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MSC Transportation Office:

419-377-8113

Drivers: Sue LaFountaine & Dennis Oberhauser

Maumee Senior Center News

2430 S. Detroit Ave. Maumee, OH 43537 • Phone (419) 893-1994• SEPTEMBER www.maumeeseniorcenter.com www.facebook.com/maumeeseniorcenter 2023

Maumee Senior Center's Health & Wellness Fair Returns!

FRIDAY, SEPTEMBER 8, 2023 9:30 A.M.-1 P.M. 2430 S. Detroit Ave., Maumee, 419-893-1994

FREE Lunch! FREE Admission!

Chance to win a \$250 Grand Cash Prize!

<u>Be Sure to Stop By for:</u> *Free Health Screenings *Flu Vaccines by UTMC *One-on-One Time with Local Professionals *Basket and 50/50 Raffles & More!

<u>Thank you to our sponsors:</u> Maison-Dardenne-Walker Funeral Home, Maumee Pointe, UTMC, Aetna Medicare Solutions, Paramount, Lakes of Monclova, The

Commons, Vibrant Life Senior Living, MediGold, Bloom Medicinals Maumee and Duraline Medical Products, Inc.



This month's issue of the Maumee Senior Center Newsletter is sponsored by: *The Commons, A ProMedica Senior Living Community.* Thank you for your support!



A ProMedica Senior Living Community

THE MAUMEE SENIOR CENTER WILL BE CLOSED ON MONDAY, SEPTEMBER 4TH, FRIDAYS, SEPTEMBER 8TH AND 22ND.

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.

Board, Pulled Pork Drive-Thru, Grill & Chill Fundraiser

MSC Board of Trustees:

Joe LaChapelle Maria Zapiecki Chris Blakely Heather Cole John Gouttiere Genevieve Stults Pat Viertlbeck Martin Lahey

Advisory Committee:

Chris Blakely– Chairman, Ginny Hiser, Robert Groh and P.J. Brunner

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: <u>mscadvisory@gmail.com</u> or any of the participants.

ATTENTION:

Opinions of <u>guest speakers</u> and <u>advertisements</u> 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!





Smoked, Slow-Roasted Pork Sandwich + Coleslaw + Beans + Cookie

BBQ Sauce Available

\$10.00 per meal DOUBLE MEAT AVAILABLE FOR \$13.00 per meal Add Queso & Chips For \$5 more

All proceeds support Maumee Senior Center Programs!

WHILE SUPPLIES LAST! 3:00 - 6:00 p.m. WHILE SUPPLIES LAST!

2440 S. Detroit Ave. (next door to the Maumee Senior Center)

Sponsored by

MediGold



Genacross Lutheran Services

Questions? Call 419-893-1994

MSC Grillin' & Chillin' Fundraiser!

Friday, September 15th at 11:30 a.m.

Join us on Friday, September 15th for our summer Grillin' & Chillin' Fundraising event! Enjoy a freshly cooked meal on our smoker grill prepared by the one and only, Chef Wilma!

On the menu:

Hamburger or Beef Hot Dog on a bun, baked beans & watermelon. Dessert is included: ice cream Sundaes!



Cost is \$7 per person Tickets can be purchased at the front desk by

Wednesday, September 13th.

Thank you to our sponsor: Oak Street Health!

*Due to funding cuts, this is a fundraiser for the Maumee Senior Center. There will be no nutrition lunch available this day.

"Wind down your week" with a Sound Bath at the MSC! Friday, September 29th 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 and the world around us.

Cost is \$5 per person tickets can be purchased at the front desk of the Maumee Senior Center. Call 419-893-1994 if you have any questions.

> Deadline to purchase your ticket is Wednesday, September 27th



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



Cesar Salad with Shaved Parmesan• Dinner Roll • Green Beans with Slivered Almonds • Roasted-Red Potatoes with Rosemary • Cheesecake Wine & Irish Coffee Available for a Donation

\$30/Person - Limited Seating; Deadline-September 29 Doors Open: 5:00 p.m. ~ Dinner Served: 6:00 p.m.

> 2430 South Detroit Ave. | 419-893-1994 maumeeseniorcenter@gmail.com | www.maumeeseniorcenter.com

Want to make an announcement? Place a classified listing in the Maumee Senior Center newsletter! See Tiffany for a form. ***(The Maumee Senior Center reserves the right to edit and/or reject any listing submissions).

MAUMEE



MSC Classified Listings

ANNOUNCEMENT: *Libbey* Cowboys Centennial Celebration! Monday, September 11th from 6pm-7pm. Libbey Campus. Wear Blue & Gold- all community, new & historical. Contact Sue at 419-270-6850 for more info.

