



INSIDE THIS ISSUE:

Pg. 2 *Pulled Pork Dinner*

Pg. 3 *Upcoming events*

Pg. 4 *Ways to support MSC*

Pg. 5 *Transportation, Grocery
Ordering Assistance*

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

Pg. 8-9 *Fitness Classes*

Pgs. 10-11 *Activities*

Pg. 12 *Travel*

Pg. 13 *Community Speakers*

Pg. 14 *Waterville Programs*

Pg. 15 *Lunch Menu*

Pg. 16 *Wish List, Upcoming
Events*

CONTACT US

Malinda Ruble,
Executive Director
maumeseniorcenter@gmail.com

Tiffany Peet,
Program Coordinator
mscprogramcoordinator@gmail.com

Wilma Rice,
Dietary Manager
mscnutrition2430@gmail.com

Laree Shroyer,
Outreach Coordinator
mscoutreachcoordinator@gmail.com

Susan Herhold,
Office Assistant
mscassistant1994@gmail.com

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♦

www.maumeseniorcenter.com

www.facebook.com/maumeseniorcenter

**AUGUST
2026**



2026 HEALTH & WELLNESS FAIR

FREE ADMISSION! FREE LUNCH!

**SEPTEMBER
11**

9:30 a.m.-1 p.m.

Maumee Senior Center
2430 S. Detroit Ave.
Maumee, OH 43537



Be sure to stop by for:

- Brain Health Presentation by the Alzheimers Association
- Free Health Screenings
- One-on-one time with local professionals
- Basket raffles, 50/50, giveaways & more!



Thank you to our sponsors!

*Walker Funeral Homes and Crematory, Med1Care, Village Caregiving,
St. Clare Commons, Aetna, Glass Peaks Senior Living,
Grace Communion Maumee and QuickGrit Junk & Debris Removal.*



For more info: call 419-839-1994, mscprogramcoordinator@gmail.com

Have you heard the news??

The Maumee Senior Center has added vegan meal options to their nutrition program!
These vegan meals will be offered 2 times per month at the same
suggested donation rate of \$2.50.

See our menu on page 15 for more information!

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

MSC Board of Trustees:

*Joe LaChapelle
Maria Zapiecki
Chris Blakely
Heather Cole
John Gouttiere
Genevieve Stults
Pat Viertelbeck
Darryl Lycourt
Doug Swary*

Advisory Committee:

*Chris Blakely– Chairman,
and Ginny Hiser*

The Advisory Committee is a group of representative Senior Center participants.

To offer concerns or questions for the Advisory Committee, contact the Advisory Committee by e-mail at:

mscadvisory@gmail.com or any of the participants.

ATTENTION:

Opinions of guest speakers and advertisements are not necessarily those of the Maumee Senior Center. Although Maumee Senior Center is proud to advertise quality businesses and products, we do not endorse these companies in a mutually exclusive manner.

OUR NUMBERS ARE GROWING!

Please consider carpooling with a friend to the Center to help free up parking spaces so we can continue to serve as many people as possible.

Thank you!



Drive-Thru Pulled Pork Dinner



SATURDAY September 19th, 3-6 p.m.

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

BBQ Sauce Available



OR

**VEGAN PULLED JACKFRUIT
MEAL!**



Save the date!

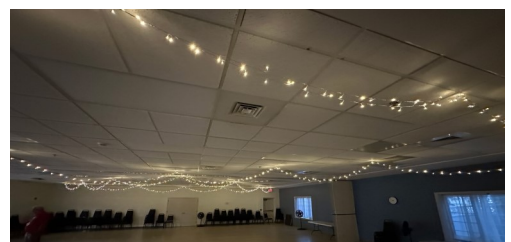
Pricing information coming soon. For any questions, please call 419-893-1994

Maumee Summer Fair!

Saturday, August 15th: Uptown Maumee: 9am-4pm

Come on out to the Maumee Summer Fair and stop by our booth to say hi! We will be there sharing information about our programs and services at the Maumee Senior Center. We hope to see you there!

