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**Maumee Senior Center News**

2430 S. Detroit Ave. Maumee, OH 43537

♦ Phone (419) 893-1994♦

www.maumeseniorcenter.com

www.facebook.com/maumeseniorcenter

**MARCH**  
**2024**



**BREAKFAST with**  
**the**  
**EASTER BUNNY!**

**Saturday, March 23, 2024**

**9 a.m. – Noon**

**Breakfast served from:**

**9 a.m. – 11 a.m.**

**Maumee Senior Center,**

**2430 S. Detroit Ave.,**

**Maumee, Ohio 43537**

Enjoy Breakfast (freshly-made pancakes and topping  
bar, sausage & beverage),

Photos with the Easter Bunny,

Easter Games (provided by Grace Communion

Maumee), Coloring & a

**EASTER EGG HUNT** at 10:30 a.m.

**\*Find The Golden Egg and Win a Special Prize!**

Children of all ages, families and those young at  
heart are welcome!

**REGISTRATION DEADLINE IS MARCH 20!**

**Children 12 and Under = \$10 each**

**Adults and 12 and Older = \$13 each**

Please contact the Maumee Senior Center at **419-893-1994**,  
email **maumeseniorcenter@gmail.com** or stop by at

**2430 S. Detroit Ave.** to register and

make payment for the event!



**The Maumee Senior Center will close at 1 p.m. on Friday, March 29th and will be closed  
on Monday, April 8th for the Solar Eclipse.**

*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, Upcoming Fundraising Events

### 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](mailto: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.

### **WEATHER POLICY**

The Maumee Senior Center will remain open unless declared a level 3. As always, please use your best judgment for your own safety when leaving your home to travel.



### Cold & Flu Notice

Now that we are in cold and flu season, we want to give a friendly reminder that if you are not feeling well, to please stay home to protect others. Thank you!

### We need your feedback!

Participant Surveys will be distributed throughout March. These surveys help us better serve you!

Surveys can be found at the front desk of the Maumee Senior Center— please grab one when you visit.

Completed surveys need to be turned in to the front desk by April 5th.

A lucky winner from the surveys will be randomly drawn to receive a gift card \$\$\$!

## Celebrate Spring With MSC's Springtime Sweets TO GO!

### Choose Your Flavor:

**\* BANANA BREAD**

**\* CRANBERRY-ORANGE BREAD**

**\* STRAWBERRY BREAD**

**Small—\$8  
or Upsize to a Large Loaf for  
just \$2 More**

### PLACE YOUR ORDER TODAY!

*Supplies are limited.*

**Call 419-893-1994, Email  
[maumeeseniorecenter@gmail.com](mailto:maumeeseniorecenter@gmail.com) or stop  
by Maumee Senior Center,  
2430 S. Detroit Ave.**

*Cash, Check or Venmo Only, Please*

## Powerful Tools FOR Caregivers Virtual 6-Week Series

***Presented by the Maumee Senior Center  
& the Area Office on Aging of NWO***

***Powerful Tools for Caregivers** classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent or friend; at home or in a care facility; whether down the block or miles away, then this course is for family caregivers like you!*

**March 19-April 30, 2024**

**Time:** 10 a.m. Tuesdays

**Fee:** Free

**To Register:** Call 419-893-1994 or email  
[MaumeeSeniorCenter@gmail.com](mailto:MaumeeSeniorCenter@gmail.com)

**Registration Deadline:** March 8, 2024



### ***The classes give you tools to help:***

- Reduce stress
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Improve self-confidence
- Make tough decisions
- Locate helpful resources

***This six-week class series gives you the confidence and support to better care for your loved one – and yourself.***

*"After taking this class I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, healthier me...and a healthier 'us'!" - PTC Class Participant*



**For more information on this class or other family caregiver support activities, please contact the Maumee Senior Center at 419-893-1994 or email us at [MaumeeSeniorCenter@gmail.com](mailto:MaumeeSeniorCenter@gmail.com)**  
Powerful Tools for Caregivers (PTC) and MSC are 501(c)(3) nonprofits.

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

**The next Sound Bath is on Friday, April 5th 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!*



Join us on Tuesday, March 5th at 11:30 a.m. for lunch and entertainment by Broadway Stars Libby Servais and Stephan Stubbins!

