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**Drivers: Sue LaFontaine &
Dennis Oberhauser**



**SAVE THE
DATE!**

A Passport to Retirement: The Next Chapter

Hosted by
The Maumee Senior Center



4-6 p.m. June 11, 2024

Maumee Senior Center, 2430 Detroit Ave.

FREE ADMISSION!

Featuring Vendors Focusing On
Retirement Topics:

Finances Mental Health Medicare Housing
Health & Fitness Hobbies & Crafts
Volunteer Opportunities Part-time Jobs

Visit All Vendors for a Chance to Win the Grand Prize!

Plus Enjoy Prize Drawings & Making Connections!

For more information, call 419.893.1994 or email:
maumeeseniorecenter@gmail.com

PASSPORT SPONSOR: PARAMOUNT ELITE

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 Viertlbeck**Darryl Lycourt**Doug Swary***Advisory Committee:***Chris Blakely– Chairman,
Ginny Hiser, Robert Groh*

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!

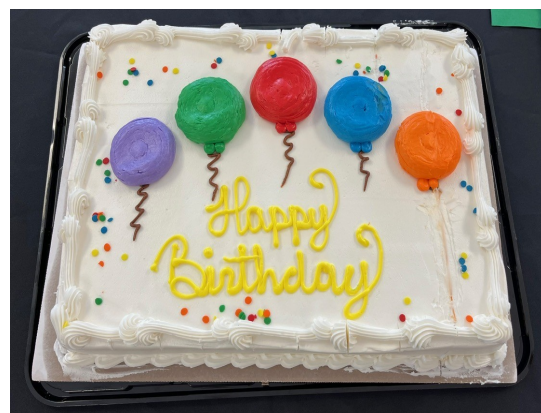
**MSC's first 90's Party was a success!**

In recognition of May being Older American's Month, the Maumee Senior Center hosted a 90's birthday party and celebrated a total of 20 people whose ages ranged from 90 to 99! It was a wonderful time catching up with each other while enjoying some light refreshments!



Pictured above:

Cliff & Jan McIntire, Carol Jacobs, Tom Bensman, Julia Colnar, Patsy Albright, Al Norman, Pat Cheney, Marie Adkins, LaDonna Shane, Charles & Norma Jean Repp, Rosalyn Nagel, Jerry Chauvin, Harmon Collins, Vivian Lijewski, Nancy Stonerock, David LeRoux, Pat Trettin and Flo Metzger.



Thank you to Walker Funeral Homes for sponsoring this wonderful event!

NOTICE:

Starting on Friday, June 7th, the Maumee Senior Center will have adjusted office hours through the summer.

On Fridays, the Maumee Senior Center will close at 2:30 p.m. Other days of the week are subject to change.

We appreciate your support and flexibility during this time!

“Wind down your week” with a Sound Bath at the MSC! **Friday, June 7th from 1-2 p.m.**

The next Sound Bath is on Friday, August 23rd from 1-2 p.m.

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, June 18th 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.



44TH MAUMEE REC 5K

CELEBRATING 44 YEARS OF RUNNING MAUMEE TO BENEFIT THE MAUMEE SENIOR CENTER

5K RACE & WALK

SATURDAY, JULY 13, 2024

RACE REGISTRATION OPENS at 7:30 A.M. 5K RACE / WALK at 9 A.M.

REGISTRATION LOCATION: Maumee High School, 1147 Saco Street, Maumee, OH

COURSE: Start and finish at the high school with one water stop on the 5K course. Course is accurately measured.