We want to give a heart felt THANK YOU to the Maumee Calvary Church for choosing the Maumee Senior Center to show their love and support during their annual serve week. They spent a whole week cleaning our center, organizing, making our library more cozy, landscaping all around our building and garden area, installing string lights in our large exercise room and MORE! They went above and beyond for our center and we could not be more grateful for their help!



PREVENTION WORKSHOP

BINGOCize

BINGO + EXERCISE = BINGOCIZE
LOOKING FOR A FUN, NEW
WAY TO BE ACTIVE?

Bingocize is a health promotion program that combines the game of bingo with inclusive exercises for everyone! Come play bingo and meet new people while learning about how to reduce your risk of experiencing a fall. **BINGOCIZE IS EXERCISE FOR YOUR MIND, BODY, AND SPIRIT!**

JOIN THE FUN!
Open to Adults 55+

Limited to 20 participants

Sign up at the center by calling **419-893-1994**

Where: **Maumee Senior Center**
 2430 S. Detroit Ave., Maumee, OH

When: **Tuesdays and Thursdays**
August 25 - October 29
10:30am-11:30am

- Free Prizes
- Open to Everyone
- Free Smiles!



SOUND BATH CLASS



Please join us for a deep relaxation sound bath experience with Kimberly Post, RN, Reiki Master and Sound Healing Practitioner.

Chairs are available. Feel free to bring a yoga mat and a pillow.

Reservations required. Call 419-893-1994 to reserve your spot!

Friday, August 7th
 &
Friday, September 18th

1:30-2:30 pm

\$10 PER PERSON
 ALL AGES WELCOME!

GRILL & CHILL

Party at the MSC!

★ Free Ice Cream Sundaes Sponsored by Newcomer Funeral Home

★ Music

★ Fun

Savor the Smoke, Enjoy the Music

AUGUST 18
2026
AT 11:15 AM
MAUMEE SENIOR CENTER

On the menu:
Hamburger or Hot Dog
with baked beans,
watermelon and milk.



SUMMER SAFETY TIPS FOR SENIORS



DRINK
PLENTY OF WATER



EAT FRESH FOOD



AVOID ALCOHOL
AND CAFFEINE



AVOID USING STOVE
AND OVEN



STAY AWAY FROM DIRECT
SUN EXPOSURE FROM
ABOUT 10 AM TO 4 PM



USE SUNSCREEN
TO AVOID SUNBURN



AVOID
STRENUOUS ACTIVITIES,
GET RESTED



KEEP YOUR HOUSE COOL,
OR SPEND TIME
IN PLACES WITH
AIR CONDITIONING



TAKE COOL SHOWERS
AND BATHS



PLACE A COOL
WASHCLOTH ON THE
BACK OF YOUR NECK



WEAR SUNGLASSES
OUTDOOR



WEAR LIGHT-COLORED
LOOSE CLOTHING

★ Call 419-893-1994 to register

★ Suggested donation \$2.50

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!

Are you enjoying your time at the Maumee Senior Center?

If your answer is 'yes!' then please consider writing us a review on our Facebook and Google pages! Positive reviews help people find the Maumee Senior Center and to connect them to our valuable services, programs and resources. We appreciate your support! Type in 'Maumee Senior Center' to Facebook and Google to find our pages.

Give us a follow on Facebook for updates!



~Legacy of Love~

The Maumee Senior Center welcomes monetary gifts to memorialize family and friends or to honor individuals who are involved in our programs and services. Legacy of Love donations help secure the future of the Maumee Senior Center for older adults. Many lives have been forever changed by the generous contributions of others.

The Maumee Senior Center is grateful for any monetary donations. Please keep the Maumee Senior Center in mind as you think about your future planning so we can continue your Legacy of Love serving seniors in your honor.



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

Our upcoming events with volunteer needs:

Health & Wellness Fair
Friday, 9/11

Pulled Pork Drive-Thru Dinner:
Saturday, 9/19



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!



MSC Transportation Service: 419-377-8113



The Maumee Senior Center offers transportation to those 60 and older to medical appointments, the grocery store and round trips to and from the Maumee Senior Center Monday-Friday!

