

42nd Maumee Rec 5k Race & Walk

Sponsored by:

Charlie's Dodge/Chrysler/Jeep/Ram and
St. Clare Commons

Saturday, July 9th 2022 at 9 a.m.

Location: Maumee High School

One of the oldest races in Northwest Ohio and it directly supports the Maumee Senior Center! Become part of the great history of this event!

Call 419-893-1994 to receive a registration form!



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Drivers: Sue Lafontaine &
Dennis Oberhauser

419-377-8113

Come join us for our summer Ice Cream Social at the MSC Café!

Celebrate National Ice Cream Month with a Fabulous Ice Cream Sundae Bar and Lemonade!

FREE with Dine-In Lunch Reservation
\$3 for non-diners.

Call 419-893-1994 to RSVP today!

Sponsored by:
Vibrant Life Assisted Living



Grillin' & Chillin' is back!!

**Mark your calendars and rev
up your taste buds for....**



Grillin' & Chillin' on Friday, July 22nd!

Meal will be served at 11:45 a.m.

Option 1: Bratwurst on a Bun, Baked Beans, Fruit & Milk

Option 2: Hamburger on a Bun

Call 419-893-1994 today to make your reservation!

We hope to see you there!

MSC Café is now open!

Be sure to stop by anytime Monday-Friday 10am-3pm for a fresh cup of coffee, baked goods, fresh salads and wraps!

All proceeds directly support the Senior Center.

Hope to see you there!



Programs and services at the Maumee Senior Center are partially funded by the Older American's Act, the Lucas County Senior Services Levy, City of Maumee, and other state and federal sources, as well as, fundraisers, memberships, sponsorships and donations. Donations to the center for its programs and services are gratefully accepted.

MSC Board of Trustees:

*Joe LaChapelle
Maria Zapiecki
Ardis Dardenne
Will Krosky
Heather Cole
John Gouttiere
Genevieve Stults
Pat Viertelbeck
Martin Lahey*

Advisory Committee:

*Ardis Dardenne– Chairwoman,
Ginny Hiser, Charmaine
McClellan, P.J. Brunner and
Mary Snowberger*

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.

CLOSURES:

The Maumee Senior Center will close at 12:30 p.m. on Friday, 7/1 and will be closed on Monday, 7/4 for the Holiday.

My Senior Center Swipe System is here!

Each person will be assigned their own key card that will be used to “sign in” when you arrive to the center before participating in your program of choice. If you do not have a key card or have misplaced your key card, please see a staff member. Signing in with your key card is required before participating in any programs or services at the Maumee Senior Center.



MSC MOVIE DAY!

Join us for a free movie on:
Friday, July 15th at 1p.m.

Showing: SING!



Movie snacks available for purchase through MSC Café!
Call 419-893-1994 or sign up at the front desk!



SAFETY PROCEDURES AT THE MSC:

Fully vaccinated seniors will not be required to wear a mask at the Maumee Senior Center. Unvaccinated people are required to wear a mask. Safety restrictions and MSC activities/services are subject to change based on current health conditions.

In an effort to stop the spread of COVID-19 and other viruses, we have several safety measures in place to help everyone to feel safe and comfortable.

A Waiver must be signed upon entering the facility stating that you understand you are entering the Maumee Senior Center and you acknowledge that you may come into contact with vaccinated and unvaccinated people utilizing the facility.

Reservations are encouraged for lunch (Grab & Go or dine in) and transportation 24-48 hours in advance.

Facial masks are recommended for everyone but not required.

Hand Sanitizing Stations are located throughout the building. Please remember to wash your hands and/or sanitize chairs & equipment.

You will undergo a daily symptom screening before entering the Center. If you do not pass, you will be denied entry and asked to leave.

Bring A Water Bottle. Drinking fountains and coffee stations are closed.

Physical distancing is encouraged at all times. Not feeling well? Please stay at home and call your physician.



