Maumee Senior Center want to thank everyone who supported our programs and services this month through monetary donations as well as food, kitchen and office supply donations.

We could not do what we do without you. We greatly appreciate you and your support! THANK YOU!!

We are looking for winter time Front Desk Volunteers!

Are you interested in volunteering this winter? Then this might be the opportunity for you!

This is a great position for those that enjoy working with people! We need volunteers to greet visitors, answer phones, help with our lunch and special event reservation programs, MSC Café and help complete light office work.

If you are interested, please contact the Maumee Senior Center at 419-893-1994 or send an email to Tiffany at mscprogramcoordinator@gmail.com for more information.

~Legacy of Love~

The Maumee Senior Center welcomes monetary gifts to memorialize family and friends or to honor individuals who are involved in our programs and services. Legacy of Love donations help secure the future of the Maumee Senior Center for older adults. Many lives have been forever changed by the generous contributions of others.

The Maumee Senior Center is grateful for any monetary donations. Please keep the Maumee Senior Center in mind as you think about your future planning so we can continue your Legacy of Love serving seniors in your honor.

Donations were received by the Maumee Senior Center in memory of:

Delbert Poggemeyer

From: Debora Roessler

Our heartfelt sympathy is extended to his beloved family and friends.



The Maumee Senior Center is always looking for volunteers for our fundraising events and daily services!

Our upcoming events with volunteer needs:

Health & Wellness Fair-

Friday, 9/6

Pulled Pork Drive Thru-

Saturday, 9/14

Jazz Night

Friday, 10/11

Contact Tiffany or Laree at 419-893-1994 or at mscprogramcoordinator@gmail.com to learn more about our volunteer opportunities!



Thank you so much to the Employees of the former St. Luke's Hospital for your generous donation to the Maumee Senior Center! This donation was made in honor of the St. Luke's Hospital Auxiliary.

Pictured below is Theresa Konwinski who presented the donation to MSC executive Director, Malinda Ruble.



The Maumee Senior Center is registered with Walmart's Registry for Good Program.

Type in "Maumee Seniors Inc" in the search bar at: www.walmart.com/registry/registryforgood

Walmart



Registry for Good

You can purchase our wish list items right through the website and it will get sent directly to us!

Thank you for your consideration in helping the Maumee Senior Center! We are able to do what we do because of supporters like you!

MSC Transportation Service

The Maumee Senior Center offers transportation to those 60 and older to medical appointments, the grocery store and round trips to and from the Maumee Senior Center Monday-Friday!

Do you live in the Maumee, South Toledo, Monclova, Holland, Neapolis, Waterville or Whitehouse areas and need a ride? Give us a call!

Call our driver at 419-377-8113 at least 24-48 hours in advance to schedule a ride. There is no guarantee that transportation will be available at your time of need. Please call as early in advance as possible to reserve your spot.

Costs is \$3 suggested donation for round trip

If you are in need of groceries, see below for our online grocery ordering delivery service.



YOUR AD COULD BE HERE!

Are you interested in advertising your business in the Maumee Senior Center Newsletter? Then this could be the opportunity for you!

Contact Tiffany at 419-893-1994 for more information regarding our newsletter advertising opportunities.

Ways to receive our Monthly Newsletter:

For just \$12 per year you can receive the Maumee Senior Center Newsletter right to your home.

You can also receive our newsletter by e-mail or by accessing our website a www.maumeseniorcenter.com

Subscribe by email at:
msscprogramcoordinator@gmail.com



A small Christian church that meets every Sunday at 10:30 a.m. in the Maumee Senior Center Dining Room.

All are welcome!



Web site: www.gcmaumee.org

Senior Centers...

Serve as a gateway to the nation's aging network—connecting older adults to vital community services that can help them stay healthy and independent.

-National Council on Aging

Call us at 419-893-1994 to find a program to join at the Maumee Senior Center today!



Online Grocery Ordering Delivery Service

Are you in need of groceries and are unable to leave your home? Then give the Maumee Senior Center a call to assist you with ordering your groceries online and to get them delivered right to your door!

All you will need before calling the MSC is:

- ◆ A credit or debit card on hand— **you must be comfortable with a MSC staff member receiving your card information to order your groceries for you**
- ◆ Written out grocery list for time efficiency— **limit of 20 grocery items**

Call the Maumee Senior Center about 24-48 hours before you know you will be in need of these grocery items to ensure you will receive your items in a timely manner.

