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MSC Transportation
Office:

419-377-8113

**Drivers: Sue LaFontaine &
Dennis Oberhauser**

***Maumee Senior Center's
Booster Club & Volunteer
Appreciation Dinner is Set!***

April 16, 2024
At 4 p.m.

***Come Enjoy a
Fantastic Evening As
We Celebrate You!***

**Musical Entertainment
Provided**



**We Could Not Do What We Do
Without You!**

**Call 419-893-1994 to reserve a seat or
sign up at the front desk today! Deadline
to RSVP is April 9!**

Menu

***Spaghetti &
Meat Sauce,
Green Beans,
Garlic Bread
&
Dessert***

**Cost: FREE to all
MSC Booster Club
Members**

***\$13 for
Non-Members**

Join today!

The Maumee Senior Center 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.

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,*
- Ginny Hiser, Robert Groh*

The Advisory Committee is a group of representative Senior Center participants. To offer concerns or questions for the Advisory Committee, contact the Advisory Committee by e-mail at: mscadvisory@gmail.com or any of the participants.

ATTENTION:

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

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!

A FREE 7 Week Workshop with UTMC

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 info, etc.

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.**



Are you 55 or older and looking for an opportunity to learn how to stay healthy and meet new people?

Join us, and bring a friend! Wednesdays, 1:00 pm – 3:00 pm at Maumee Senior Center

2430 South Detroit Ave., Maumee, OH

May 1 – June 5 (Six Week Program)

Sign up by April 24 at the front desk or scan the QR code
For questions call 419-893-1994



The educational program offers six lessons that cover a wide range of topics. Join us for this fun program, where you'll meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices
- Celebrate this exciting stage of life and all the benefits that come with it
- Discuss risk factors and behaviors you should avoid to stay healthy
- Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently and how you can avoid problems
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive



Free \$50 Kroger gift card upon successful program completion!
(First-time participants only)



419.214.3629
3909 Woodley Road, Toledo, OH 43606
www.harbor.org



Harbor

Plan to attend—Maumee Senior Center's Annual Membership Meeting on: **Thursday, April 18th at 11:45.**

See you there!



We need your feedback!

Participant Surveys are distributed from the front desk— please grab one when you visit. These surveys help us better serve you! 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 \$\$\$!



Breakfast with the Easter Bunny at the Maumee Senior Center was a success!!

We want to thank all of our volunteers and sponsors that helped make this event possible! A special shout out to *Grace Communion Maumee* for providing the fun games at the event! Everyone loved it!

We look forward to another great Breakfast with the Easter Bunny in 2025!

“Wind down your week” with a Sound Bath at the MSC! Friday, April 5th from 1-2 p.m.

The next Sound Bath is on Friday, May 10th 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!*



Watercolor or Pastel Workshop Class! Tuesday, April 23rd at 12:30 p.m.

Experience the unique art of painting with watercolors or pastels, creating luminous, delicate, and layered effects not easily achieved with other mediums. Join us for this 2.5 hour workshop to learn various techniques. Suitable for beginners and intermediate painters.

Cost: \$25 with your own supplies or \$27 if you don't have any supplies.

What you need to bring: a color photo, which can be on a phone or iPad. Call 419-893-1994 to register or stop at the front desk.



MAY MEMBERSHIP MADNESS!

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

Put FUN back in your life at the
**MAUMEE SENIOR
CENTER!**

Why Become a MSC Member?

For just a \$30 annual investment, your membership helps to ensure that the Maumee Senior Center will continue to be able to provide quality programming, nutritious meals and services for seniors in the years to come.

In addition, you will receive these benefits as a Booster Club Member:

1. **Special Birthday Lunch**—On the last Friday of the month of your birthday, MSC will contribute the suggested senior lunch donation in your honor for your Birthday Lunch.
2. **Newsletter Recognition**—You are included on our list of Birthday Honorees in the newsletter.
3. **FREE Christmas Party**—Enjoy a holiday meal with all the trimmings and entertainment FREE as a member.
4. **FREE Booster Club Dinner**—Enjoy another FREE wonderful meal and entertainment at the annual Booster & Volunteer Appreciation Dinner as a member.
5. **Discounts** on select daytrips sponsored by MSC.
6. **FREE Exclusive New Member Mixer**-- You will be invited to attend a New Member Mixer event to meet other new supporters of MSC.
7. **Booster Buddies**—Become eligible to participate in our new Booster Buddies Program and be partnered with an experienced Booster Club member to learn the ropes & make friends at the Center.
8. **Tax deduction**--As a non-profit organization, your investment can be tax deductible.
9. **Discount**—Receive a discount on newsletter classified listings
10. **Membership Discount**—Receive a 25% discount on your membership, when you bring a new person to join. Discount applies to only 1 person.