MAUMEE SENIOR CENTER'S UPDATED COVID PROTOCOLS

REGARDLESS OF VACCINATION STATUS:

IF YOU HAVE BEEN EXPOSED TO COVID OR HAVE TESTED POSITIVE FOR COVID, THESE ARE THE SUGGESTED STEPS TO FOLLOW IN ORDER TO PARTICIPATE IN ANY SERVICES OR PROGRAMS AT THE MAUMEE SENIOR CENTER:

- 1. IMMEDIATELY REPORT THE EXPOSURE OR POSITIVE TEST TO THE MAUMEE SENIOR CENTER DIRECTOR.**
- 2. GET TESTED 3-5 DAYS AFTER THE EXPOSURE.**
- 3. IF YOU TEST POSITIVE, ISOLATE YOURSELF AND DO NOT COME TO THE MAUMEE SENIOR CENTER FOR 10 DAYS OR UNTIL YOU HAVE A NEGATIVE COVID TEST.**

At the current time, these suggested steps are to assist in keeping the senior center open and to avoid any COVID outbreaks. Any individual contracting COVID and continuing to visit the Maumee Senior Center jeopardizes the continued operation and activities of the center.

NEW! MSC Class Instructor Highlight:

Meet Christy Owed!

My name is Christy Owed and I teach Jazzercise Lo here at the Maumee Senior Center. I've been teaching for almost 26 years and in 2002 I decided I wanted to add classes for active senior and it has turned out to be one of my favorite classes to teach. Jazzercise Lo is a one hour dance fitness program that helps build strength, balance, and cardio endurance, as well as friendships, it's an amazing group. I moved to Maumee 7 years ago with my husband John, where we have been completely remodeling our house ever since. We have 2 grown children and two grand children. If you have any questions about the classes I teach at the Maumee Senior Center, please contact me, I would be happy to chat with you!



Looking for ways to support the Maumee Senior Center?

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

Type in "Maumee Seniors Inc" in the search bar at: www.walmart.com/registry/registryforgood

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!



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

Our upcoming events with volunteer needs:

Maumee Rec Race
Saturday, July 9th

Parking Lot Party
Friday, August 12th

Summer Fair Booth
Saturday, August 13th

Health & Wellness Fair
Friday, September 9th

Contact Tiffany or Laree at 419-893-1994 or at mscprogramcoordinator@gmail.com to learn more about our volunteer opportunities!

Maumee Senior Center
will be at the *Lucas County Fair* for
—SENIOR DAY—
Wednesday, July 13, 2022!

Come see us at the fair and get your name entered in a raffle for a chance to win a basket of goodies and a **FREE** complimentary lunch on us!



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.

Transportation Services

The Maumee Senior Center is offering transportation to medical appointments and round trip transportation to and from the Maumee Senior Center Monday-Friday.

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.

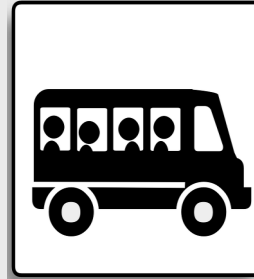
If you are in need of groceries, see below for our online grocery ordering delivery service.

The Maumee Senior Center provides transportation to those 60 and older in the Maumee, South Toledo, Monclova, Holland, Neapolis, Waterville & Whitehouse area.

A \$3 round trip donation is suggested for transportation services.

Call 419-377-8113 at least 24-48 hours in advance to schedule a ride.

Please leave a detailed voice message if you do not get an answer.



NEW

Now offering transportation trips to the grocery store, hair appointments, nail appointments, etc.!

Call [419-377-8113](tel:419-377-8113) to schedule your transportation appointment.

We are looking for Front Desk Volunteers!

This is a great position for those that enjoy working with people! We need volunteers to greet visitors, answer phones, help with our lunch reservation and Grab & Go program, MSC Café and complete light office work.

If you are interested, please contact Tiffany at mscprogramcoordinator@gmail.com OR 419-893-1994 for more information.

Needed:

Mondays 12-3pm

Fridays 10am-2pm

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 Maumee Senior Center 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

Get Medicare Advantage Expert Advice



Call Mike Straub
1-419-595-6223

C4855-MCA

 **MEDICAL MUTUAL**

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.



Outreach—Clinics, Support Group, Benefits Counseling, Assistance

**The Maumee Senior Center is offering
TWO free Blood Pressure Clinics
per month!**

This month's walk-in clinics are on:

**+Tuesday, July 19th
+Wednesday, July 27th
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 and McLaren St. Luke's Hospital.