AWARDS

- Male/Female Overall, Master (40+), & Grand Masters (50+) in the 5K race. The walk is non-competitive.
- Age group awards (at least three deep) in the 5K race. No duplication of awards.
- Male/Female: 9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & older

SHIRTS, REFRESHMENTS, and OTHER INFO:

- All preregistered participants will receive a T-shirt. A very limited number of shirts will be available on race day.
- Want a shirt in your size? Preregister!
- One water stop on the course
- Water, fruit, and snacks at the finish
- All proceeds benefit the Maumee Senior Center

ENTRY FEES:

- 5K Race & 5K Walk entry fee pre-registered – postmark or online by Friday, June 30, 2024. \$20 (shirt guaranteed)
- 5K Race & 5K Walk late or day of race entry fee – \$25 (shirt not guaranteed)
- Online registration available at www.runsignup.com (service fee applies)
- Entry fees payable to Maumee Senior Center Mail to Maumee Senior Center, 2430 S. Detroit Ave, Maumee, Ohio 43537
- Need more information? Call Malinda Ruble at 419- 893-1994

CUT HERE – ENTRY FORM MAY BE PHOTOCOPIED- PLEASE PRINT

NAME _____ TELEPHONE: (____) _____
ADDRESS _____ CITY/STATE: _____
ZIP CODE: _____ SEX: (CIRCLE) M F AGE (ON 7/13/2024): _____ DATE OF BIRTH: _____
SHIRT SIZE: (CIRCLE) YL S M L XL 2XL INDICATE EVENT (CIRCLE) 5K RACE 5K WALK
EMAIL ADDRESS: _____

IN CONSIDERATION OF YOUR ACCEPTANCE OF THIS ENTRY, I HEREBY FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS WAIVE AND RELEASE ALL RIGHTS FOR CLAIMS AND DAMAGES I MIGHT HAVE AGAINST THE RACE DIRECTOR, CITY OF MAUMEE, MAUMEE SENIOR CENTER, ALL SPONSORS, AND ALL RELATED PARTIES FOR ANY AND ALL INJURY OR DAMAGE RESULTING FROM PARTICIPATING IN THE ABOVE EVENT. I AM IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN THIS EVENT.

SIGNED _____ (PARENT OR GUARDIAN IF UNDER AGE 18) DATE: _____

You can find the full registration form on our website at maumeeseniorecenter.com or at the front desk of the Maumee Senior Center!

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!

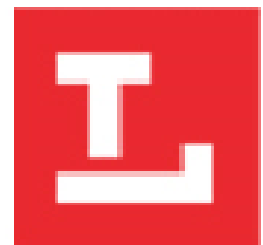
Sign up for a 30-minute session with a Tech Team Librarian and get one-on-one help with basic device setup, troubleshooting, and new skills on your smartphone, tablet or laptop.

Sessions start at 1pm and end at 3pm

The upcoming session days at the Maumee Senior Center are:

Tuesday, June 18th,
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.

*Thank you to
Ransom and Randolph for their
donation to the Maumee Senior
Center in memory of one of our
members. We are so appreciative.*



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

Our upcoming events with volunteer needs:

MSC Retirement Fair-
Tuesday, 6/11

Maumee 5k Rec Race-
Saturday, 7/13

Parking Lot Party-
Friday, 8/9

Ellis Huff Memorial Summer Party-
Friday, 8/16

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!

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 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:
mscprogramcoordinator@gmail.com



Summer



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

Summer Luau

Saturday, July 20th, 11- 2 pm

In the Maumee Senior Center Dining Room



Hamburgers and Hotdogs, accompanied by live music.

Church services every Sunday at 10:30 am. in the Maumee Senior Center Dining Room.



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, June 6th,
Thursday, August 1st
11am-1 p.m.**



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

The next UTMCM Clinic will be:

**Tuesday, June 18th
Tuesday, July 16th
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 dates for Legal Consultations are:

**Tuesday, June 4th
and
Tuesday, July 2nd**

Schedule your 20 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, June 25th 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 Izzy Alaniz, RN at 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, June 25th &
Tuesday, July 30th**

Izzy is a Registered Nurse who 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 with Izzy are 30 minutes long and 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!!

June Birthday lunch is on Thursday the 27th!