MSC Classified Listings

FREE: Full-sized 88 Key Musette Piano; bench included. *Free*– you move. If interested, contact: 419-392-1413

MSC Classified Listings

FOR SALE: 1930's full size, dark brown bedroom outfit-1 bed, 1 end table, 2 dressers, one with a mirror attached. Good condition. Asking \$1,000 OBO. Also selling XL long sleeved wedding dress in good condition. Asking \$500 OBO. If interested in either, contact: 419-382-0073

MSC Classified Listings

FOR SALE: "Richards of Sheffield England" 2 Gold Tone Scissors with case.



One pair of scissors sells for \$24 on E-Bay, only asking: \$20. If interested, contact Mary at 260-466-4119

MSC Classified Listings

FOR SALE: Unlocked flip phone- large numbered buttons with charging dock: \$20 Corelle Green Leaf Ivy Patterned Dishes by Corning: \$10. If interested, contact Mary at 260-466-4119



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!

~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:

Emmeline Saad From: David and Arlene Hartmann And Eileen and Marvin Szabo

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



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

Our upcoming events with volunteer needs:

MSC Health & Wellness Fair-Friday, 9/8

Pulled Pork Drive-Thru– Saturday, 9/16

> Jazz Night Friday, 10/6



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 <u>Donate button</u> 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: <u>www.walmart.com/registry/</u> <u>registryforgood</u>



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!

Transportation, Grocery Ordering

MSC Transportation Service

The Maumee Senior Center offers transportation to those 60 and older to medical appointments, grocery stores, hair/nail appointments, etc. 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.

Monthly Newsletter Mailing Subscription



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

Call 419-893-1994 for more information.

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!





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

All are welcome!



Online Grocery Ordering Delivery Service

Are you in need of groceries and do not want to leave the comfort of your own 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:

- ٠ A credit or debit card on hand—you must be comfortable with a MSC staff member receiving vour card information to order your groceries for vou
- 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



Web site: www.gcmaumee.org

Outreach–Clinics, Support Group, Assistance

<u>The Maumee Senior Center</u> <u>offers a free Blood Pressure</u> <u>Clinic every month!</u>



This month's walk-in clinic is on: +Tuesday, September 19th 10 a.m. to 12 p.m.

Monitoring your blood pressure is one of the most important screenings. High blood pressure usually has no symptoms, so it cannot be detected without being

measured. Take advantage of this free walk-in clinic at the Maumee Senior Center!

These Blood Pressure Clinic are compliments of UTMC.

MAUMEE CARRIER ALERT PROGRAM

The Maumee Senior Center, the city of Maumee and the local branch of the National Association of Letter Carriers have teamed up to provide the new Carrier Alert Program, a pilot project for Maumee residents.

The purpose of this new program is to provide reassurance to participants (Maumee residents only) that a responsible agency will be alerted to check on the resident's well-being, if there is an accumulation of mail.

<u>Call 419-893-1994 if you have any questions about</u> this program. You can also stop by the front desk to grab a form to enroll in the program.

Legal Assistance available at the Maumee Senior Center!

Legal Consultations are available at the Maumee Senior Center on the first Tuesday of every month between 10 a.m.—12 p.m.

The upcoming dates for Legal Consultations are:

Tuesday, September 5

Thursday, October 5

Schedule your 20 minute appointment with the Attorney by calling the Maumee Senior Center at 419-893-1994



MSC Caregiver Support Group

Tuesday, September 26th 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

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-Friday 9-3pm.

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.



Benefits counseling now offered at the Maumee Senior Center!

Medicare Open Enrollment: October 15th December 7th, 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 <u>a list of your</u> <u>doctors</u> as well as your <u>medications</u> 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 on the last Friday of your birthday month, MSC makes the suggested lunch donation in your honor. Value=\$2.50

*Discounted fee for a classified listing in the MSC newsletter.

*Exclusive Booster Club Member Only Mailings & Specials.

*Special discount on day trips with Malinda.

*Friends, Fun, & Fellowship.

*Ask us how you can get 25% off your new membership!

Be a Booster!

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



Birthday Lunches for Booster Members!!

September Birthday lunch is on Friday the 29th!

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:



Cathy Miller	Lynn Smith	
Anne Walters	Sue Wallace	
Sheila Wineman-Krieger	Mary Morris	
Beverly Damrauer	Veronica Lawrence	
Jane Wagner	Tammy Spivey	
Elaine & Paul Tecpanecatl	Deb & Jim Luginbuhl	

Happy Bírthday to all of our September MSC Members!