Durable Medical Equipment Loans

Are you in need of a wheelchair, walker, cane, shower bench, commode, etc?
Contact Laree at 419-893-1994 for more information on what equipment is available for loan.
We are here to help!



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!



Memorial Donations

Memorial Donations to Maumee Senior Center are tributes to cherished memories. The Maumee Senior Center is grateful for Memorial Donations utilized for programs & services.



MSC Caregiver Support Group

Tuesday, July 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 m scoutreachcoordinator@gmail.com

Good news! Each household in the U.S. can now have four FREE COVID-19 at-home tests shipped directly to their home at no cost!

Call Laree at (419) 893-1994 to get yours!

Do you have eyeglasses that you no longer wear?

The Maumee Senior Center is now a site to drop off your used eyeglasses!

Drop off to Laree anytime Monday through Friday 9-4pm.



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 scheduled Legal Appointments are:

Tuesday, July 5



Schedule your 30 minute appointment with the Attorney by calling the Maumee Senior Center at 419-893-1994 .

MSC MEMBERSHIP INFORMATION

MSC Booster Club membership dues are \$25 for 12 months.

FOR JUST \$25 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=\$20
- *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.

Be a Booster!

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



***FREE Birthday Lunches for
Booster Members!!***

On the last Friday of every month, the Maumee Senior Center will celebrate your birthday with free lunch and birthday cake! **July Birthday lunch is on Friday, July 29th!**

Call 419-893-1994 to make your birthday lunch reservation!

*This month's birthday cake and goodie bag is sponsored by:
Kingston of Perrysburg*

***Welcome New MSC Booster
Members!!***

We proudly welcome our new members:

Jeannie Morrow

Walt Morrow Diane Bouillon

Kathy Ziegler Teresa Barchick

Elizabeth Landry Barbara Owczarzak

Pat Colpaert Tonya Haynes

Bonnie Humphrey Jenny Struck

Tim Strand Barbara Beaman



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



Hiser	Ginny	6-Jul
King	Margaret	9-Jul
Kertesz	Grace	12-Jul
Gauger	Faith	13-Jul
Leroux	Sharon	16-Jul
Colnar	Julia	22-Jul
Miller	Nancy	22-Jul
Cramer	Dorothy	23-Jul
Metzger	Flo	27-Jul
Young	Ruth	27-Jul
Cassidy	Jim	29-Jul
Skiver	Cynthia	31-Jul

MSC Virtual Programs

The Maumee Senior Center is offering virtual classes to provide more opportunities for homebound seniors. All of these classes are through ZOOM. Check out these programs below!

VIRTUAL 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. New participants are welcome!

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! New participants welcome!

*These classes are free to Silver Sneakers members and \$3 per class for non-Silver Sneakers members. If you are a **new** participant, please indicate if you have Silver Sneakers or not when registering for these classes. Contact Program Coordinator, Tiffany at mscprogramcoordinator@gmail.com or 419-893-1994 to register for these classes and to receive the link to join.*

MSC FITNESS CLASSES

Mondays:

- 9 a.m.— Chair Zumba
- 10 a.m.— SS Cardio & Tone (VIRTUAL)
- 11 a.m.— Jazzercise Lo
- 1 p.m.— SS Classic
- 2:15 p.m.— Beginner's Line Dancing

Tuesdays:

- 10 a.m.— SS Stability
- 11 a.m.— SS Chair Yoga
- 3 p.m.— Cardio Drumming

Wednesdays:

- 9 a.m.— Cardio Drumming
- 9 a.m.— Introduction to Line Dancing
- 10 a.m.— Regular Line Dancing
- 10 a.m.— Chair Zumba
- 11 a.m.— Jazzercise Lo
- 11 a.m.— SS Tai Chi in the Park
- 1 p.m.— SS Classic

Thursdays:

- 9 a.m.— Chair Zumba
- 9:45 a.m.— Regular Line Dancing
- 10 a.m.— SS Stretch & Balance (VIRTUAL)
- 11 a.m.— SS Tai Chi

Fridays:

- 11 a.m.— Jazzercise Lo

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!

Maumee Senior Center Singers are back! 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



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

Wednesdays at 9a.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

Wednesdays at 10 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 your basic line dancing 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 before taking this class.

New participants are welcome!

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

NEW!