Libby and Stephan have donated tickets to their show called: ***“Broadway in Love”*** which will premier at the Maumee Indoor Theatre on Saturday, March 8th!

Tickets to their show will be randomly drawn after lunch on Tuesday to 10 lucky people! You won't want to miss this!

Call 419-893-1994 or stop by the front desk to make your lunch reservation. See you there!!



Starring Broadway married couple Libby Servais & Stephan Stubbins



## **Landscape Class with Mary Jane Erard!** **Tuesday, March 19th at 12:30 p.m.**

Join MSC art Instructor, Mary Jane Erard for a Watercolor Painting Class! Mary Jane will assist all students regardless of their skill level to create a beautiful landscape of choice! This class is open to everyone of all ages and abilities.

**Cost: \$27—All supplies included!**

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.



## **Save the date!**

Annual Booster Member & Volunteer Dinner is on  
**Tuesday, April 16th @ 4 p.m.**

*More details to come!*

## **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 2:30pm

**The upcoming session days at the Maumee Senior Center are:**

**Tuesday, March 12th**  
**and Tuesday, April 9th**

\*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!*

Come check out the MSC Café for a fresh coffee or a snack to go!  
Discover an inviting space where visitors are welcome to enjoy casual conversation with friends, engage in educational and entertaining experiences all while enjoying a fresh snack! The MSC Café is open to community members of all ages. The MSC Café is generally open from 10 a.m.-2 p.m. Monday through Friday.



*This month's special in the café:  
Gluten Free Muffins and Brownies!*

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

*Our upcoming events with volunteer needs:*

**Luck of the Irish Game Night-**  
Friday, 3/15

**Breakfast w/Easter Bunny-**  
Saturday, 3/23



Contact Tiffany or Laree at 419-893-1994 or at [msscprogramcoordinator@gmail.com](mailto:msscprogramcoordinator@gmail.com) to learn more about our volunteer opportunities!

## ~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:*

**Phyllis Brunner**

*From: Beverly Dreier, Georgia & Gary Koch  
and Jeff & Christine Smith*

*Our heartfelt sympathy is extended to her  
beloved family and friends.*



**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](http://MaumeeSeniorCenter.com)

*Monetary donations help the MSC to continue  
programs and services.*

**THANK YOU!**

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

**Walmart**

Type in "**Maumee Seniors Inc**" in the search bar at:  
[www.walmart.com/registry/registryforgood](http://www.walmart.com/registry/registryforgood)



**Registry for Good**

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

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

## **MSC Transportation Service**

The Maumee Senior Center offers transportation to those 60 and older to medical appointments 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.*



### **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.

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

### **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](http://www.maumeeseniorcenter.com)

Subscribe by email at:  
[msscprogramcoordinator@gmail.com](mailto:msscprogramcoordinator@gmail.com)



**GRACE COMMUNION  
MAUMEE**

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](http://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 next Mercy Health Clinic will be on:**

**Thursday, March 7th,  
Thursday, April 4th  
11am-1 p.m.**



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

**The next UTMC Clinic will be on:**

**Tuesday, April 16th  
10am-12pm**



*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!*

*A special thank you to Mercy Health and UTMC!*



### **Legal Assistance available at the Maumee Senior Center!**

The upcoming date for Legal Consultations are:

**Tuesday, May 7th**

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



### **MSC Caregiver Support Group**

**Tuesday, April 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

### ***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.*

### **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, March 26th &  
Tuesday, April 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 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!!***

#### **March Birthday lunch is on Friday the 22nd!**

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:***

***Karin Doriot***

***Eleanor Alcid***

***Terry Hughes***

***Karen Wolfe***

***Arlene Bartley***

***Beth Feher***



## ***Happy Birthday to all of our March MSC Members!***



Nigrovic	Elisabeth	3/3
Rumschlag	Bob	3/3
Mock	Yvonne	3/4
Bryant	JoAnn	3/5
Byrne	Cherie	3/5
Cedargren	Deanna	3/5
Dunn	Sharon	3/7
Poznanski	Kathryn	3/8
Tighe	Sarah	3/10
Opaczewski	Mary	3/11
Macklin	Barb	3/13
Raftery	Shirley	3/13
Utterback	Terry	3/13
Porter	Georgia	3/14
Damrauer	Bev	3/16
Colpaert	Pat	3/17
Showman	Anne	3/17
Todd	David	3/19
Munger	Michael	3/21
Sharp	Carolyn	3/21
Harris	Clifton	3/22
Pfleghaar	Damian	3/22
Unger	Karen	3/22
Keiser	Janys	3/23
Yost	Shelley	3/23
Misson	George	3/24
Walsh	Meng	3/24
Hanrahan	Elisabeth	3/25
Broadway	Deanna	3/26
Stamm	Joanne	3/27
Rambo	Glenn	3/28
O'Connell	James	3/30
Heban	Rick	3/31
Gratop	Mary Beth	3/31

## 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](mailto: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 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.*

#### ***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!

*\$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*



## 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.



### 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 and Ping Pong Players!

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.