Do you live in the Maumee, South Toledo, Monclova, Holland, Neapolis, Waterville or Whitehouse areas and need a ride? Give us a call!

Call our driver at 419-377-8113 at least 24-48 hours in advance to schedule a ride. There is no guarantee that transportation will be available at your time of need, however we will try our best to schedule you at your preferred time! 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.

Ways to receive our Monthly Newsletter:

For just \$15 per year you can receive the MSC Newsletter right to your home. You can also receive our newsletter by e-mail or by accessing our website at



www.maumeseniorcenter.com or by subscribing by email at: mscprogramcoordinator@gmail.com

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!



ADVERTISING SPACE AVAILABLE!

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.



**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

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, August 6th
Thursday, September 3rd
11am-1 p.m.



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

The next UToledo Health Clinic will be:

Tuesday, August 18th
Tuesday, September 15th
10-11:30am



Take control of your health and be sure to take advantage of these free clinics at the MSC!



Caregiver Support Group Tuesday, August 25th at 10 a.m.

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

Free Legal Consultations

The upcoming date for Legal Consultations are:

**Tuesday, August 4th
And Tuesday, September 1st**

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



Tiny Tools Loan Program

(MSC Assistive Devices Available on Loan to Make Life Easier)



The Maumee Senior Center now offers a loan program specifically for assistive devices.

Items include:

Adaptable Seat Devices
Foot Peddler Machines for Circulation
Magnifying Glasses
Low Vision Lights
Other Low Vision Devices
Card Holders for Arthritic Hands
Grabber Sticks for low or high placed items
Assistive Bottle Openers
Writing Assistive Tools for Arthritic Hands
Assistive Eating Utensils for Arthritic Hands
Tablets with Audio Books from the Toledo Lucas County Public Library

Try It Before You Buy It!

To borrow a device, stop and see Laree or any staff person.

Please, return the item in the same or better condition

AARP

Safer Driving May Save You Money

Take the AARP Smart Driver[™] classroom course and you could save money on your car insurance!*

- Refresh your driving skills and explore the latest traffic laws.
- Understand the importance of proper maintenance of your vehicle.
- Learn research-based driving strategies to help you stay safe behind the wheel.

**There's a course near you!
Sign up today!**

Date: Tuesday, August 11, 2026

Time: Registration 8:30, Class 9:00-1:00

Location:

Maumee Senior Center
2460 Detroit Avenue
Bring your Drivers License and AARP card, if applicable.

To Register:

419-893-1994
Laree Shroyer, LSW
-- or -- www.aarp.info/c47109

CLASSROOM COURSE

\$20 for AARP members
\$25 for non-members

TO FIND A COURSE NEAR YOU:

Call **1-888-773-7160**
or visit **www.aarp.org/driving44**

* Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

Booster 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!!

August Birthday lunch is on Tuesday the 25th

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:**



Walt Wiewiora

Brenda Cohrs

Thomas Berry

Linda Langston

Norman Rathburn

Marcia Karomol

**We had 27 people renew their memberships this month—
thank you so much for your support!!**

***Happy Birthday to
all of our
August MSC
Booster Members!***



Bossert	Terry	8/1
Krall	Sharon	8/1
Wallace	Sue	8/1
Emerine	Steve	8/3
Kravetsky	Barbara	8/3
Zwierlein	Linda	8/4
Sadowy	Joe	8/5
Butcher	Ronald	8/7
Homer	Patsy	8/10
Langston	Linda	8/11
Ewert	Natalie	8/13
Tipping	Irene	8/14
Lundberg	Kathleen	8/15
Bensman	Thomas	8/16
Enis	Karen	8/16
Gargac	Sandy	8/17
Keating	Miriam	8/18
Markle	Susan	8/18
Collins	Harmon	8/19
Henning	Jerry	8/19
Sweet	Joy	8/19
Homer	Dale	8/22
Dusseau	Jim	8/23
Mitton	Sheila	8/23
Snowberger	Mary	8/24
Ruge	Carolyn	8/25
Anderson	Mary	8/27
Root	MaryAnn	8/27
Wymer	Donna	8/27
Donaldson	Charlie	8/28
Miller	David	8/28
Marciniak	Celine	8/29
Walsh	Vincent	8/29
DeVries	Cynthia	8/30
Pancone	Janet	8/30
Odoms	Theresa	8/31
Snuggs	Sue	8/31
Soncrant	Cynthia	8/31

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. **\$3 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! **\$3 for non-SS members.*

These classes are virtual, online from the comfort of your home, through ZOOM. Please contact Tiffany at 419-893-1994 or mscprogramcoordinator@gmail.com for more information on how to join these classes. Registration required.

