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**Drivers: Sue LaFontaine &
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Maumee Senior Center News

2430 S. Detroit Ave. Maumee, OH 43537

♦ Phone (419) 893-1994♦
www.maumeeseniorecenter.com
www.facebook.com/maumeeseniorecenter

OCTOBER
2024

All that Jazz
at the Maumee Senior Center



**Don't wait!
Buy your ticket
today!**

Featuring
Gene Parker

October 11, 2024

Dinner Menu:

**Chicken Marsala • Dinner Roll •
Caesar Salad with Shaved Parmesan •
Green Beans with Slivered Almonds •
Buttered Garlic Penne • Dessert**

Beverages Available for a Donation

\$30/Person - Limited Seating; Deadline-October 4

Doors Open: 5:00 p.m. ~ Dinner Served: 6:00 p.m.



2430 South Detroit Ave. | 419-893-1994

maumeeseniorecenter@gmail.com | www.maumeeseniorecenter.com

**The Maumee Senior Center will be closed on Wednesday, October 9th
for staff planning day.**

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!



**FREE FLU & COVID VACCINE CLINIC
MON., OCT. 21, 2024!**



MSC Partners with Toledo-Lucas County Health Department for Vaccines for Seniors!

Thanks to the Toledo-Lucas County Health Department, FREE Flu & COVID Vaccines will be available for seniors!
10:30 a.m.-1 p.m. Oct. 21, 2024
*Maumee Senior Center,
2430 Detroit Ave.*

Vaccines are available on a first-come, first-serve basis while supplies last.



Join us from 11 a.m.-1 p.m., Nov. 12, 2024 at the Maumee Senior Center as we say THANK YOU to our Veterans! Enjoy lunch, entertainment by The Maumee Senior Center Singers, and casual conversation!

Special Guest Speaker: Carolyn Nagy

On the menu for lunch: Chili, salad, cornbread muffin, dessert & lemonade.

Veteran's Tickets—FREE; Non-Veterans Tickets—\$5

For tickets: call 419-893-1994 or stop at MSC. Reservation required by Nov. 8!

SPONSORED BY: Paramount Elite and Maumee Pointe

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

Friday, October 25th from 1-2 p.m.

The next Sound Bath is on Friday, November 15th

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.



Device Advice with the Toledo Lucas County 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

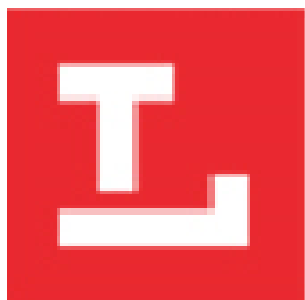
The upcoming session days at the Maumee Senior Center are:

Tuesday, October 22nd

Tuesday, November 19th

Tuesday, December 17th

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



Creative Card Making Class

Tuesday, October 22nd 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/Christmas**

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 Monday, October 21st.



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:

Jazz Night
Friday, 10/11

Veterans Luncheon
Tuesday, 11/12

Holiday Hustle 5k
Sunday, 12/1



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



If you would like to make a monetary donation to help the Maumee Senior Center, please mail a check to:
2430 S. Detroit, Maumee, OH 43537
or donate through Paypal by clicking the Donate button on our website at MaumeeSeniorCenter.com

Monetary donations help the MSC to continue programs and services.

THANK YOU!

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

Walmart

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



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.maumeeseniorcenter.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, October 10th
Thursday, November 7th
11am-1 p.m.



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

The next UToledo Health Clinic will be:

Tuesday, October 15th
Tuesday, November 19th
10am-12pm



Mobile Foot Care Clinic

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, October 22nd & Tuesday, November 26th

They specialize 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!

Legal Assistance available at the Maumee Senior Center!

The upcoming date for Legal Consultations are:

Tuesday, October 1st and Tuesday, December 3rd

Schedule your 30 minute appointment with the Attorney by calling the MSC at 419-893-1994



MSC Caregiver Support Group

Tuesday, October 29th 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!



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.