There is no guarantee for day of grocery delivery.

Call: 419-893-1994



Outreach—Clinics, Support Group, Assistance

Free Walk-In Health Screenings at the Maumee Senior Center!

The first Thursday of every month, Mercy Health will offer a free Glucose and Blood Pressure clinic.

The upcoming Mercy Health Clinics will be:

Thursday, September 5th
Thursday, October 3rd
11am-1 p.m.



The third Tuesday of every month, UTMC will offer a free Blood Pressure clinic.

The next UTMC Clinic will be:

Tuesday, September 17th
Tuesday, October 15th
10am-12pm



Durable Medical Equipment Loans

Are you in need of a wheelchair, walker, cane, shower bench, commode, etc? Contact us at 419-893-1994 for more information on what equipment is available for loan. We are here to help!

Do you have eyeglasses, sunglasses or hearing aids that you no longer wear?

The Maumee Senior Center is now a site to drop off your used eyeglasses and hearing aids gathered by the Lions Club. Drop off anytime Monday through Friday 9-3pm.

Legal Assistance available at the Maumee Senior Center!

The upcoming date for Legal Consultations are:

Tuesday, September 3rd
and
Tuesday, October 1st

Schedule your 30 minute appointment with the Attorney by calling the Maumee Senior Center at 419-893-1994

**Stay tuned for more information regarding Legal Assistance at the Maumee Senior Center!*



MSC Caregiver Support Group

Tuesday, September 24th at 10 AM

Caring for a loved one can be stressful and we want to support you! Please join us to share your story and ideas and to meet other people in similar situations.



Register by calling 419-893-1994 or email—
mscoutreachcoordinator@gmail.com

Are you a senior age 60+ or disabled? You may qualify for SNAP benefits!



Supplemental Nutrition Assistance Program

SNAP is a federal program that helps millions of low-income Americans get nutritious food. Millions of older adult households use SNAP each month. SNAP is the largest program working to fight hunger in America. For more information or to see if you qualify for SNAP, contact Laree Shroyer at MSC at (419) 893-1994.

Mobile Foot Care Clinic at the MSC!

The Maumee Senior Center has partnered with Caring Sole Foot Wellness, LLC to have a monthly foot care clinic here at the Maumee Senior Center!

The upcoming clinics are scheduled for:

Tuesday, September 24th & Tuesday, October 22nd

They specializes in: Nail Trimming, Callus and Corn Removal, Foot Massage, Moisturizing Treatments, Assessments for potential issues, Diabetic Foot Care, Nail Painting (if you'd like!)

Appointments cost \$30 per person for first time visit. All visits after that are \$40.

Registration is required. Call 419-893-1994 or stop by the front desk to secure your spot!

“Foot care is crucial for seniors to maintain their overall well-being. As we age, foot health can impact mobility and quality of life. Regular foot care helps prevent discomfort, infections and complications.”

MSC MEMBERSHIP INFORMATION

MSC Booster Club membership dues are \$30 for 12 months.

FOR JUST \$30 A YEAR YOU WILL RECEIVE:

- *Deep gratification in knowing that you are helping support an effort to help other seniors in the community through the Maumee Senior Center.
- *1 FREE Dinner in the spring and 1 FREE Holiday Dinner at the Maumee Senior Center. Value=\$40
- *FREE recognition in MSC newsletter’s birthday section and at the birthday party of your birthday month, MSC makes the suggested lunch donation in your honor. Value=\$2.50
- *Discounted fee for a classified listing in the MSC newsletter.
- *Exclusive Booster Club Member Only Mailings & Specials.
- *Special discount on day trips with Malinda.
- *Friends, Fun, & Fellowship.
- *Ask us how you can get 25% off your new membership!

Be a Booster!

Join today by calling 419-893-1994 for a new member form!



***Birthday Lunches for
Booster Members!!***

September Birthday lunch is on Thursday the 26th!

The Maumee Senior Center will celebrate your birthday by making a lunch donation for you and providing birthday cake!
Call 419-893-1994 to make your birthday lunch reservation!

***We Proudly welcome our New MSC
Booster Members:***



Rita Przysiecki

Soad Nimr

Sandra Schwierterman

Frances Smith

Carol Singleton

Pam Marok

Karen Rochowiak

We had 30people renew their memberships this month– thank you so much for your support!!

