



INSIDE THIS ISSUE:

Pg. 2 First Grade & Centerpieces

Pg. 3 Upcoming Events

Pg. 4 Ways to support MSC

Pg. 5 Transportation, Grocery Ordering Assistance

Pgs. 6-7 Clinics, Support Groups, Legal Aid, Membership

Pg. 8 Fitness Classes

Pgs. 9-11 Activities

Pg. 12-13 Travel

Pg. 14 Community Speakers

Pg. 15 Lunch Menu

Pg. 16 Wish List, Upcoming Events

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Maumee Senior Center News

2430 S. Detroit Ave. Maumee, OH 43537

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

**DECEMBER
2024**



**Maumee Senior Center Presents:
BREAKFAST with SANTA!**

9 a.m. – 12 p.m. Sat., Dec. 7, 2024

Maumee Senior Center
2430 S. Detroit Ave.,
Maumee

**BREAKFAST INCLUDES: PANCAKES
WITH TOPPING BAR, SAUSAGE,
JUICE, MILK & COFFEE!**
Breakfast Serving Ends at 11 a.m.

All ages welcome! Enjoy Breakfast, **Making Reindeer Food**, Photos with Santa, **Cookie Decorating**, FREE Goody Bags, **Games**, Treats & More!

Cost: \$5 for Ages 12 and Under; \$7 for Over 12

TO REGISTER: Complete and return the form below with payment to Maumee Senior Center, 2430 S. Detroit, Maumee, OH 43537 or by Email to MaumeeSeniorCenter@gmail.com by **DECEMBER 3, 2024!**

Payment Options: Cash, Check, Credit Card (*Additional fee Applies*), Venmo and PayPal

Sponsored by: St. Clare Commons, Promedica Toledo Hospital Maumee Free Standing Emergency Department and Urgent Care & Grace Communion Maumee

Registration forms can be found at maumeeseniorcenter.com or at the front desk of the Maumee Senior Center.

Maumee Senior Center Board Christmas Dinner!

Wednesday, December 11, 2024 at 5 p.m.

The Maumee Senior Center Board of Directors will cook and serve a fantastic full course holiday meal for Maumee Senior Center Booster Members!

On the menu:

Turkey & gravy with mashed potatoes, stuffing, green beans, cranberries, roll & butter and beverage.

This dinner is **FREE** for all current paid-up Booster Members and is \$9 for non-members.

Please bring cookies to share for dessert, we'll have a table available for everyone to share their goodies!



Please RSVP by Monday, December 9th.
Sign up at the front desk or call
419-893-1994.

Space is limited! First come-first served.



The Maumee Senior Center will be closed on Tuesday, December 24th, Wednesday December 25th and January 1st for the Holiday.

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 Goultiere
- Genevieve Stults
- Pat Viertbeck
- 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!



Come & Create
Centerpieces
& CELEBRATION

At the Maumee Senior Center,
2430 S. Detroit Ave., 419-893-1994

DECEMBER 16, 5-8 P.M.

\$35 TICKETS AVAILABLE AT THE SENIOR CENTER
(CASH, CHECK, VENMO OR CREDIT CARD WITH FEE)
\$15 ADDITIONAL TO MAKE SECOND ARRANGEMENT

Join us for an evening of wine, light nosh, and crafting winter décor with live greens. Supplies available or spruce up a container brought from home. Start times will be staggered 5, 5:30, 6 & 6:30 to allow for more participation.



Fancy in First Grade!

Friday, December 6th:
9:30 am to 11am

Join us and the Fort Miami Elementary School First Grade Students with a holiday party at the Maumee Senior Center! Come for snacks, cookies, hot cocoa, crafts and sing-alongs with the elementary school students.

Call 419-893-1994 or sign up at the front desk to register for this free event.

We'd love to have you! The more the merrier!!



Maumee Senior Center's
Souper Soup Sale
4 Seniors Begins
January 6, 2025

Soup Orders placed by Wednesday are Available for Pick-up the following Tuesday.