Medicare

Benefits counseling now offered at the Maumee Senior Center!

Medicare Open Enrollment: October 15th December 7^h, 2023

It's that time of year again when people who are on Medicare, as well as any Medicare Advantage plan can check to make sure they're receiving the best benefits for them! We urge all people who receive these benefits to take advantage of this time period to make sure that you have the best plan for you!

This year the Maumee Senior Center will be providing in-person consultations. All you will need is a list of your doctors as well as your medications for the consultation. If you are interested, please contact Outreach Coordinator, Laree Shroyer at 419-893-1994 to schedule a consultation.

In requesting assistance from the Maumee Senior Center for benefits counseling, the participant understands that the information presented is unbiased and is the most accurate information available at the present time based on the participant's information provided. The participant is responsible for making his/her own informed choice without any influence from the Maumee Senior Center and holds the Maumee Senior Center harmless of any and all discrepancies or liability claims.

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!!***

October Birthday lunch is on Wednesday the 30th!

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:***



*Ellen Zeisloft
Darlene Chaplin
Vera Reed
Sharon Snyder
Mary Sulik*

*Terry Seeman
Cynthia Soncrant
Kathleen Koevening
Ann Kear*

We had 22 people renew their memberships this month— thank you so much for your support!!

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



Domanski	James	1-Oct
Austermiller	Jim	3-Oct
Finck	Jan	7-Oct
Zeisloft	Ellen	7-Oct
Shaw	Sally	8-Oct
Rochowiak	Karen	8-Oct
Purifie	Towona	11-Oct
Binkowski	Nadine	10-Oct
Sills	Louise	10-Oct
Spivey	Tammy	10-Oct
Mauer	Marilyn	14-Oct
Kahle	Louise	14-Oct
Braatz	Lee	16-Oct
Grove	Dorothy	18-Oct
Holt	Marian	18-Oct
Rau	Richard	20-Oct
Dandareau	Susan	21-Oct
Walsh	Sheila	21-Oct
Wendt	Charlie	21-Oct
Parker	Judy	24-Oct
Keating	Anna Jean	28-Oct

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 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. 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

Fridays at 12 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 msscprogramcoordinator@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!



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: msscprogramcoordinator@gmail.com

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



MSC Book Club with Jane Berger Monday, October 14th at 10 a.m.

This month, the MSC Book Club is discussing:

Trust
By: Herman Diaz

Next month, the MSC Book Club is discussing:

The Old Success
By: Martha Grimes

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!



Are you interested in playing Mahjong? Then this is your sign! This group meets on Mondays at 12:30. You will need the current Mahjong card to play as well as the app called TeamReach. Tables are limited. For more information regarding lessons you can contact Mary Jo at mjdey04@gmail.com.

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 msscprogramcoordinator@gmail.com to schedule a tour and to see how you can get involved!



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
- 2 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
- 12:45 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 p.m. – Silver Sneakers Classic with Angie Mourton
- 12:30 p.m. - Pinochle
- 12:30 p.m. - Skip Bo

For more information, see our newsletter or contact
Program Coordinator, Tiffany Peet

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:

Tuesday, October 29th at 11 a.m.

"Fire Prevention"

By Maumee Fire 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!!

MSC Halloween Party!!

Put on your spookiest costume and join us for lunch on October 30th!

On the menu: Creepy Meatloaf or Spooky Turkey & Cheese Sandwich, Mystery Peas, Boo banana & Magic Milk!

Be sure to call and make your lunch reservation in advance.

Costume contest judging at 11:30, winner wins a prize!

Lunch served at 11:45.

Hope to see you there!

Want to learn more about the changes that are happening to Medicare and Medicare Advantage Plans?

Then come on out to the Waterville Library on Monday, October 7th at 11 a.m. to hear David Painter from OSHIIP speak about these changes.

Space is limited, so call the Maumee Senior Center at 419-893-1994 to reserve your spot.