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:



Liz Alvarado

Arlene Wines

Barbara Hahler

Linda Sofalvi

Andrew Ayers

Bill & Laurie Holt

Ann Friedberg

Robert Hendrix

Christine Hammer

Jane Wyndham

We had 11 people renew their memberships this month— thank you so much for your support!!

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



Ortner	Fred	6/1
Friedberg	Ann	6/2
Moats	Mary	6/2
Kertesz	Terry	6/3
Deszell	Christine	6/6
Caughhorn	Joan	6/9
Junkins	Joanne	6/11
Morrow	Jeannie	6/11
Rossler	Becky	6/12
Hughes	Terry	6/13
Sell	Kathleen	6/14
Steinman	William	6/15
Thomas	Bob	6/15
Reavis	Sidna	6/19
Pacer	Julieann	6/20
Dreier	Beverley	6/21
Skaff	Lena	6/21
Metzger	Ruth	6/22
Wilhelm	Elizabeth	6/23
Demoe	Mary	6/24
Wolfe	Karen	6/24
Tecpanecatl	Paul	6/25
Holt	Bill	6/29
Zimmerman	Eva	6/30

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.



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



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!



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.



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.



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!





Are you interested in learning how to play Mahjong?
If so, reach out to Mary Jo at mjdey04@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, June 10th at 10 a.m.

This month, the MSC Book Club is discussing:

Demon Copperhead
By: Barbara Kingslover

Next month, the MSC Book Club is discussing:

Empire Falls
By: Richard Russo
&
The Gold Finch
By: Donna Tartt

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**
- Tuesdays 12:30 pm: **Phase 10**
- Wednesdays 10:30 am: **Pokeno**
- Thursdays 12:30 pm: **Phase 10**
- 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!

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. - Phase 10
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. - Phase 10
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

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

SAVE
THE
DATE!

Ellis Huff Memorial Summer Party

TICKETS
ON SALE
6.3.2024

featuring
The Gatlin Show

**Friday,
August 16,
2024**

MAUMEE SENIOR
CENTER,
2430 S. DETROIT
5 p.m. Dinner
Show to Follow



TICKETS: \$30 EACH

DINNER INCLUDES:

*Smothered, Boneless Pork Chop with Gravy,
Roasted Potatoes, Green Bean & Carrot Blend,
Garden Salad, Roll & Butter
and Dessert.*

*** MUSIC * DANCING * CASH BAR * DRAWINGS ***

**PURCHASE TICKETS BY CALLING 419-893-1994,
STOPPING AT THE MSC (PAYING WITH CASH OR CHECK) OR
WITH VENMO OR PAYPAL**

TICKETS SOLD ON FIRST-COME, FIRST-SERVED BASIS.
SPACE IS LIMITED.

*PRESENT YOUR TICKET AT THE DOOR.

TICKET SALES ARE FINAL!



Sponsored by:
The Turner Family



Community Speakers:

Wednesday, June 12th at 11 a.m.

"Identity Theft"
By Fifth Third Bank

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
- Plastic grocery bags



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

Creative Card Making Class

Tuesday, June 4th 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: Patriotic, Birthday and Thinking of You!***

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, June 3rd.



MAUMEE SENIOR CENTER

2430 S DETROIT AVE, MAUMEE, OH 43537

BACK TO BACK EVENTS
TUESDAY, AUGUST 27, 2024

AARP DRIVER SAFETY COURSE

REGISTRATION STARTS AT 8:30 A.M.
CLASS AT 9:00 A.M.-1:00 P.M.

\$20 for AARP Members
\$25 for Non AARP Members

CAR FIT

12:00 P.M.-3:00 P.M.
IN THE PARKING LOT

15-20 MINUTE EVALUATION IN YOUR VEHICLE
NO NEED TO REGISTER, COME WHENEVER IS
CONVENIENT FOR YOU!