**Become a MSC
Booster Club
Member Today!**

Submit Your Payment to
Any Staff Member to
Join Today!

Device Advice with the Library!

**The Maumee Senior Center has
partnered with the Toledo Lucas
County Public Library to provide
technology assistance to
area seniors!**

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

Sessions start at 1pm and end at 3pm

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

**Thursday, April 11th,
Tuesday, May 14th**

*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!*

~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.*



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

Our upcoming events with volunteer needs:

Booster & Volunteer Dinner-
Tuesday, 4/16

90's Birthday Party-
Tuesday, 5/21

MSC Retirement Fair-
Tuesday, 6/11



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



If you would like to make a monetary donation to help the Maumee Senior Center, please mail a check to:

2430 S. Detroit, Maumee, OH 43537
or donate through Paypal by clicking the Donate button on our website at MaumeeSeniorCenter.com

Monetary donations help the MSC to continue programs and services.

THANK YOU!

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

Walmart

Type in "**Maumee Seniors Inc**" in the search bar at: 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.



YOUR AD COULD BE HERE!

Are you interested in advertising your business in the Maumee Senior Center Newsletter? Then this could be the opportunity for you!

Contact Tiffany at 419-893-1994 for more information regarding our newsletter advertising opportunities.

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



Ways to receive our Monthly Newsletter:

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

You can also receive our newsletter by e-mail or by accessing our website a www.maumeeseniorcenter.com

Subscribe by email at:
mscprogramcoordinator@gmail.com



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

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

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 on:
Thursday, April 4th,
Thursday, May 5th
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

**Are you a senior age 60+ or disabled?
You may qualify for SNAP benefits!**



SNAP is a federal program that helps millions of low-income Americans get nutritious food. Millions of older adult households use SNAP each month. SNAP is the largest program working to fight hunger in America. For more information or to see if you qualify for SNAP, contact Laree Shroyer at MSC at (419) 893-1994.

Mobile Foot Care Clinic at the MSC!

The Maumee Senior Center has partnered with Izzy Alaniz, RN at Caring Sole Foot Wellness, LLC to have a monthly foot care clinic here at the Maumee Senior Center!

The upcoming clinics are scheduled for:

**Tuesday, April 30th &
Tuesday, May 28th**

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!!***

April Birthday lunch is on Friday the 26th!

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:***

Wayne Kropelin

Sandy Gargac

Polly & Terry Kertesz

Andy Jackson



We had 18 people renew their memberships this month– thank you so much for your support!!

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



Lorenzen	Janice	4/1
Doncouse	Margery	4/2
Garcia	Mary	4/2
Denomy	Shirley	4/3
Emery	Teresa	4/3
Lindsay	Dave	4/3
Criss	Leslie	4/4
Capps	Kathy	4/6
McClellan	Charmaine	4/7
Rambo	Carol	4/7
Gauger	Craig	4/9
Shultz	Toni	4/10
Cole	Heather	4/10
Poznanski	William	4/11
Dashner	Richard	4/12
Jacobsen	Patricia	4/13
Wicks	Bonnie	4/14
Fulkert	Jane	4/15
Orzechowski	David	4/15
Jackson	Andy	4/16
Schurman	Susan	4/16
Kwiatkowski	Richard	4/20
Blakely	Chris	4/26
Miga	Bobbie	4/26
Sniadecki	Noreen	4/27
Jarman	Karen	4/28
Redfox	Wanda	4/28
Kulczak	Joyce	4/29
Cassady	Bridget	4/30
Dashner	Kathy	4/30
Morris	Mary	4/30

MSC Virtual ZOOM Programs

Silver Sneakers classes with Sheila Brown

Cardio & Tone

Mondays at 10 a.m.

This is an intermediate exercise class for the active older adult. Low impact cardio movements will raise the heart rate, while light resistance equipment will be used to strengthen the muscles. *Cost is \$3 per class for non SS members.

Stretch & Balance

Thursdays at 10 a.m.

This is a low impact class with dynamic movements and stretches that are the foundation of this class. A chair will be utilized for appropriately half of the exercises making it well suited for beginners! *Cost is \$3 per class for non SS members.

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

Jazzercise Lo with Christy Owed

Mondays, Wednesdays and
Fridays at 11 a.m.

Jazzercise lo is a low impact energetic workout that combines dance cardio, with strength, balance and core work.