MSC Fitness Room

Equipped with treadmills, bikes, weights & lifting machines, elliptical, pool table, air hockey table, ping pong table, corn hole boards, large TV, fan, and more! All of the equipment is for you to use for free during our business hours!

Come and go as you please, no reservations are required. *****Equipment use is at your own risk.**

****Ping pong paddles and air hockey pucks, etc. can be checked out at the front desk.****

Jazzercise Lo with Christy Owed

Mondays, Wednesdays & 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 Belinda Cytlak



Men's Beginner's Line Dancing: Mondays at 1:20 p.m.

Beginner's Line Dancing: Mondays at 2 p.m.

This class is for those that are familiar with the basic line dancing steps and dances. Are you ready to build onto those skills? Then this class is for you! Join in on this Beginner's level Line Dancing class that will focus on building onto the basics with incorporating new steps and dances. New participants are welcome!

**Cost is \$3 payable to instructor at the door.*

Line Dancing Class 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.*

*Do you have Silver Sneakers?
Then check out these classes listed below!*



Silver Sneakers classes with Gavin Pitt:

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! A chair is used for seated Tai Chi movements as well.

The cost is \$3 for non silver sneakers members

Sitting & Standing Yoga

Tuesdays at 11:15 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.

Come check it out!

The cost is \$3 for non silver sneakers members

Silver Sneakers Classes with Angie Mourton:

BOOM Muscle

Mondays at 12:15 p.m. & Thursdays at 1:15 p.m.

This class incorporates athletic-based exercises that improve upper body conditioning. You'll move through several "blocks," which are groups of exercises that focus on strengthening different muscle groups.

The cost is \$3 for non silver sneakers members

Chair Yoga

Wednesdays at 1:15 p.m. & Fridays at 12:15

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.

The cost is \$3 for non silver sneakers members

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



Did you know??

That in order to participate in Maumee Senior Center's programs and services....

- You do not need to live in Maumee
- You do not need to be a booster club member
 - You can be as young as 50

Call us today at 419-893-1994 to see how you can get involved!

TRAVEL PREVIEW OF COLLETTE'S 2027 TRIPS!

Christmas in Canada Tour, French Riviera Trip & Southern Charm in Charleston, South Carolina Tour

10 A.M. MONDAY, SEPT. 14, 2026

MAUMEE SENIOR CENTER, 2430 S. DETROIT AVE., MAUMEE



SOUTHERN CHARM—APRIL 5-11, 2027



FRENCH RIVIERA—SEPT. 9-17, 2027



CHRISTMAS MARKETS IN CANADA—DEC. 15-21, 2027

LEARN ALL OF THE DETAILS ABOUT THESE TRIPS BY ATTENDING THE TRAVEL PREVIEW!

RESERVE YOUR SEAT BY CALLING 419-893-1994 OR EMAILING MAUMEESENIORCENTER@GMAIL.COM!

Golden Panther Card

If you are a Maumee City Schools resident age 60 or older, you are eligible for a Golden Panther Card—your pass to:

FREE admission to Maumee High School & Maumee Middle School **HOME** athletic events*, MHS & MMS Drama Department plays and musicals!

Pick up your Golden Panther Card at:
Maumee City Schools Administration Office
716 Askin St., Maumee

Please bring:

A driver's license or photo ID showing your address within the Maumee City Schools district.



*Passes are not valid for tournament games hosted by Maumee.

Check out these FREE Maumee Community band concerts!

*Support your local musicians!
Summer schedule listed below:*

Maumee Library
Tuesday, August 4th at 7p.m.