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



Silver Sneakers classes with Gavin Pitt:

Stability **NO CLASS ON 7/5**

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 \$3.00 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 \$3.00 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. Come check it out!

*****Wednesday class meets at Side Cut Metro Park in Maumee*****

The cost is \$3.00 for non silver sneakers members payable to instructor at the door.

Silver Sneakers Classic with Angie Mourton Mondays and Wednesdays at 1 p.m. **NO CLASS ON 7/13**

This Silver Sneakers Classic 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 \$3.00 for non silver sneakers members payable to instructor at the door.

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



Mary Jane is a well known regional artist and is represented by the Toledo Museum of Art. All students regardless of your experience with art are welcomed to join Mary Jane on Tuesdays and Thursdays!

Tuesday classes: bring your favorite medium and there will be a guided class instruction on a specific picture with your favorite medium!

Thursday classes: bring your own project and work at your own pace! Mary Jane will assist you with your own personal projects.

This promises to be a fun and informative way to learn art with your friends at the center. New participants are welcome!

Cost is \$5-\$10 per class payable to the 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



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



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!



Open Sew group

Calling all quilters and sewers!

This group will meet once a month from 10 a.m. -2 p.m.
Please bring your own equipment and extension cord. 6ft long tables and chairs will be provided.

The group will have a built-in lunch break at 11:45 a.m., join us to dine-in for a delicious meal at the Center or pack your own lunch.
Call 419-893-1994 for your lunch reservation.



Mark your calendars:

Monday, September 26th

Monday, October 17th

Monday, November 11th

Monday, December 19th

BINGO! Wednesdays at 1 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.



MSC Book Club with Jane Berger
Monday, July 18th at 10 a.m.

The MSC Book Club is reading:
The Invention of Wings

By: Sue Monk Kidd

The Invention of Wings is a fictionalized biographical account of the Grimke sisters as they become trailblazers in the abolition movement and early leaders in the fight for women's rights. The story takes place in the pre Civil War era and begins on a plantation in Charleston.

*Books are available to check out at
 the Maumee Branch Library.*

This group is always looking for new participants and meets on the second Monday of every month! Some dates may be subject to change.

Call 419-893-1994 if you have any questions.



Arts & Crafts with Mary!

Thursday, July 21st at 9:45 a.m.

Join one of our wonderful MSC volunteers for an Arts and Crafts Session in July! The project will be 4 hand made greeting cards that you can send to your loved ones!

Mary will provide all materials. Dessert is included!

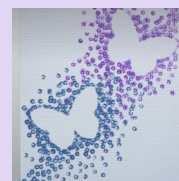
Cost is \$5 and a portion will go directly to support the MSC!

Deadline to sign up by is Tuesday, July 19th.
 Space is limited—

Contact Tiffany at 419-893-1994 to sign up today!



*Stay for
 lunch
 too!*



These are a few examples!

MSC Cards and Games of Strategy!

- Mondays 12:30 pm: **Duplicate Bridge**— DR
- Mondays 12:30 pm: **Hand & Foot**— ER
- Tuesdays 10:00 am: **6 Handed Euchre**— ER
- Tuesdays 12:30 pm: **4 Handed Euchre**— ER
- Tuesdays 12:30 pm: **Phase 10**— DR
- Wednesdays 10:30 am: **Pokeno**— ER
- Wednesdays 12:30 pm: **Poker**— ER
- Thursdays 12:30 pm: **Phase 10**— DR
- Thursdays 12:30 pm: **6 Handed Euchre**— ER
- Thursdays 12:30 pm: **Duplicate Bridge**— DR
- Thursdays 1:00 pm: **Mahjong**— ER
- Fridays 12:30 pm: **Pinochle**— ER
- Fridays 12:30 pm: **Skip Bo**— ER
- **PUZZLES: Available daily in the library!**

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

DR= Dining Room, ER= Education Room, LL= Lower Level



Driver Safety



SAFER DRIVING

CAN SAVE YOU MONEY

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

- » Refresh your driving skills and knowledge of the rules of the road.
- » Learn techniques for handling left turns, right-of-way and roundabouts.
- » Discover proven driving methods to help keep you and your loved ones safe on the road.

THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

Tuesday, August 23, 8:30AM to 1:00PM

Maumee Senior Center
2430 Detroit Ave
Maumee, OH 43537

Registration 8:30 to 8:55
Class starts promptly at 9:00 AM

Payment by cash or check made out to AARP

Bring your Drivers License and AARP card, if applicable

REGISTER NOW

Laree Shroyer (MSC)
419-893-1994

CLASSROOM COURSE

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

FOR MORE INFORMATION

Call: **1-877-846-3299**
Visit: **www.aarp.org/drive**

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

GRACE FAMILY FELLOWSHIP

A small, grace-based Christian congregation that meets every Sunday at **10:30 am** at the Maumee Senior Center.



We are very happy to be able to support the Maumee Senior Center and the surrounding community.



Web site: www.gracefamily4u.com

SERVING OUR COMMUNITIES SINCE 1947

We feel we should generously share our **time, talents, and financial resources** in pursuit of solutions to our social problems and in support of other worthwhile community endeavors. We also encourage and stimulate others, including our employees, to do the same.



andersonsinc.com



MAKE A DIFFERENCE.



DONATE»

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

THANK YOU!

Community Speakers:

Wednesday, July 6th at 11 a.m.

Welcome Taeya Sherman from Bloom Medicinals Maumee!

Taeya will be speaking about:
“Medical Marijuana”

Tuesday, July 12th at 11 a.m.

Welcome Sonya Quinn from NAMI Greater Toledo!

Sonya will be speaking about:
“Importance of taking care of your Mental Health”

These presentations are right before lunch so call 419-893-1994 to make your lunch reservation today!

KNOWLEDGE
IS POWER 

July Evening Meal “Grab & Go”

Monday, July 25th from 4-4:30p.m.

On the menu: Veal Parmesan over Pasta, Normandy blend veggies, pears, bread & milk

Reservation required. Call 419-893-1994 to reserve your meal.

Suggested meal donation is \$3.50

Pick up is at the front door of the building.

READ ME!!

MSC Meal Program Expands!

INSIDE DINERS ONLY: will have the choice between TWO entrees for lunch. **Please be sure to request your chosen entrée when reserving your seat for lunch. Those who do not specify, or reserve day of after 9 a.m. will receive whichever entrée is available.**

Salad bar is the **third entrée** option on select days for **inside dining only.**

Option 3 is only available on 7/21.

*****Grab & Go diners will have only 1 entrée choice at this time which is the first entree choice listed on the menu.*****

As always, walk-ins are welcome to the Maumee Senior Center dining program. However, keep in mind that there are a limited amount of meals prepared so walk-ins will receive a meal, but may not have as much of a selection.

In the future, inside diners will also see some new items on the menu such as Meatless Mondays and vegan/vegetarian options.

And don't forget the MSC Café is now open! It offers traditional and non-traditional Grab & Go options such as Gluten Free snacks, specialty coffees, wraps, salads and more! Be sure to stop by the Maumee Senior Center for a beverage, snack or lunch!

With so many options, you'll have a hard time choosing What's For Lunch!