***Happy Birthday to
all of our
September MSC
Members!***



| | | |
|------------|------------|------|
| Trettin | Patricia | 9/1 |
| Walters | Ann | 9/1 |
| Hames | Martin | 9/4 |
| Hall | Howard | 9/6 |
| Gwin | Mary Ellen | 9/8 |
| Randall | Sandra | 9/8 |
| Cramer | Kenneth | 9/13 |
| Rambo | Regina | 9/14 |
| Sweeney | Vicki | 9/17 |
| Pontius | MaryAnn | 9/20 |
| Cheney | Patricia | 9/22 |
| Sizemore | Sharon | 9/22 |
| Dodds | Gary | 9/23 |
| Plantz | Anita | 9/24 |
| Roberts | Celeste | 9/24 |
| Przysiecki | Rita | 9/25 |
| Washburn | Sylvia | 9/25 |
| Beckwith | Evie | 9/26 |
| Guernsey | Genevieve | 9/26 |
| Schwerkolt | Charlotte | 9/26 |
| Spivey | Donna | 9/30 |

MSC Virtual ZOOM Programs

Silver Sneakers classes with Sheila Brown

Cardio & Tone

Mondays at 10 a.m.

This is an intermediate exercise class for the active older adult. Low impact cardio movements will raise the heart rate, while light resistance equipment will be used to strengthen the muscles. *Cost is \$3 per class for non SS members.

Stretch & Balance

Thursdays at 10 a.m.

This is a low impact class with dynamic movements and stretches that are the foundation of this class. A chair will be utilized for appropriately half of the exercises making it well suited for beginners! *Cost is \$3 per class for non SS members.

These classes are virtual, online from the comfort of your home, through ZOOM. Please contact program coordinator, Tiffany Peet at 419-893-1994 or mscprogramcoordinator@gmail.com for more information on how to join these classes. Registration required.

Jazzercise Lo with Christy Owed

Mondays, Wednesdays and
Fridays at 11 a.m.

Jazzercise lo is a low impact energetic workout that combines dance cardio, with strength, balance and core work.

If you love music and love to dance, Jazzercise lo is a great way to workout while feeling like you're at a dance party with friends!

Join us for your first class free!

For any questions at all or regarding pricing please contact Christy Owed directly at 419-460-1734



Line Dancing Classes at the MSC!

Line Dancing is a great form of exercise that helps to improve strength, muscle function and balance! Sharpen your mind and your coordination and join in the fun with Line Dancing Classes at the MSC— and bring a friend too! Check out these classes below!

Line Dancing Classes with Michael Gurtzweiler



Regular Line Dancing

Wednesdays at 9 a.m. & Thursdays at 9:45 a.m.

This class is for participants familiar with most frequently used line dance steps. Turns and brisk footwork are included. Dancers will expand their repertoire of dances at all levels: from beginner/improver to the intermediate levels. Waltzes, in triple time, will also be part of the repertoire. New Participants are welcome!

*Cost is \$3 payable to instructor at the door.

Line Dancing Class with Belinda Cytlak

Beginner's Line Dancing

Mondays at 2:15 p.m.

This class is for those that are familiar with the basic line dancing steps and dances. Are you ready to build onto those skills? Then this class is for you! Join in on this Beginner's level Line Dancing class that will focus on building onto the basics with incorporating new steps and dances. For those that have no previous line dancing experience, taking introduction to line dancing class is encouraged but not required before taking this class.

New participants are welcome!

*Cost is \$3 payable to instructor at the door.



Do you have Silver Sneakers or Renew Active? Then check out these classes!



Silver Sneakers & Renew Active classes with Gavin Pitt:

Stability

Tuesdays at 10 a.m.

This class is designed to improve balance, agility, mobility and power. It is slow paced and does not include cardio. If you are looking to strengthen your core and improve your balance and mobility, then this class is for you! Give it a try!

The cost is \$3 for non silver sneakers members payable to instructor at the door.

Sitting & Standing Yoga

Tuesdays at 11 a.m.

Move through classic yoga poses to increase flexibility, balance and range of motion. The classic poses are adapted to being seated, although there is some standing. The focus is on doing the poses with intention and awareness of one's body.

The cost is \$3 for non silver sneakers members payable to instructor at the door.

Tai Chi

Wednesdays and Thursdays at 11 a.m.