Enjoy Wilma's hearty soups at home for just \$10 each!

All 16-ounce soups come frozen with a home-made cornbread muffin and cookie.



January Soup Order Form



16-ounce Soup @ \$10 each	Quantity	Total Quantity X \$10 each	Support Our Seniors!
Loaded Baked Potato Soup			Help the Maumee Senior Center to provide meals, transportation and programming to enable our area seniors to live happy independent lives at home. Please consider making a donation! Your support helps us continue to provide services and meals for our area seniors!
Chicken Noodle Soup			
Broccoli Cheese Soup			
Vegetable Beef Soup			
Total			

Complete this form, make check payable to Maumee Senior Center and mail both to 2430 Detroit Ave., Maumee, OH 43537 or pay by Venmo. Then pick up the soup at the Maumee Senior Center on the Tuesday following the week the order was placed. Pre-orders are required as supplies are limited.

Name: _____

Phone Number: _____

Email Address: _____@_____.

For additional information, call 419-893-1994

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

Friday, December 6th from 1:30-2:30 p.m.

The next Sound Bath is on Friday, January 3rd

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 please call 419-893-1994 in advance to make your reservation. **All ages welcome!**

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



Winter Landscape Workshop Class
Thursday, December 12th at 12:30 p.m.

Join us for this 2.5 hour workshop to learn various techniques in different mediums to create a winter landscape! This class is suitable for beginners and intermediate painters.

Open to all ages!

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, December 17th

Stay tuned for 2025 dates to be announced.



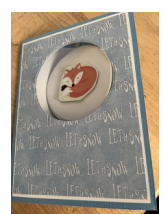
*Space is limited and sessions are first come, first serve.
Call 419-893-1994 to schedule your 30 minute session.

Creative Card Making Class

Tuesday, December 3rd 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:***

Christmas/Winter



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, December 2nd.

Free Holiday Photos at the Maumee Senior Center!

Tuesday, December 10th from 10am-noon

Wear something festive or come as you are! Photo prints will be dropped off at a later date. Call 419-893-1994 to reserve your spot!

Sponsored by Heritage Village at Waterville and Perrysburg Healthcare & Rehabilitation

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 in need of small pre-wrapped candy for our Breakfast with The Easter Bunny event on Saturday, April 12th.



You can leave donations at the front desk.

Thank you so much!

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

Our upcoming events with volunteer needs:

Breakfast With Santa
Saturday, 12/7

Board Christmas Dinner
Wednesday, 12/11

Centerpieces & Celebrations
Monday, 12/16

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!

~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.



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.maumeeseniorcenter.com

Subscribe by email at:
msscprogramcoordinator@gmail.com



**GRACE COMMUNION
M A U M E E**

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, December 5th
Thursday, January 1st
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, December 17th
Tuesday, January 21st
10am-12pm



Hearing Screening:

The next Hear USA Hearing Screening will be:
Wednesday, January 29th
10am-1pm



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:

Tuesdays, December 10th & Tuesday, January 21st

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!

MSC Caregiver Support Group

Monday, December 30th 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.

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, December 3rd and Tuesday, January 7th

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



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!!***

December Birthday lunch is on Thursday the 19th!

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:***



Lina Barrera

Sue Williams

Joani Fitch

We had 14 people renew their memberships this month– thank you so much for your support!!

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



Nancy	Abbe	12/2
Ray	Gilreath	12/4
Wilma	Hoffman	12/5
Vicki	Sweeney	12/5
Don	Dine	12/6
Irene	Irelan	12/6
Stephanie	Betz	12/7
Veronica	Lawrence	12/9
Kathleen M	Gardner	12/11
Lori	Allee	12/12
Gary	Horton	12/14
Connie	Barron	12/17
Kathie	Gunner	12/18
Jerry	Chauvin	12/21
Douglas	Sneider	12/23
Judy	Switala	12/23
Carol	Stewart	12/24
Marjorie	Weber	12/24
Alta	Reed	12/27
Shirley	Taylor	12/28
Gene	Griss	12/29
Dennis	Coy	12/30
Gail	Lindsay	12/30
Barbara	Knisely	12/31

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 12:15 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.