If you love music and love to dance, Jazzercise lo is a great way to workout while feeling like you're at a dance party with friends!

Join us for your first class free!

For any questions at all or regarding pricing please contact Christy Owed directly at 419-460-1734



Line Dancing Classes at the MSC!

Line Dancing is a great form of exercise that helps to improve strength, muscle function and balance! Sharpen your mind and your coordination and join in the fun with Line Dancing Classes at the MSC— and bring a friend too! Check out these classes below!

Line Dancing Classes with Michael Gurtzweiler



Regular Line Dancing

Wednesdays at 9 a.m. & Thursdays at 9:45 a.m.

This class is for participants familiar with most frequently used line dance steps. Turns and brisk footwork are included. Dancers will expand their repertoire of dances at all levels: from beginner/improver to the intermediate levels. Waltzes, in triple time, will also be part of the repertoire. New Participants are welcome!

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

Line Dancing Class with Belinda Cytlak

Beginner's Line Dancing

Mondays at 2:15 p.m.

This class is for those that are familiar with the basic line dancing steps and dances. Are you ready to build onto those skills? Then this class is for you! Join in on this Beginner's level Line Dancing class that will focus on building onto the basics with incorporating new steps and dances. For those that have no previous line dancing experience, taking introduction to line dancing class is encouraged but not required before taking this class.

New participants are welcome!

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



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



Silver Sneakers & Renew Active classes with Gavin Pitt:

Stability

Tuesdays at 10 a.m.

This class is designed to improve balance, agility, mobility and power. It is slow paced and does not include cardio. If you are looking to strengthen your core and improve your balance and mobility, then this class is for you! Give it a try!

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

Sitting & Standing Yoga

Tuesdays at 11 a.m.

Move through classic yoga poses to increase flexibility, balance and range of motion. The classic poses are adapted to being seated, although there is some standing. The focus is on doing the poses with intention and awareness of one's body.

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

Tai Chi

Wednesdays and Thursdays at 11 a.m.

Tai Chi for Health has a focus on moving and balancing and safety. Whether you are a first time person or have done Tai Chi before, you are welcome! We will learn several forms which are easy to learn and very beneficial to the body, mind and Spirit. A chair is used for seated Tai Chi movements as well. Come check it out!

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

Silver Sneakers & Renew Active classes with Angie Mourton:

Classic

Mondays at 1 p.m.

This class focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a Silver Sneakers ball. Often a chair is used for seated exercises or standing support. Equipment is limited, you are encouraged to bring your own.

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

Chair Yoga

Wednesdays at 1 p.m.

This class is a fusion of flexibility, endurance and balance that we all can use over time. It also helps with stress management. This class is primarily done in a chair but may have some standing with modification moves shown by the instructor.

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

Chair Zumba with Vickie Geha

Mondays and Thursdays at 9 a.m.

Wednesdays at 10 a.m.

This class incorporates movements taken from Latin dances like the merengue, salsa, and cha cha to create an exhilarating program that aims to improve overall energy, core stability, muscular strength, cardiovascular endurance, and motor skills. New participants welcome!

\$2 per class payable to instructor at the door



Cardio Drumming with Vickie Geha

Tuesdays at 3 p.m. and Wednesdays at 9 a.m.

This class takes a simple movement - drumming - and turns it into a full-body workout that will leave you smiling, sweating, and feeling great! It brings together drumsticks, an exercise ball, and an exercise ball stand to create one of the most fun workouts you'll ever do. Equipment is limited, but provided on a first come first-served basis. Feel free to bring your own!

\$2 per class payable to instructor at the door



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!

Bring a friend and play your favorite game of Pool for free! Use at your own leisure, no reservations required!



MSC Fitness Room

Treadmills, bikes and light weights are available to use for free! Come and go as you please, no reservations are required! ***Equipment use is at your own risk.



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

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

Mary Jane can assist you with a variety of different mediums included but not limited to: water color, pastel, oils, acrylics, colored pencil, painting, drawing, etc.

If you have any questions or would like to meet the instructor, stop by class anytime on Tuesdays or Thursdays.

Tuesday classes will have 30 minutes dedicated to demonstrations.

Cost is \$7-\$10 per class payable to the instructor at the door.



Walking Wednesdays!

Join us every Wednesday from 2-3 p.m. to walk the big room and the building! As a low-impact form of exercise that is easy on your joints, it is extremely beneficial to your physical health and mental health. Be sure to bring your tennis shoes and a bottle of water. Just show up, no need to reserve. See you there!





NOW SHOWING

MSC MOVIE DAY!

Join us for a free movie on:
Friday, April 5th at 1 p.m.