Tai Chi for Health has a focus on moving and balancing and safety. Whether you are a first time person or have done Tai Chi before, you are welcome! We will learn several forms which are easy to learn and very beneficial to the body, mind and Spirit. A chair is used for seated Tai Chi movements as well. Come check it out!

The cost is \$3 for non silver sneakers members payable to instructor at the door.

Silver Sneakers & Renew Active classes with Angie Mourton:

Classic

Mondays at 1 p.m.

This class focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a Silver Sneakers ball. Often a chair is used for seated exercises or standing support. Equipment is limited, you are encouraged to bring your own.

The cost is \$3 for non silver sneakers members payable to instructor at the door.

Chair Yoga

Wednesdays at 1 p.m.

This class is a fusion of flexibility, endurance and balance that we all can use over time. It also helps with stress management. This class is primarily done in a chair but may have some standing with modification moves shown by the instructor.

The cost is \$3 for non silver sneakers members payable to instructor at the door.

Chair Zumba with Vickie Geha

Mondays and Thursdays at 9 a.m.

Wednesdays at 10 a.m.

This class incorporates movements taken from Latin dances like the merengue, salsa, and cha cha to create an exhilarating program that aims to improve overall energy, core stability, muscular strength, cardiovascular endurance, and motor skills. New participants welcome!

\$2 per class payable to instructor at the door



Cardio Drumming with Vickie Geha

Tuesdays at 3 p.m. and Wednesdays at 9 a.m.

This class takes a simple movement - drumming - and turns it into a full-body workout that will leave you smiling, sweating, and feeling great! It brings together drumsticks, an exercise ball, and an exercise ball stand to create one of the most fun workouts you'll ever do. Equipment is limited, but provided on a first come first-served basis. Feel free to bring your own!

\$2 per class payable to instructor at the door



**BINGO!
Wednesdays at 12:45 p.m.**

Join in on the fun at the Maumee Senior Center with our weekly Bingo! Come for lunch and stay for Bingo! See you there!
Call 419-893-1994 for any questions.



**Hooks, Yarn & Needles between Friends
Wednesdays at 1 p.m.**

This group is open to knitters of all abilities! Whether you are new, or have been at it for years, whether you quilt, knit, crochet, loom, needle point, cross stitch or do embroidery, this group is for you! There are needles and some practice yarn available.
Beginners are welcome, come check it out!



**Art Classes with Mary Jane Erard
Tuesdays at 12:30 p.m. and Thursdays at 12**

Mary Jane is a well known regional artist and is represented by the Toledo Museum of Art. All students regardless of your experience with art are welcomed to join Mary Jane on Tuesdays and Thursdays!

Mary Jane can assist you with a variety of different mediums included but not limited to: water color, pastel, oils, acrylics, colored pencil, painting, drawing, etc.

If you have any questions or would like to meet the instructor, stop by class anytime on Tuesdays or Thursdays.

Tuesday classes will have 30 minutes dedicated to demonstrations.

Cost is \$7-\$10 per class payable to the instructor at the door.

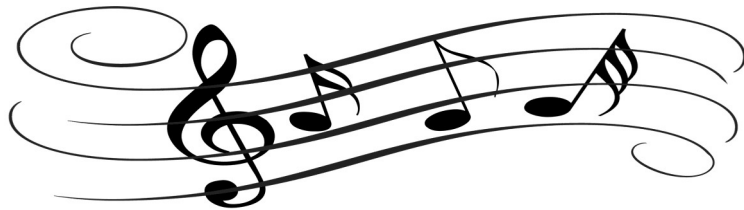


**Maumee Senior Center Singers
Tuesdays at 12:30 p.m.**

The Maumee Senior Center Singers are led by Director Jim Burns. The choir has presented over 500 performances in Northwest Ohio.

Love to Sing? Come to singers practice sessions **Tuesday afternoons at 12:30 p.m.** at the Senior Center! Beginners welcome!

For more information: Call 419-893-1994



Calling all Pool Players!

Bring a friend and play your favorite game of Pool for free! Use at your own leisure, no reservations required!



MSC Fitness Room

Treadmills, bikes and light weights are available to use for free! Come and go as you please, no reservations are required! *****Equipment use is at your own risk.**



Walking Wednesdays!

Join us every Wednesday from 2-3 p.m. to walk the big room and the building! As a low-impact form of exercise that is easy on your joints, it is extremely beneficial to your physical health and mental health. Be sure to bring your tennis shoes and a bottle of water. Just show up, no need to reserve. See you there!