Rhythm on the River
Sunday, September 13th @ 4p.m.
M.J. Wright Pavilion on the Towpath
Grand Rapids, OH



MAUMEE SENIOR CENTER TALKS

These presentations are right before lunch and we would love to have you join us! Call 419-893-1994 to make your lunch reservation.

TUESDAY

8/4

11 A.M.

MEDICAID SPEND DOWN & ADVANCE FUNERAL PLANNING

BY: STACY WALLACE

THURSDAY

8/13

10:45 A.M.

COMMUNITY DISCUSSION AND Q&A

BY: STATE SENATOR PAULA HICKS-HUDSON

WEDNESDAY

8/19

10 A.M.

COMMUNITY DISCUSSION AND Q&A

BY: COMMISSIONER LOPEZ

WEDNESDAY

8/26

11 A.M.

CAREGIVER BURNOUT & RESOURCES

BY: BRIGHTPATH HOMECARE

"KNOWLEDGE IS POWER"

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 SS Cardio & Tone with Sheila Brown
 11 a.m. – Jazzercise Lo with Christy Owed
 12:15 p.m. – SS BOOM Muscle with Angie Mourton
 12:30 p.m. – Duplicate Bridge
 12:30 p.m. – Hand & Foot
 12:30 p.m. – Mahjong
 1:20 p.m. – Men's Line Dancing with Belinda Cytlak
 2 p.m. – Beginner's Line Dancing with Belinda Cytlak

Tuesdays:

11:15 a.m. – SS Seated & Standing 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. – Mahjong
 1 p.m. – Senior Singers Choir
 3 p.m. – Cardio Drumming with Vickie Geha

Wednesdays:

9 a.m. – Cardio Drumming with Vickie Geha
 9 a.m. – Regular Line Dancing with Michael Gurtzweiler
 10 a.m. – Chair Zumba with Vickie Geha
 10:30 a.m. – Pokeno
 11 a.m. – SS Tai Chi with Gavin Pitt
 11 a.m. – Jazzercise Lo with Christy Owed
 12:45 p.m. – BINGO
 1 p.m. – Knitting
 1:15 p.m. – SS 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 SS Stretch & Balance with Sheila Brown
 11 a.m. – SS Tai Chi with Gavin Pitt
 12:30 p.m. – 6-Handed Euchre & 4-Handed Euchre
 12:30 p.m. – Duplicate Bridge
 1:15 p.m. – SS BOOM Muscle with Angie Mourton

Fridays:

11 a.m. – Jazzercise Lo with Christy Owed
 12:15 p.m. – SS Chair Yoga with Angie Mourton
 12:30 p.m. – Pinochle
 12:30 p.m. – Skip Bo

Maumee Senior Center Singers Tuesdays at 1 p.m.

This group will take a break from 6/23-7/28

The Maumee Senior Center Singers are led by Director Jim Burns. The choir has presented hundreds of performances in Northwest Ohio.

Love to Sing? Come to singers practice sessions

Tuesday afternoons at 1 p.m. at the Senior Center! Beginners welcome!

For more information: Call 419-893-1994



Art Classes with Mary Jane Erard Tuesdays at 12:30 p.m. and Special Thursdays as noted below:

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.



Cost is \$7 per class payable to the instructor at the door.

Thursday, August 28th at 12:30pm

Seascape scene in any medium

Join us for this 2.5 hour workshop class to learn about watercolors, pastels and acrylics to create your own beautiful scenes! This class is suitable for beginners and intermediate painters. Come check it out!

Open to all ages

Cost: \$25- all supplies included



Call 419-893-1994 to reserve your space today!

Mahjong Mondays and Tuesdays at 12:30 p.m.

Join in on the fun of Mahjong! Must know how to play, but any level of experience is welcome!
The National Mahjongg card is needed to play.



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!



Creative Card Making Classes

Tuesday, August 18th from 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.

Cost is \$8 per person which includes 3 cards.
Please call 419-893-1994 or stop by the front desk to make your reservation.