Maumee Senior Center Singers
Tuesdays at 1 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



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 and Thursdays at 12:30 p.m.

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.



UNDER CONSTRUCTION
EXCITING IMPROVEMENTS AHEAD

Our fitness room is temporarily closed for renovation. Stay tuned for a reopening date! More information to come!

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!



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
 1 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
 12:15 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

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



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

This month, the MSC Book Club is discussing:

The Old Success
By: Martha Grimes

Next month, the MSC Book Club is discussing:

Lula Dean's Little Library of Banned Books
By: Kristen Miller

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: **Pinochle**
- 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!

PAINTED CANYONS OF THE WEST & COLORADO ROCKIES TRAVEL PREVIEW

TUESDAY, JAN. 28, 2025 at 10 a.m.

Maumee Senior Center, 2430 S. Detroit

PAINTED CANYONS OF THE WEST TRIP

September 21-29, 2025
9 Days & 11 Meals

HIGHLIGHTS...

Colorado National Monument,
Moab, Arches National Park,
Canyonlands National Park,
Dead Horse Point State Park,
Utah's Scenic Byway 24,
Capitol Reef National Park,
Grand Staircase-Escalante
National Monument,
Bryce Canyon National Park,
Zion National Park & Las Vegas

Be sure to reserve your spot to hear the details and see the sites for this **AMAZING** trip! A Collette Tours representative will be here to answer all of your questions!



PHOTOS PROVIDED BY COLLETTE

BOOK NOW AND SAVE \$450 PER PERSON!

~~Double \$4,449~~ Double \$3,999
~~Single \$5549~~ Single \$5,099
~~Triple \$4399~~ Triple \$3,949



Be sure to register to save your seat!

COLORADO ROCKIES August 1-9, 2025



PHOTOS PROVIDED BY COLLETTE

HIGHLIGHTS . . . 9 Days, 12 Meals

Denver, Rocky Mountain National
Park, Colorado National Monument,
Grand Junction, Black Canyon,
Museum of the Mountain West,
Durango & Silverton Narrow Gauge
Railroad,
Pikes Peak Cog Railway & Garden
of the Gods.

**BOOK NOW AND SAVE \$100
PER PERSON!**

~~Double \$3,599~~ Double \$3,499
~~Single \$4,599~~ Single \$4,499
~~Triple \$3,549~~ Triple \$3,449

*** REGISTER TODAY TO
ATTEND
TRAVEL PREVIEW!**



**RESERVATION REQUIRED TO ATTEND.
CALL 419-893-1994,
EMAIL MAUMEESENIORCENTER@GMAIL.COM OR
SIGN UP AT THE FRONT DESK TO ATTEND!**

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 maumeeseniorcenter@gmail.com**

MSC
MAUMEE
SENIOR CENTER

Community Speakers:

Wednesday, January 29th at 11 a.m.

"Advanced Directives"
By Mercy Family Residency

Stay tuned for more community speakers in 2025!

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
- Silverware tea spoons
- Brown Paper Bags size: 5" 1/8 x 3" 1/8 x 10" 5/8



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



December
Evening
Grab & Go
Meal

Tuesday, Dec. 17, 2024 4-4:30 p.m.

MENU:

Smothered Chicken,
Mashed Potatoes,
Corn, Fruit and Bread & Butter.

Suggested donation for seniors \$3.50

Call 419-893-1994 or stop at the front desk to reserve your meal!



Join Us for Some Holiday Fun to Celebrate the Season!

11 a.m. Dec. 19, 2024

- *Ugliest Sweater Contest
- *Reindeer Games
- *Raffles
- *Music
- *Lunch

Sign up at the Front Desk today!