### 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!**



## In-Person Programming Descriptions



# NOW SHOWING

## MSC MOVIE DAY!

Join us for a free movie on:  
**Friday, March 22nd at 1 p.m.**

Movie snacks  
available for  
purchase through MSC  
Café!

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



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, March 11th at 10 a.m.**

This month, the MSC Book Club is discussing:

**The Dutch House**

**By: Ann Patchett**

Next month, the MSC Book Club is discussing:

**All the Dangerous Things**

**By: Stacy Willingham**

*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!



THE UNIVERSITY OF TOLEDO  
**MEDICAL CENTER**

**A FREE 7 Week Workshop with UTM**  
Stepping On can help you avoid dangerous falls so you can keep doing the things you love!

**Reduce falls by 30%**

- Identify and avoid fall hazards
- Adaptable strength and balance exercises
- Proper vision, hearing, medication and footwear information
- Getting back on your feet

**Every Tuesday at the Maumee**

**Senior Center:**

**April 9th — May 21st,**

**9:30-11:30 a.m.**

Registration required. Space is limited.  
To register please call the Maumee Senior Center at 419-893-1994  
**Deadline to sign up is Thursday, April 4th.**

# Building a Plan for your Future

**Advance Care Planning Workshop**



**Wednesday, April 10**

**Session 1: 4 to 4:45 p.m. | Session 2: 5 to 5:45 p.m.**

Join us for a free session where experts from Ohio Living Home Health & Hospice will share practical insights to help you consider your options and make the decisions about your future health care that are right for you.

Enjoy the peace of mind with that comes with knowing your wishes have been communicated. With advanced care planning, your loved ones won't have to make major decisions from the middle of an emergency, because you've already considered and discussed how you would like to approach your care.

**Speakers:**

Elder Advocates & Estates, LLC: Estate Planning Basics  
Ohio Living Home Health & Hospice: Medical POA and Code Status



**Hosted by:**



## UTAH'S MIGHTY 5 NATIONAL PARKS TOUR

SEPT. 13-21, 2024

Don't miss your chance to enjoy these parks & sites:

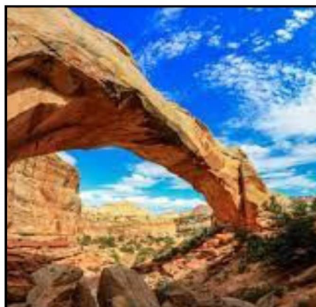
- Canyonlands National Park,
- Arches National Park,
- Grand Staircase—Escalante National Monument,
- Capitol Reef National Park,
- Bryce Canyon National Park
- Zion National Park

Trip includes rail excursion to Grand Junction, Colorado, Virgin River Gorge and more!

**Cost is \$4,999 pp for a double!**



8 nights lodging, 8 breakfasts, 2 lunches and 4 dinners, airfare and transportation included!

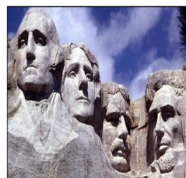


**CONTACT MALINDA TO BOOK YOUR TRIP!**

Call 419-893-1994 or email [maumeeseniorecenter@gmail.com](mailto:maumeeseniorecenter@gmail.com)

## 2024 COWBOY COUNTRY & ICELAND TRIPS

Maumee Senior Center, 2430 S. Detroit



America's  
Cowboy Country  
Tour  
June 11-18, 2024  
with Collette  
Tours

Highlights include:

- ◆ 8 Days, 10 Meals (7 breakfasts & 3 dinners)
- ◆ Badlands National Park, Custer State Park
- ◆ Crazy Horse Memorial, Mt. Rushmore
- ◆ Deadwood Buffalo Bill Center of the West
- ◆ Yellowstone, Jackson Hole and Grand Teton