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

For August, the MSC Book Club is discussing:

The Doctors Blackwell
By: Janice P. Nimura

For September the MSC Book Club will be discussing:

The Library Book
By: Susan Orlean

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: **Mahjong**
- Tuesdays 12:30 pm: **4 Handed Euchre**
- Wednesdays 10:30 am: **Pokeno**
- Wednesdays 12:45 am: **BINGO**
- Thursdays 12:30 pm: **6 & 4 Handed Euchre**
- Thursdays 12:30 pm: **Duplicate Bridge**
- Fridays 12:30 pm: **Pinochle**
- Fridays 12:30 pm: **Skip Bo**

Puzzles, Books, Magazines and Board Games are available daily in the library!

Don't see a card game that you're interested in?
Let's start a new game!
Contact 419-893-1994 to share your ideas!

Waterville Library Programs

We have expanded our senior programs and services to the Waterville Public Library! Stop by the Waterville Library or check out our website at www.maumeesenior.com for more information regarding the meal program and services offered.



Senior Mondays & Fridays Maumee Senior Center At The Waterville Branch Library

August 2026

Meal & Program Information

Meals Provided By The Maumee Senior Center. Menu And Meal Dates Subject To Change. Ingredient Information Available Upon Request. Major Food Allergens Used As Ingredients Include: **Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy, Sesame.** Please Notify A Food Employee For More Information.

Meal Reservations: Call 419-893-1994 At Least 24 Hours Before Pick-Up Date.

Meal Pick-Up: 12:15–1:00 PM (Mondays & Fridays) **Dine In:** 12:15-12:45 **Activities:** 12:45–1:45 Pm

DATE	MEAL & PROGRAM
Mon Aug 3	MEAL: Option 1: Italian Baked Chicken-Green Beans-Pears-Milk-Bread Option 2: Spaghetti w Meat Sauce-Green Beans-Pears-Milk-Bread PROGRAM: National Watermelon Day! Unique Watermelon Treats and Craft
Fri Aug 7	MEAL: Option 1: Bratwurst on Bun-Broccoli-Diced Apples -Milk Option 2: Sausage Pasta-Broccoli-Diced Apples-Milk-Bread PROGRAM: Chair Yoga with Parting Clouds Yoga Studio
Mon Aug 10	MEAL: Option 1: Baked Chicken-Brussel Sprouts-Pears -Milk-Bread Option 2: Baked Pork Chop w Gravy-Brussel Sprouts-Pears-Milk-Bread PROGRAM: Game Day ! Horse Racing
Fri Aug 14	MEAL: Option 1: Fish Sandwich-Corn-Peaches-Milk- Option 2: Sausage and Peppers-Corn-Peaches-Milk-Bread PROGRAM: Make and Take A Book Vase
Mon Aug 17	MEAL: Option 1: Bratwurst on Bun-Cabbage-Mixed Fruit -Milk Option 2: Cheeseburger Pie-Cabbage-Mixed Fruit-Milk-Bread PROGRAM: Cooking Class! Lets make Vegan Cashew Alfredo Pasta
Fri Aug 21	MEAL: Option 1: Macaroni and Cheese-Carrots-Pears-Milk-Bread Option 2: Turkey Sandwich with Cheese-Lettuce Tomato-Pears-Milk PROGRAM: Bingo with Prizes , Sponsored By Comfort Keepers
Mon Aug 24	MEAL: Option 1: Cheese Tortellini Alfredo-Green Beans-Peaches-Milk-Bread Option 2: Chicken over Biscuit-Green Beans-Peaches-Milk PROGRAM: Lemonade and Life Lessons! Enjoy Fresh Made Lemonade and Life Conversations
Fri Aug 28	MEAL: Option 1: Sloppy Joe-Corn-Mandarin Oranges-Milk Option 2: Smoked Sausage and Potatoes-Corn-Mandarin Oranges-Milk-Bread PROGRAM: Trivia ! All About the Automobile and More !
Mon Aug 31	MEAL: Option 1: Baked Pork Chop-Mixed Vegetables-Cinnamon Apples-Milk-Bread Option 2: Chicken Patty-Mixed Vegetables-Cinnamon Apples- Milk-Bread PROGRAM: Library Scavenger Hunt ! Prize to winning Team !!