Beginning Guitar: Playing by Ear

Have you always wanted to play guitar but never got around to it? Or have you started playing guitar but haven't made that much progress? Then this could be the class for you! Call 419-893-1994 or send an email to mscprogramcoordinator@gmail.com if you are interested in joining this class.

Once we gather contacts, we will reach out with more information on the upcoming class session!



Are you interested in learning how to play Mahjong? If so, reach out to Mary Jo at mjday04@gmail.com for more information! This group meets on Mondays at 12:30.

Do you like to play Poker?? Then this is the sign for you! Our Poker group is reforming and we want you to join us!

If you are interested in playing Poker on a weekly basis here at the MSC give us a call at 419-893-1994 or email: mscprogramcoordinator@gmail.com



Once we gather contacts we will reach out to plan our next meeting date. Stay tuned!

Staying active physically and mentally can enhance your quality of life, improve your overall health and well being and can help you to maintain your independence as you age.

Contact Program Coordinator, Tiffany at 419-893-1994 or mscprogramcoordinator@gmail.com to schedule a tour and to see how you can get involved!



MSC Book Club with Jane Berger Monday, September 9th at 10 a.m.

This month, the MSC Book Club is discussing:

Incredibly Bright Creatures
By: Shelby Van Pelt

Next month, the MSC Book Club is discussing:

Trust
By: Herman Diaz

Check your local library for book availability. Books are also available in Tiffany's office on a limited basis.

This group is always looking for new participants and typically meets on the second Monday of every month. Some dates may be subject to change. Call 419-893-1994 if you have any questions.



MSC Cards and Games of Strategy!

- Mondays 12:30 pm: **Duplicate Bridge**
- Mondays 12:30 pm: **Hand & Foot**
- Mondays 12:30 pm: **Mahjong**
- Tuesdays 12:30 pm: **4 Handed Euchre**
- Wednesdays 10:30 am: **Pokeno**
- Wednesdays 12:45 am: **BINGO**
- Thursdays 12:30 pm: **6 & 4 Handed Euchre**
- Thursdays 12:30 pm: **Duplicate Bridge**
- Fridays 12:30 pm: **Pinocle**
- Fridays 12:30 pm: **Skip Bo**

Puzzles, Books, Magazines and Board Games are available daily in the library!

Don't see a card game that you're interested in? Let's start a new game! Contact 419-893-1994 to share your ideas!

MSC Daily Activities

Lunch is served daily Monday-Friday at 11:45 a.m.

Mondays:

- 9 a.m. - Chair Zumba with Vickie Geha
- 10 a.m. - VIRTUAL Silver Sneakers Cardio & Tone with Sheila Brown
- 11 a.m. - Jazzercise with Christy Owed
- 12:30 p.m. - Duplicate Bridge
- 12:30 p.m. - Hand & Foot
- 12:30 p.m. - Mahjong
- 1 p.m. - Silver Sneakers Classic with Angie Mourton
- 2:15 p.m. – Beginner’s Line Dancing with Belinda Cytlak

Tuesdays:

- 10 a.m. - Silver Sneakers Stability with Gavin Pitt
- 11 a.m. - Silver Sneakers Chair Yoga with Gavin Pitt
- 12:30 p.m. - Art Class with Mary Jane Erard
- 12:30 p.m. - 4-Handed Euchre
- 12:30 p.m. - Senior Singers Choir
- 3 p.m. - Cardio Drumming with Vickie Geha

Wednesdays:

- 9 a.m. - Cardio Drumming with Vickie Geha
- 9 a.m. - Regular Line Dancing with Michael Gurtzweiler
- 10 a.m. - Chair Zumba with Vickie Geha
- 10:30 a.m. - Pokeno
- 11 a.m. - Silver Sneakers Tai Chi with Gavin Pitt
- 11 a.m. - Jazzercise with Christy Owed
- 1 p.m. - BINGO
- 1 p.m. - Knitting
- 1 p.m. - Silver Sneakers Chair Yoga with Angie Mourton

Thursdays:

- 9 a.m. - Chair Zumba with Vickie Geha
- 9:45 a.m. - Regular Line Dancing with Michael Gurtzweiler
- 10 a.m. - VIRTUAL Silver Sneakers Stretch & Balance with Sheila Brown
- 11 a.m. - Silver Sneakers Tai Chi with Gavin Pitt
- 12 p.m. - Art Class with Mary Jane Erard
- 12:30 p.m. - 6-Handed Euchre & 4-Handed Euchre
- 12:30 p.m. - Duplicate Bridge