**JUST 3 SPOTS LEFT!**

\$3,999 Double  
\$4,999 Single  
\$3,769 Triple

Iceland's Magical Northern Lights Tour  
Sept. 18-24, 2024  
with Collette Tours

Highlights include:

- ◆ 7 Days • 11 Meals (6 Breakfasts, 5 Dinners)
- ◆ Reykjavik, Northern Lights Cruise, Search for the Northern Lights
- ◆ Golden Circle, Thingvellir National Park
- ◆ Gullfoss, Lava Exhibition Center
- ◆ Skaftafell National Park,
- ◆ Jökulsárlón Glacial Lagoon
- ◆ Sólheimajökull Glacier, Blue Lagoon



Book Now & Save \$250 Per Person:

Double \$4,249	Double \$3,999
Single \$4,849	Single \$4,599
Triple \$4,199	Triple \$3,949

IF YOU ARE INTERESTED IN TAKING EITHER OF THESE TRIPS, CALL MALINDA RUBLE AT 419-893-1994, OR EMAIL [MAUMEESENIORCENTER@GMAIL.COM](mailto:MAUMEESENIORCENTER@GMAIL.COM)



PHOTOS COURTESY OF SAUDER VILLAGE

## SAUDER VILLAGE DAY TRIP

WEDNESDAY, MAY 29, 2024

Depart Maumee 8:30 a.m. Return 4:30 p.m.



Step back in time as you see re-enactors demonstrating crafts from yesteryear. Be sure to make time to see the new 1920s Main Street addition. Lunch buffet at The Barn is included! Bring small coolers for any goodies you want to purchase and take home!

**\$105 for non-MSc members**  
**\$95 per person for MSc members**  
(Includes luxury transportation, lunch, snacks and fun).

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

*\*Tickets must be paid in full at time of purchase.*  
*No refunds after May 1.*


**For more information, call 419-893-1994 or email [maumeeseniorecenter@gmail.com](mailto:maumeeseniorecenter@gmail.com)**

## Community Speakers:

**Tuesday, March 26th at 11 a.m.**

***"Medication Safety & Disposal" with Mercy Health Family Medicine Residency Pharmacy***

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



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

## Congratulations to our 2024 Silver Ladle winner: Diane Bouillon!

Diane cooked a delicious Butternut Squash Soup for MSC's Annual Soup Cook-off event that ended up being the crowd favorite!

Thank you to our sponsors: *Gleaner Life Insurance Society and First Health*, all of our soup contestants, and volunteers that helped make the event a huge success! We hope to see you all again next year!



*Diane accepting her Silver Ladle award!*



*A room full of happy supporters of the MSC 2024 Souper Lunch!*

MAUMEE HIGH SCHOOL PRESENTS



**March 22 & 23 @ 7 p.m. & March 24 @ 2:30 p.m.**  
**Performing Arts Center at Maumee High School**

**Free dessert reception & performance planned for Maumee Senior Citizens before Friday show. 6:15 - 7 p.m.**

**Tickets \$10/students & \$15/adults.**  
**Senior Citizens who are residents of Maumee City Schools admitted free with Golden Panther Card.**