MSC December 2024 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>2 <u>Goulash</u> OR <u>Beef Tips & Mushrooms</u>, green beans, mixed fruit, bread & milk</p>	<p>3 <u>Navy Bean Soup & Ham</u> OR <u>Chicken & Pasta</u>, peas, mandarin oranges, bread & milk</p>	<p>4 <u>Quiche</u> OR <u>Cheese Ravioli</u>, corn, pears, bread & milk</p>	<p>5 <u>Meatball Sub</u> OR <u>Chicken Noodle Soup</u>, lima beans, pineapple, bread & milk</p>	<p>6 <u>Tuna Noodle Casserole</u> OR <u>Macaroni & Cheese</u>, stewed tomatoes, peaches, bread & milk</p>
	<p>9 <u>Beef Sausage</u> OR <u>Egg Salad Sandwich</u>, corn, cinnamon apples, bread & milk</p>	<p>10 <u>Split Pea Soup</u> OR <u>Pork & Apples</u>, carrots, pears, bread & milk</p>	<p>11 <u>Bratwurst & Peppers</u> OR <u>Turkey & Cheese Sandwich</u>, peas, banana, bread & milk</p>	<p>12 <u>Teriyaki Chicken</u> OR <u>Beef Patty w/Onion Gravy</u>, mixed vegetables, mandarin oranges, bread & milk</p>	<p>13 <u>Cheese Tortellini</u> OR <u>Beef Stroganoff</u>, green beans, mixed fruit, bread & milk</p>
	<p>16 <u>Chicken & Stuffing</u> OR <u>Ravioli & Sauce</u>, carrots, pears, bread & milk</p>	<p>17 <u>Grilled Cheese & Tomato Soup</u> OR <u>Veal Patty w/Gravy</u>, cabbage, peaches, bread & milk</p> <p style="text-align: center;">Evening Meal</p>	<p>18 <u>Shepherd's Pie</u> OR <u>Pierogi & Sautéed Onion</u>, peas, banana, bread & milk</p>	<p>19 <u>Orange Glazed Chicken</u> OR <u>Fish Patty</u>, broccoli, grapes, bread & milk</p> <p style="text-align: center;">Birthday Cake</p>	<p>20 <u>Bratwurst</u> OR <u>Egg Salad Sandwich</u>, sauerkraut, applesauce, bread & milk</p>
	<p>23 <u>Scalloped Potatoes & Ham</u> OR <u>Beans & Weenies</u>, green beans, fruit cocktail, bread & milk</p>	<p>24 CLOSED FOR HOLIDAY</p>	<p>25 CLOSED FOR HOLIDAY</p>	<p>26 <u>Stuffed Pepper w/Sauce</u> OR <u>Pork Chop</u>, O'Brien potatoes, sliced apples, bread &</p>	<p>27 <u>Hot Dog on Bun</u> OR <u>Baked Potato w/Broccoli & Cheese</u>, corn, peaches, bread & milk</p>
	<p>30 <u>Sloppy Joe on Bun</u> OR <u>Fish Patty</u>, broccoli, pears, bread & milk</p>	<p>31 <u>Sweet & Sour Chicken</u> OR <u>Pork Chop</u>, green beans, banana, bread & milk</p>	<p>1 CLOSED FOR HOLIDAY</p>	<p>2 <u>Taco Lasagna</u> OR <u>Hot Dog on Bun</u>, corn, apples, bread & milk</p>	<p>3 <u>Creamed Chicken over Biscuit</u> OR <u>Cabbage & Ground Beef</u>, peas, peaches, bread & milk</p>

****INGREDIENT INFO AVAILABLE UPON REQUEST****

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
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

Gift Cards:

Gift cards, cash gift cards and gas cards

Miscellaneous/Kitchen:

Bottles/boxes of Wine
Black Trash Bags size 33 gallon
8.5x11 and 11x17 paper
Small sandwich bags
Plastic grocery bags
Silverware: Spoons
2 Propane Tanks

Check out our Walmart Registry!

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

We greatly appreciate your support!

UPCOMING EVENTS!

December 6:

Fancy In First Grade &
Sound Bath Class

December 7:

Breakfast with Santa

December 11:

Board Christmas Dinner

December 16:

Centerpieces & Celebrations