Trettin	Patricia	9/1	
Walters	Ann	9/1	
Соу	Phyllis	9/3	
Hames	Martin	9/4	
Oxner	Barbara	9/7	
Malohn	Deanna	9/8	
Randall	Sandra	9/8	
Cramer	Kenneth	9/13	
Rambo	Regina	9/14	
Reiner	Linda	9/16	
Sweeney	Vicki	9/17	
Aigotti-Shalev	Silvana	9/18	
Garrett	Roger	9/18	
McLemore	Patricia	9/18	
Pontius	MaryAnn	9/20	
Cheney	Patricia	9/22	
Dennis	Don	9/23	
Dodds	Gary	9/23	
Plantz	Anita	9/24	
Guernsey	Genevieve	9/26	
Steinhurst	Mary	9/26	
Quackenbush	Jim	9/28	
Christensen	Valerie	9/29	
Wolf	Sherry	9/29	
Spivey	Donna	9/30	

Virtual Programs, In-Person Programs and Descriptions

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

<u>Mondays, Wednesdays and</u> <u>Fridays at 11 a.m.</u> 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

Introduction to Line Dancing

Fridays at 9:45 a.m.

Learn the basic line dance steps through a series of ultra beginner line dances. The same line dances will be repeated for several classes. This class is great for those that have wanted to learn how to line dance and

have no previous experience. New Participants are welcome! *Cost is \$3 payable to instructor at the door.

Regular Line Dancing

<u>Wednesdays at 9 a.m. & Thursdays at 9:45 a.m.</u> 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.

In-Person Programming Descriptions *Do you have Silver Sneakers? Then check out these classes!*SilverSneakers

Silver Sneakers classes with Gavin Pitt:

Stability

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<u>Tuesdays at 10 a.m.</u> 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.

Chair 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.

**Wednesday classes meet at Side Cut Metro Park in Maumee

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. Come check it out!

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

Silver Sneakers classes with Angie Mourton:

Classic

Mondays and Wednesdays 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.

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Chair Yoga Thursdays 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!

<u>\$2 per class payable to instructor at the door</u>



Cardio Drumming with Vickie Geha

<u>Tuesdays at 3 p.m. and Wednesdays at 9 a.m.</u> 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



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In-Person Programming Descriptions

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!

***<u>In need of size 7 or</u> larger knitting needles.



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. <u>Love to Sing?</u> 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



<u>Calling all Pool Players and</u> <u>Ping Pong Players!</u> Bring a friend and play your favorite game of Pool and Ping Pong 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.*



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!



Intermediate Guitar: Playing by Ear Wednesdays at 2 p.m. *

This class is intended for those who already have played the guitar some and want to improve their technique. We will cover: review of basic chords; more advanced chording, including bridge chords and shorthand chording; riff and lead playing, including string bends, hammers, and slides; and lead-playing technique using the chord template method. Participants need to **a**) already be able to play some chords on the guitar, **b**) have an acoustic guitar to bring to class and **c**) have Wi-Fi access at home.

Cost is \$2 per class payable to instructor at the door.

<u>Space is limited and registration is required</u> Contact instructor, Al Demaris at ademari@bgsu.edu

<u>*This session will start on Wednesday, October 4th.</u> <u>If you are interested, please email instructor Al.</u>

**Participants must bring their own acoustic guitar to the sessions.



Join us for a free movie on: *Friday, October 13th at 1 p.m.*

Movie snacks available for purchase through MSC Café!

Call 419-893-1994 or sign up at the front desk!

Rating PG



MSC Book Club with Jane Berger Monday, September 11th at 10 a.m.

This month, the MSC Book Club is discussing: The Corrections

By: Jonathan Franzen

<u>Next month</u>, the MSC Book Club is discussing: **Rebecca**

By: Daphne du Mauier

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 1:00 pm: Mahjong
- Tuesdays 12:30 pm: 4 Handed Euchre
- Tuesdays 12:30 pm: Phase 10
- Wednesdays 10:30 am: Pokeno
- Wednesdays 12:30 pm: Poker
- 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

<u>Puzzles, Books, Magazines and Board Games</u> <u>are available daily in the library!</u>

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! **Pet Portraits Class/TRAVEL**

Pet Portraits Class with Mary Jane Erard! **Tuesday, September 12th from 12:30-3:30 p.m.**

Join MSC art Instructor, Mary Jane Erard for a Pet Portraits class! Mary Jane will assist all students regardless of their skill level to create a beautiful portrait of your pet.

Cost: \$25—All supplies included!

What you need to bring: printer or copy paper size (8.5 x 11") black and white copy of your pet and a smaller color photo, which can be on a phone or IPad. A portion of each sale will go directly to support the Maumee Senior Center!

Call 419-893-1994 to register or you can sign up at the front desk to register as well.







See Malinda or any staff member to purchase tickets. The public is welcome.

*Tickets must be paid in full by SEPT. 15. No refunds after Sept. 15. For more information, call 419-893-1994

Community Speakers, Wilma's Cupboard, Evening Meal Grab & Go Fundraiser

Community Speakers:

Wednesday, September 13th at 11 a.m.