**To join us, RSVP no later than March 20.**  
**RSVP to 419-893-3200, option 1**

# MSC March 2024 Menu

MSC March 2024 Menu				
	Monday	Tuesday	Wednesday	Thursday
<b>**INGREDIENT INFO AVAILABLE UPON REQUEST**</b>	<b>26</b> <u>Chicken Alfredo</u> over <u>Noodles</u> <b>OR</b> <u>Ham Sandwich</u> w/ <u>Chips</u> , carrots, mixed fruit, bread & milk	<b>27</b> <u>Egg Salad</u> <u>Sandwich</u> <b>OR</b> <u>Veal</u> <u>Patty</u> , cabbage, peaches, bread & milk	<b>28</b> <u>Fish Patty</u> <b>OR</b> <u>Beef Patty w/Gravy</u> , buttered peas, banana, bread & milk	<b>29</b> <u>Brown Sugar</u> <u>Chicken</u> <b>OR</b> <u>Ravioli</u> , rice, mixed vegetables, pears, bread & milk
	<b>4</b> <u>Hamburger Patty</u> w/ <u>Onion Gravy</u> <b>OR</b> <u>Chicken Noodle</u> <u>Soup</u> , broccoli, fruit cocktail, bread & milk	<b>5</b> <u>Beef Smoked</u> <u>Sausage</u> <b>OR</b> <u>Ham &amp;</u> <u>Cheese Sandwich</u> , lima beans, pears, bread & milk	<b>6</b> <u>Scalloped</u> <u>Potatoes &amp; Ham</u> <b>OR</b> <u>Hot Dog on a Bun</u> , buttered peas, grapes, bread & milk	<b>7</b> <u>Fish Patty on a</u> <u>Bun</u> <b>OR</b> <u>Pork Chop</u> , corn, sweet potatoes, apples, bread & milk
	<b>11</b> <u>Tuna Sandwich</u> w/ <u>Lettuce &amp; Tomato</u> , corn, pears, bread & milk	<b>12</b> <u>Smothered Pork</u> <u>Chop</u> <b>OR</b> <u>Cabbage</u> & <u>Sausage</u> , banana, bread & milk	<b>13</b> <u>Creamed</u> <u>Chicken over Biscuit</u> <b>OR</b> <u>Fish Patty</u> , cauliflower, fruit cocktail, bread & milk	<b>14</b> <u>Beef Stew</u> <b>OR</b> <u>Split Pea &amp; Ham</u> <u>Soup</u> , apples, cornbread & milk
	<b>18</b> <u>Stuffed Pepper</u> <u>Soup</u> <b>OR</b> <u>Pierogi &amp;</u> <u>Sauteed Onion</u> , green beans, grapes, bread & milk	<b>19</b> <u>Creamed</u> <u>Chipped Beef over</u> <u>Texas Toast</u> <b>OR</b> <u>Turkey &amp; Cheese</u> <u>Sandwich</u> , peas, applesauce & milk	<b>20</b> <u>Beef Hot Dog on</u> <u>Bun</u> <b>OR</b> <u>Sausage &amp;</u> <u>Pasta</u> , stewed tomatoes, peaches, bread & milk	<b>21</b> <u>Hamburger Gravy</u> over <u>Mashed</u> <u>Potatoes</u> <b>OR</b> <u>BBQ</u> <u>Chicken</u> , mashed potatoes, corn, pineapple, bread & milk
	<b>25</b> <u>Beef Stew</u> <b>OR</b> <u>Ham &amp; Cheese</u> <u>Sandwich</u> , mixed vegetables, cinnamon apples, cornbread & milk	<b>26</b> <u>Hamburger on</u> <u>Bun</u> <b>OR</b> <u>Baked</u> <u>Chicken</u> , green beans, mixed fruit, bread & milk	<b>27</b> <u>Chicken Patty</u> <u>Sandwich</u> <b>OR</b> <u>Cheese Ravioli</u> , sweet potatoes, pears, bread & milk	<b>28</b> <u>Meatballs &amp;</u> <u>Sauce</u> <b>OR</b> <u>Breaded</u> <u>Pork Chop</u> , lima beans, pineapple, bread & milk
				<b>22</b> <u>Macaroni &amp;</u> <u>Cheese</u> <b>OR</b> <u>Beef</u> <u>Hot Dog on Bun</u> , mixed vegetables, mixed fruit, bread & milk <b>Birthday Cake</b>
				<b>29</b> <u>Tuna Noodle</u> <u>Casserole</u> <b>OR</b> <u>Beef</u> <u>Hot Dog on Bun</u> , baked beans, peaches & milk

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

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

*Menu items subject to change.*

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

Facebook.com/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.



**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  
Dawn Dish Soap  
Hand Sanitizer  
Tissue boxes  
Tin Foil and Saran Wrap  
AA & AAA Batteries

**Gift Cards:**

Gift cards, cash  
gift cards and gas  
cards

**Miscellaneous/Kitchen:**

Large canned fruit and vegetables  
Bottles/boxes of Wine  
Plastic silverware  
Black Trash Bags size 33 gallon

***Check out our Walmart Registry!***

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

**We greatly appreciate your support!**

### ***UPCOMING EVENTS!***

**March 1:**

Sound Bath Class

**March 15:**

Luck of the Irish Game Night

**March 19:**

Watercolor Painting Class

**March 23:**

Breakfast with the Easter Bunny

**April 5:**

Sound Bath Class

**April 16:**

Booster Member & Volunteer Dinner