MSC August 2026 Menu

The following major food allergens are used as ingredients: <i>Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy and Sesame.</i> Please notify a staff member for more information. INGREDIENT INFO IS AVAILABLE UPON REQUEST **Indicates Vegan Option	Monday	Tuesday	Wednesday	Thursday	Friday
	3 Italian Baked Chicken <u>OR</u> Spaghetti & Meat Sauce, green beans, pears, bread & milk	4 Tuna Salad Croissant <u>OR</u> Beef Hot Dog on Bun, 3 bean salad, peaches & milk	5 BBQ Chicken <u>OR</u> Fish Patty Sandwich, green beans, grapes, bread & milk	6 Stuffed Pepper w/Sauce <u>OR</u> Swiss Burger w/Grilled Onions, corn, fruit cocktail, bread & milk	7 Bratwurst on Bun <u>OR</u> Sausage & Pasta, broccoli, diced apples, bread & milk
	10 Baked Chicken <u>OR</u> Baked Pork Chop w/Onion Gravy, brussels sprouts, pears, bread & milk	11 Sweet & Sour Meatballs <u>OR</u> Navy Bean Soup, carrots, grapes, bread & milk	12 Ravioli <u>OR</u> **Black Bean & Rice Corn Bowl, peas, sliced oranges, bread & milk	13 Liver & Onions w/ Mashed Potatoes <u>OR</u> Texas Toast Pizza, green beans, apples, bread & milk	14 Fish Patty <u>OR</u> Sausage & Peppers, corn, peaches, bread & milk
	17 Bratwurst on Bun <u>OR</u> Cheeseburger Pie, cabbage, mixed fruit, bread & milk	18 Hamburger on Bun <u>OR</u> Hot Dog on Bun, watermelon, baked beans & milk Grillin' & Chillin'	19 Cottage Cheese Fruit Plate <u>OR</u> Crunchy Baked Chicken, cucumber & tomato salad, peaches, bread & milk	20 Shepard's Pie <u>OR</u> Grilled Cheese Sandwich w/Tomato Soup, corn, applesauce, bread & milk	21 Macaroni & Cheese <u>OR</u> Turkey & Cheese Sandwich, carrots, pears, bread & milk
	24 Cheese Tortellini Alfredo <u>OR</u> Creamed Chicken over Biscuit, green beans, peaches, bread & milk	25 Scalloped Potatoes & Ham <u>OR</u> Pork Chop w/Onion Gravy, carrots, pineapple, bread & milk Birthday Cake	26 Quiche <u>OR</u> **Chickpea Curry, broccoli, pears, bread & milk	27 Baked Fish Sandwich <u>OR</u> Cold Roast Beef Sandwich, pea salad, fruit cocktail & milk	28 Sloppy Joe on Bun <u>OR</u> Smoked Sausage w/Chicken & Potatoes, corn, oranges, bread & milk
	31 Baked Pork Chop <u>OR</u> Chicken Patty, mixed vegetables, cinnamon apples, bread & milk				

Call **419-893-1994** to reserve your dine-in meal. Suggested senior donation is \$2.50. Meals are served at 11:45 a.m. but are generally available from 11:30-12:30. Please call 24-48 hours in advance if you would like to be added to our dine-in reservation list. Walk-ins are welcome, but may receive a different entrée.

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. Please consider donating any items below.

Cleaning Supplies:

Clorox or Lysol wipes
Hand Sanitizer
Toilet Bowl Cleaner
Awesome cleaner
Spray air freshener
Lysol Spray

Gift Cards:

Gift cards, cash gift
cards and gas cards,
GFS gift cards

Miscellaneous/Kitchen:

8.5x11 and 11x17 copy paper
Dish soap
Foam dessert plates and bowls
Foam clam shell containers 9x6x3

We greatly appreciate your support!

UPCOMING EVENTS!

August 13:
Senator Visit

August 18:
Card Making Class

August 18:
Grill & Chill

August 19:
Commissioner Visit

August 25:
Birthday Party

August 27:
Art Workshop

September 11:
Health Fair