"David Painter is an Ohio Senior Health Insurance Information Program (OSHIIP) Community Liaison with the Ohio Department of Insurance. He joined OSHIIP in 2011. David conducts Medicare training seminars for a network of volunteer counselors as well as educational events for Medicare beneficiaries, their families and caregivers. David speaks on a wide variety of topics, including Original Medicare, Medicare Advantage Plans, Medicare Supplemental Insurance, Medicare Part D, Long-Term care, and Medicare/Medicaid."



MSC October 2024 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	30 <u>Scalloped Potatoes & Ham</u> OR <u>Beans & Weenies</u> , green beans, fruit cocktail, bread & milk	1 <u>Beef Smoked Sausage</u> OR <u>Tuna Salad Plate</u> , lima beans, pears, bread & milk	2 <u>Corn Chowder</u> OR <u>Baked Chicken</u> , buttered peas, grapes, bread & milk	3 <u>Stuffed Pepper w/Sauce</u> OR <u>Pork Chop</u> , O'Brien Potatoes, apples, bread & milk	4 <u>Hot Dog on Bun</u> OR <u>Cottage Cheese Plate</u> , corn, peaches, crackers & milk
INGREDIENT INFO AVAILABLE UPON REQUEST	7 <u>Sloppy Joe on Bun</u> OR <u>Fish Patty</u> , broccoli, pears, bread & milk	8 <u>Sweet & Sour Chicken</u> OR <u>Pork Chop</u> , green beans, banana, bread & milk	9 CLOSED FOR STAFF PLANNING	10 <u>Taco Lasagna</u> OR <u>Hot Dog on Bun</u> , corn, apples, bread & milk	11 <u>Cabbage & Ground Beef</u> OR <u>Creamed Chicken over Biscuit</u> , peas, peaches, bread & milk
	14 <u>Vegetable Beef Soup</u> OR <u>Beef Tips & Mushrooms over noodles</u> , mixed vegetables, mixed fruit, bread & milk	15 <u>Cream Chipped Beef</u> OR <u>Turkey & Cheese Sandwich</u> , peas & carrots, applesauce, bread & milk	16 <u>Pierogi & Sautéed Onion</u> OR <u>Cheese Tortellini</u> , broccoli, grapes, bread & milk	17 <u>Hamburger Gravy over Mashed Potatoes</u> OR <u>Baked Chicken</u> , corn, pineapple, bread & milk	18 <u>Chicken & Rice Casserole</u> OR <u>Breaded Pork Chop</u> , peas & carrots, peaches, bread & milk
	21 <u>Goulash</u> OR <u>Beef Tips & Mushrooms</u> , green beans, mixed fruit, bread & milk	22 <u>Sloppy Joe on Bun</u> OR <u>Sausage & Pasta</u> , peas, mandarin oranges, bread & milk	23 <u>Chicken Salad Plate</u> OR <u>Cheese Ravioli</u> , corn, pears, bread & milk	24 <u>Meatball Sub</u> OR <u>Chicken Noodle Soup</u> , lima beans, pineapple, bread & milk	25 <u>Tuna Noodle Casserole</u> OR <u>Macaroni & Cheese</u> , stewed tomatoes, peaches, bread & milk
	28 <u>Sausage & Peppers</u> OR <u>Egg Salad Sandwich</u> , corn, cinnamon apples, bread & milk	29 <u>Split Pea Soup</u> OR <u>Pork & Apples</u> , carrots, pears, bread & milk	30 <u>Meatloaf w/Tomato Sauce</u> OR <u>Turkey & Cheese Sandwich</u> , peas, banana, bread & milk Birthdays Cake	31 <u>Teriyaki Chicken</u> OR <u>Beef Patty w/Gravy</u> , mixed vegetables, mandarin oranges, bread & milk	1 <u>Cheese Tortellini</u> OR <u>Beef Stroganoff</u> , green beans, mixed fruit, 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.



Maumee Senior
Center's

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!

October 11:

All That Jazz at the MSC

October 22:

Special Art Class

October 25:

Sound Bath Class

November 12:

Veterans Luncheon

December 1:

Holiday Hustle 5k