MSC July 2022 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>27 <u>Loaded Baked Potato</u> OR <u>Chicken broccoli</u>, tropical fruit & milk</p>	<p>28 <u>Italian Chicken</u> OR <u>Pork Chop</u>, cabbage, peaches, bread & milk</p>	<p>29 <u>Tuna Noodle Casserole</u> OR <u>Roast Beef Sandwich</u>, peas, banana, bread & milk</p>	<p>30 <u>Broccoli & Beef</u> OR <u>Bratwurst</u> on Bun, rice, broccoli, fruit cocktail, bread & milk</p>	<p>1 <u>Sausage & Peppers</u> OR <u>Cottage Cheese Plate</u>, corn, pineapple, bread & milk</p>
<p>4 CLOSED FOR HOLIDAY</p>	<p>5 <u>Pulled Pork on Bun</u> OR <u>Beef Patty</u> w/Gravy, coleslaw, banana, bread & milk</p>	<p>6 <u>Creamed Chicken</u> OR <u>Pierogi & Sautéed Onion</u>, brussels sprouts, grapes, biscuit & milk</p>	<p>7 <u>Smoked Sausage</u> OR <u>Quiche</u>, sauerkraut, scalloped potatoes, applesauce, bread & milk</p>	<p>8 <u>Tuna Patty</u> OR <u>Beef Ravioli</u> w/Sauce, peas, mandarin oranges, bread & milk</p>
<p>11 <u>Goulash</u> OR <u>Chili Cheese Dog</u> on Bun, corn, pears, garlic bread & milk</p>	<p>12 <u>Salisbury Steak</u> w/Gravy, OR <u>Chicken</u>, peas & carrots,</p>	<p>13 <u>Liver and Onions</u> OR <u>Fish Patty</u>, corn, mashed potatoes, cinnamon apples, bread & milk</p>	<p>14 <u>Chicken & Rice Casserole</u> OR <u>Ham Sandwich</u>, lima beans, tropical fruit, bread & milk</p>	<p>15 <u>Sweet & Sour Pork</u> OR <u>Meatballs</u> w/Sauce, green beans, rice, pineapple, bread & milk</p>
<p>18 <u>Broccoli & Cheese Quiche</u> OR <u>Chicken Patty</u>, broccoli, mandarin oranges, bread & milk</p>	<p>19 <u>Grilled Cheese</u> OR <u>Sausage & Peppers</u>, green beans, grapes, bread & milk</p>	<p>20 <u>Baked Chicken</u> w/Gravy OR <u>Bratwurst</u>, sauerkraut, mashed potatoes, peaches, bread & milk</p>	<p>21 <u>Breaded Beef Patty</u> w/Gravy OR <u>Pork Chop</u>, carrots, rice, pears, bread & milk OR SALAD BAR</p>	<p>22 GRILLIN' & CHILLIN' <u>Bratwurst</u> on Bun OR <u>Hamburger</u> on Bun, baked beans, fruit & milk</p>
<p>25 <u>Hamburger Gravy</u> OR <u>Fish Patty</u>, carrots, mashed potatoes, peaches, bread & milk. EVE MEAL</p>	<p>26 <u>Spaghetti</u> w/Meat Sauce OR <u>Ham & Cheese Sandwich</u>, green beans, pineapple, bread & milk</p>	<p>27 <u>Cheese Tortellini</u> & <u>Peas</u> OR <u>Meatballs</u> w/Sauce, peas, cinnamon applesauce, bread & milk</p>	<p>28 <u>Smoked Sausage</u> on Bun OR <u>Chicken</u>, cabbage & potatoes, mixed fruit, bread & milk</p>	<p>29 <u>Pork Chop</u> w/Mushroom Gravy OR <u>Tuna Salad</u> Plate, corn, pears, bread & milk Birthday cake!!</p>

DINE IN: RESERVATIONS SHOULD SPECIFY WHICH ENTRÉE OPTION: 1, 2 OR 3
GRAB & GO: OPTION 1 ONLY

*****Option 3 is Salad Bar available to dine-in ONLY on 7/21**

Evening Meal Grab & Go: Mon. 7/25 at 4pm
 Menu: Veal Parmesan over pasta, Normandy Blend veggies, pears, bread & milk
 Suggested donation is \$3.50

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

Call 419-893-1994 to reserve your dine-in or Grab & Go meal pickup. Suggested senior donation is \$2.50. Dine-in is at 11:45 and Grab & Go pick up is 12:30-1 p.m. Please call 24-48 hours in advance to guarantee your option selection.

Walk-ins are always welcomed. **Menu items subject to change.**

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

Facebook.com/maumeeseniorcenter
www.maumeeseniorcenter.com

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



Maumee Senior Center's WISH LIST

The Maumee Senior Center is here to serve you. However, as a non-profit organization, we must be frugal. Consider donating new or used items on our Wish List.

Cleaning Supplies:
Clorox or Lysol wipes
Dawn Dish Soap
Paper towels

Miscellaneous:
8 1/2 x 11 copy paper
11 x 17 copy paper
Bottles of Wine
Plastic silverware

Gift Cards:
Gift cards, cash
gift cards and gas
cards

Kitchen:
Napkins
Large canned fruit
and vegetables
from GFS

Check out our Walmart Registry!

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

We greatly appreciate your support!

UPCOMING EVENTS!

July 9th:
Maumee 5k Rec Race

July 19th :
Ice Cream Social

July 22nd:
Grillin' & Chillin'

July 25th:
Eve. Meal Grab & Go

September 9th:
Health & Wellness Fair