CONTACT LAREE WITH QUESTIONS: 419-893-1994



MSC June 2024 Menu

INGREDIENT INFO AVAILABLE UPON REQUEST	Monday	Tuesday	Wednesday	Thursday	Friday
	3 <u>Open Face Turkey Sandwich</u> OR <u>Pork Chop</u> , mashed potatoes, green beans, pears, bread & milk	4 <u>Sweet & Sour Chicken</u> over <u>Noodles</u> OR <u>Philly Steak Sloppy Joe</u> , broccoli, banana, bread & milk	5 <u>Beef Stew</u> OR <u>Fish Patty</u> , cauliflower, fruit cocktail, corn muffin & milk	6 <u>Taco Boat</u> OR <u>Chicken Salad Sandwich</u> , corn, apples, bread & milk	7 <u>Creamed Chicken</u> over <u>Biscuit</u> OR <u>Fish Patty</u> , peas, peaches, bread & milk
	10 <u>Beef Tips & Mushrooms</u> over <u>Rice</u> OR <u>Pierogi & Sautéed Onions</u> , succotash, grapes, bread & milk	11 <u>Cream Chipped Beef</u> over <u>Texas Toast</u> OR <u>Turkey & Cheese Sandwich</u> , peas & carrots, applesauce, bread & milk	12 <u>Sausage & Pasta</u> OR <u>Cheese Tortellini</u> , mixed vegetables, peaches, bread & milk	13 <u>Hamburger Gravy</u> over <u>Mashed Potatoes</u> OR <u>Baked Chicken</u> , corn, pineapple, bread & milk	14 <u>Breaded Baked Pork</u> OR <u>Macaroni & Cheese</u> , stewed tomatoes, mixed fruit, bread & milk
	17 <u>Shepherd's Pie</u> OR <u>Ham & Cheese Sandwich</u> , mixed vegetables, cinnamon apples, corn muffin & milk	18 <u>Chicken & Stuffing</u> OR <u>Baked Fish</u> , green beans, mixed fruit, bread & milk	19 <u>Tuna Boat</u> OR <u>Cheese Ravioli</u> , corn, pears, bread & milk	20 <u>Meatball Sub</u> OR <u>Breaded Pork Chop</u> , lima beans, pineapple, bread & milk	21 <u>Chicken Paprikash</u> OR <u>Hot Dog on Bun</u> , spaetzli, stewed tomatoes, peaches, bread & milk
	24 <u>Sloppy Joe</u> on <u>Bun</u> OR <u>Sausage & Peppers</u> , rice, beets, grapes, bread & milk	25 <u>Patty Melt</u> OR <u>Pork & Apples</u> , corn, pears, bread & milk	26 <u>Cheese Tortellini</u> OR <u>Turkey & Gravy</u> , peas, banana, bread & milk	27 <u>Chicken & Rice Casserole</u> OR <u>Egg Salad Sandwich</u> , glazed carrots, cinnamon apples, bread & milk Birthday Cake	28 <u>Chicken Divan Casserole</u> OR <u>Beef Stroganoff</u> , green beans, mixed fruit, bread & milk
	1 <u>Chicken Alfredo</u> OR <u>Sliced Ham</u> , mandarin oranges, bread & milk	2 <u>Quiche</u> OR <u>Veal Patty</u> w/ <u>Gravy</u> , sliced tomatoes, peaches, bread & milk	3 <u>Fish Patty</u> OR <u>Beef Patty</u> w/ <u>Gravy</u> , buttered carrots, banana, bread & milk	4 CLOSED FOR HOLIDAY	5 CLOSED FOR HOLIDAY

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/maumeeseniorecenter
www.maumeeseniorecenter.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 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>

We greatly appreciate your support!

UPCOMING EVENTS!

June 4:

Card Making Class

June 7:

Sound Bath Class

June 11:

Retirement Fair

June 18:

Watercolor & Pastel Workshop

July 13:

Maumee 5k Rec Race