Fridays:

- 11 a.m. - Jazzercise with Christy Owed
- 12:30 p.m. - Pinochle
- 12:30 p.m. - Skip Bo

2025 SHORELINE TRIPS

Sponsored by the Maumee Senior Center

Great Canadian Cities Tour

MAY 18-25, 2025

Don't miss your chance to enjoy:

Montreal,

1000 Island Cruise

Mount Royal, Montmorency Falls and
more on this 7 night adventure!

Cost is \$3,099 per person for a double!



Quebec City
PHOTO PROVIDED BY www.ville.quebec.qc.ca

Cape Cod & Martha's Vineyard & Salem Witch Experience Tour

Sept. 12-19, 2025

Enjoy these wonderful attractions:
Red Jacket Oceanfront Resort, Salem Witch
Museum, Cape Cod, Provincetown Whale
Watch Cruise, Martha's Vineyard,
Houdini Museum & Magic Show and more
on this 7 night tour!

Cost is \$2,799 per person for a double!



Martha's Vineyard
PHOTO PROVIDED BY: wikipedia

**CONTACT MALINDA TO BOOK
YOUR TRIP TODAY!
Call 419-893-1994 or
email maumeeseniorecenter@gmail.com**

MSC
MAUMEE
SENIOR CENTER

Community Speakers:

Wednesday, September 18th at 11 a.m.

"Scams and Safety"
By Maumee Police Department

Wednesday, October 30th at 11 a.m.

"Sleep Disturbances"
By Mercy Health St. Luke's Family Medicine Residency

These presentations are right before lunch and we would love to have you join us! Call 419-893-1994 to make your lunch reservation.

KNOWLEDGE
IS POWER 

Help us restock Wilma's Cupboard!

Thanks to the generosity of our seniors and the community, the Maumee Senior Center is able to offer delicious and nutritious meals to seniors on a daily basis. However, in order to help reduce costs, we are asking for donations to help stock Wilma's cupboards.

This is a great way to support the Maumee Senior Center and to help our dollars to go further to support seniors and services.

We are in need of:

- Canned fruit (large cans)
- Frozen Vegetables
- Napkins
- Plastic Silverware
- Brown Paper Bags size: 5" 1/8 x 3" 1/8 x 10" 5/8



Please leave donations at the front desk. Thank you!!

Creative Card Making Class

Tuesday, September 24th 10-11:30

All supplies necessary to complete this project are included. We will walk you through each step of the design, which you will place in a hand stamped envelope for mailing to your friends and family. Join us for a fun and creative DIY workshop with Ruth. *Card theme is: Halloween/Thanksgiving*

Cost is \$8 per person which includes 3 cards. Please call 419-893-1994 or stop by the front desk to make your reservation.

Deadline to rsvp is Thursday, September 19th.