"Music Trivia" by Sandy Fleming

Tuesday, September 19th at 11 a.m.

"Education on Levy" by Maumee Fire Department

Tuesday, September 26th at 11 a.m.

"Protecting yourself from Scams in the virtual world (video)" by NCOA

These presentations are right before lunch and we would love to have you join us!

Call 419-893-1994 to make your lunch reservation today.

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
- Large bag of Pudding and Jell-O mixes
- Plastic Silverware

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

SEPTEMBER EVENING GRAB & GO FUNDRAISER

MONDAY, SEPT. 18, 2023

Enjoy Wilma's Delicious Baked Spaghetti, Garlic Bread, Green Beans, Fruit and Dessert to Go!

Purchase your meal by stopping at the MSC Front Desk by Sept. 14th. Call 419-893-1994 for more information!

COST: \$7 PER PERSON

SPONSORED BY: TRADITIONS AT WEST PARK PLACE

MSC September 2023 Menu	Friday	8 CLOSED FOR HEALTH FAIR- SEE YOU THERE!	15 Grillin' & Chillin' Lunch Fundraiser	22 CLOSED FOR STAFF TRAINING	 29 Orange Chicken OR Cottage Cheese Plate, green beans, peaches, bread & milk BIRTHDAY CAKE 	at 11:45 a.m. on list.
	Thursday	7 <u>Tuna Noodle</u> <u>Casserole</u> OR <u>Baked</u> <u>Chicken</u> , mashed potatoes, green beans, tropical fruit, bread & milk	14 <u>Grilled Cheese</u> <u>Sandwich OR Pork &</u> <u>Apples w/Noodles,</u> tomato soup, pears, bread & milk	21 Egg Salad Sandwich OR <u>Veal</u> Patty on a Bun, cabbage, mixed fruit & milk	28 <u>Smoked</u> <u>Sausage OR Ham &</u> <u>Cheese Sandwich,</u> lima beans, pears, 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. <i>Menu items subject to change.</i>
	Wednesday	6 <u>Beef Stew</u> OR <u>Ham</u> <u>& Cheese Sandwich</u> , mixed vegetables, cinnamon apples, cornbread & milk	13 <u>Chicken Stew</u> OR <u>Egg Salad Sandwich</u> <u>w/Sliced Tomatoes</u> , beets, cinnamon apples, crackers & milk	20 Chicken Alfredo over noodles OR <u>Ham Sandwich</u> <u>w/Chips</u> , green beans, tropical fruit, bread & milk	27 <u>Hamburger</u> <u>w/Onion Gravy</u> OR <u>Chicken</u> , broccoli, mixed fruit, bread & milk	
	Tuesday	5 <u>Meatballs &</u> <u>Sauce</u> OR <u>Ravioli</u> , rice, vegetable, pineapple, bread & milk	12 <u>Sloppy Joe on a</u> <u>Bun</u> OR <u>Sausage &</u> <u>Peppers</u> , rice, green beans, grapes, bread & m ilk	19 <u>Quiche</u> OR <u>Ravioli</u> , rice, mixed vegetables, pears, bread & milk	26 <u>Fish Patty</u> OR <u>Pork Chop</u> , corn, apples, bread & milk	
	Monday	4 CLOSED FOR THE HOLIDAY	11 <u>Cheese</u> <u>Tortellini & Sauce</u> <u>OR Turkey &</u> <u>Cheese Sandwich</u> <u>w/Chips</u> , potatoes & onions, peaches, bread & milk	18 <u>Fish Patty</u> OR Beef Patty w/Gravy, buttered peas, banana, bread & milk Evening Meal Fundraiser	25 <u>Scalloped</u> <u>Potatoes & Ham</u> OR <u>Hot Dog on a Bun</u> , buttered peas, grapes, bread & milk	-1994 to reserve you call 24-48 hours in a
		INGREDIENT INFO	AVAILABLE UPON REQUEST			Call 419-893 . Please

Lunch Menu

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

Facebook.com/maumeeseniorcenter www.maumeeseniorcenter.com

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



The 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 Dawn Dish Soap Hand sanitizer Tissue boxes Paper towels AA & AAA Batteries Gift Cards:

Gift cards, cash gift cards and gas cards

Miscellaneous/Kitchen:

Large clear totes w/lids Bottles of Wine Plastic silverware Napkins Large canned fruit and vegetables

Check out our Walmart Registry!

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

We greatly appreciate your support!

UPCOMING EVENTS!

September 8: Health & Wellness Fair

September 15: Grill & Chill Fundraiser

September 16: Pulled Pork Drive-Thru Dinner

September 18: Evening Meal Grab & Go Fundraiser

September 29: Sound Bath Class

October 6: Jazz Night