SUMMER SAFETY TIPS FOR SENIORS



DRINK PLENTY OF WATER



EAT FRESH FOOD



AVOID ALCOHOL AND CAFFEINE



AVOID USING STOVE AND OVEN



STAY AWAY FROM DIRECT SUN EXPOSURE FROM ABOUT 10 AM TO 4 PM



USE SUNSCREEN TO AVOID SUNBURN



AVOID STRENUOUS ACTIVITIES, GET RESTED



KEEP YOUR HOUSE COOL, OR SPEND TIME IN PLACES WITH AIR CONDITIONING



TAKE COOL SHOWERS AND BATHS



PLACE A COOL WASHCLOTH ON THE BACK OF YOUR NECK



WEAR SUNGLASSES OUTDOOR



WEAR LIGHT-COLORED LOOSE CLOTHING

MSC September 2024 Menu

| | Monday | Tuesday | Wednesday | Thursday | Friday | |
|---|---|--|--|--|---|--|
| **INGREDIENT INFO AVAILABLE UPON REQUEST** | 2 <u>CLOSED FOR HOLIDAY</u> | 3 Cream Chipped Beef over Texas Toast OR Ham & Cheese Sandwich, peas & carrots, applesauce, bread & milk | 4 Pierogi & Sautéed Onions OR Breaded Pork Chop, broccoli, grapes, bread & milk | 5 Hamburger Gravy over Mashed Potatoes OR Baked Chicken, corn, pineapple, bread & milk | 6 <u>CLOSED</u> <u>COME TO HEALTH FAIR!</u> | |
| | 9 Goulash OR Beef Tips & Mushrooms, green beans, mixed fruit, bread & milk | 10 Sloppy Joe on Bun OR Sausage & Pasta, green beans, mixed fruit, bread & milk | 11 Chicken Salad Plate OR Cheese Ravioli, corn, pears, bread & milk | 12 Meatball Sub OR Turkey Melt, lima beans, pineapple, bread & milk | 13 Tuna Noodle Casserole OR Macaroni & Cheese, stewed tomatoes, peaches, bread & milk | |
| | 16 Sausage & Peppers over Rice OR Egg Salad Sandwich, corn, cinnamon apples, bread & milk | 17 Grilled Cheese Sandwich OR Pork & Apples, carrots, pears, bread & milk | 18 Meatloaf w/Tomato Sauce OR Ham & Cheese Sandwich, peas, banana, bread & milk | 19 Shepherd's Pie OR Fish Patty, rice, broccoli, grapes, bread & milk | 20 Cheese Tortellini OR Beef Stroganoff, green beans, mixed fruit, bread & milk | |
| | 23 Chicken & Stuffing OR Ravioli & Sauce, carrots, pears, bread & milk | 24 Quiche OR Veal Patty w/Gravy, cabbage, peaches, bread & milk | 25 Orange Glazed Chicken OR Pierogi & Sautéed Onions, peas, banana, bread & milk | 26 Teriyaki Chicken OR Beef Patty w/Gravy, rice, mixed vegetables, mandarin oranges, bread & milk Birthdays Cake | 27 Bratwurst OR Egg Salad Sandwich, sauerkraut, applesauce, bread & milk | |
| | 30 Scalloped Potatoes & Ham OR Beans & Weenies, green beans, fruit cocktail, bread & milk | 1 Beef Smoked Sausage OR Tuna Salad Plate, lima beans, pears, bread & milk | 2 Grilled Cheese OR Baked Chicken, buttered peas, grapes, bread & milk | 3 Stuffed Pepper OR Pork Chop, O'Brien potatoes, apples, bread & milk | 4 Meatballs & Sauce OR Cottage Cheese Plate, corn, peaches, bread & milk | |

Call 419-893-1994 to reserve your dine-in meal. Suggested senior donation is \$2.50. Dine-in is at 11:45 a.m.

Please call 24-48 hours in advance if you would like to be added to our dine-in reservation list.

Menu items subject to change.

Maumee Senior Center
2430 S. Detroit Ave.
Maumee, OH 43537
Phone: (419) 893-1994

Facebook.com/maumeeseniorcenter
www.maumeeseniorcenter.com

MISSION STATEMENT:

The mission of the Maumee Senior Center is to create an atmosphere which affirms the dignity and self-worth of the older population by serving their physical, emotional and economic well-being while encouraging their independence and continued participation in the community.

The logo features a colorful, multi-colored circular graphic resembling a flower or a cluster of dots, with the text "Maumee Senior Center's" in blue above it and "WISH LIST" in large, bold, blue letters below it.

Maumee Senior Center's
WISH LIST

The Maumee Senior Center is here to serve you. However, as a non-profit organization, we must be frugal. Consider donating new or used items on our Wish List.

Cleaning Supplies:

Clorox or Lysol wipes
Hand Sanitizer
Hand Soap
Saran Wrap
AA & AAA Batteries

Gift Cards:

Gift cards, cash gift cards and gas cards

Miscellaneous/Kitchen:

Bottles/boxes of Wine
Black Trash Bags size 33 gallon
Indoor/Outdoor 100 foot extension cord
8.5x11 and 11x17 paper
Small sandwich bags
Plastic grocery bags

[Check out our Walmart Registry!](https://www.walmart.com/registry/RR/09a8abbb-0113-4b38-999a-3e9c9095aca4)

<https://www.walmart.com/registry/RR/09a8abbb-0113-4b38-999a-3e9c9095aca4>

[We greatly appreciate your support!](#)

UPCOMING EVENTS!

September 6:
Health & Wellness Fair

September 14:
Pulled Pork Drive-Thru

September 20:
Sound Bath Class

October 11:
All That Jazz at the MSC