Movie snacks
available for
purchase through MSC
Café!

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



MSC Book Club with Jane Berger
Monday, April 15th at 10 a.m.

This month, the MSC Book Club is discussing:
All the Dangerous Things
By: Stacy Willingham

Next month, the MSC Book Club is discussing:
West with Giraffes
By: Lynda Rutledge

*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.



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 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!



SAVE THE DATE!

A Passport to Retirement: The Next Chapter

*Hosted by
The Maumee Senior Center*



4-6 p.m. June 11, 2024

Maumee Senior Center, 2430 Detroit Ave.

FREE ADMISSION!

Featuring Vendors Focusing On
Retirement Topics:

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

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

Plus Enjoy Prize Drawings & Making Connections!

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

PASSPORT SPONSOR: PARAMOUNT ELITE



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
maumeeseniorcenter@gmail.com**

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 maumeeseniorcenter@gmail.com**

Community Speakers:

Wednesday, April 17th at 11 a.m.

*“Music Trivia”
with Sandy*


Wednesday, May 22nd at 11 a.m.

Mercy Health St. Luke’s Pharmacy— topic TBA

Wednesday, May 29th at 11 a.m.

*“Stroke Risks and Older Adults”
Mercy Health St. Luke’s Family Medicine
Residency*

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 

Creative Card Making Class

Tuesday, April 30th 10-11:30

All supplies necessary to complete this project are included. We will walk you through each step of the design, which you will place in a hand stamped envelope for mailing to your friends and family. Join us for a fun and creative DIY workshop with Ruth. **Card theme is Mothers & Fathers Day, Graduation and Birthday!**

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

Deadline to rsvp is
Thursday, April 25th.



Help us restock Wilma’s Cupboard!

Thanks to the generosity of our seniors and the community, the Maumee Senior Center is able to offer delicious and nutritious meals to seniors on a daily basis. However, in order to help reduce costs, we are asking for donations to help stock Wilma’s cupboards.

This is a great way to support the Maumee Senior Center and to help our dollars to go further to support seniors and services.

We are in need of:

- Canned fruit (large cans)
- Frozen Vegetables
- Napkins
- Plastic Silverware
- Brown Paper Bags size: 5” 1/8 x 3” 1/8 x 10” 5/8



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

Join us for Jazz entertainment during lunch provided by Maumee’s National Honors Society Jazz Band!

Wednesday, April 3rd at 11 a.m.

We’d love to have you for lunch!
Call 419-893-1994 or stop by the front desk today to make your reservation!



MSC April 2024 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 <u>Chicken & Rice Casserole</u> OR <u>Egg Salad Sandwich</u>, glazed carrots, cinnamon apples, bread & milk</p>	<p>2 <u>Patty Melt</u> OR <u>Pork & Apples</u>, corn, pears, bread & milk</p>	<p>3 <u>Cheese Tortellini</u> OR <u>Turkey & Gravy</u>, peas, banana, bread & milk</p>	<p>4 <u>Sloppy Joe</u> on <u>Bun</u> OR <u>Sausage & Peppers</u>, rice, corn, grapes, bread & milk</p>	<p>5 <u>Pierogi & Sautéed Onion</u> OR <u>Beef Stroganoff</u>, green beans, mixed fruit, bread & milk</p>
	<p>8 <u>CLOSED FOR SOLAR ECLIPSE</u></p>	<p>9 <u>Bratwurst</u> OR <u>Veal Patty w/Gravy</u>, cabbage, peaches, bread & milk</p>	<p>10 <u>Fish Patty</u> OR <u>Beef Patty w/Gravy</u>, buttered carrots, banana, bread & milk</p>	<p>11 <u>Teriyaki Chicken</u> OR <u>Ravioli & Sauce</u>, rice, mixed vegetables, pears, bread & milk</p>	<p>12 <u>Quiche</u> OR <u>Egg Salad Sandwich</u>, sliced tomatoes, applesauce, bread & milk</p>
	<p>15 <u>Beans & Weenies</u> OR <u>Chicken & Potatoes</u>, California blend veggies, fruit cocktail, bread & milk</p>	<p>16 <u>Beef Smoked Sausage</u> OR <u>Tuna Melt</u>, lima beans, pears, bread & milk</p>	<p>17 <u>Scalloped Potatoes & Ham</u> OR <u>Chicken Cacciatori</u>, buttered peas, grapes, bread & milk</p>	<p>18 <u>Stuffed Pepper</u> OR <u>Pork Chop</u>, O'Brien potatoes, apples, bread & milk</p>	<p>19 <u>Meatballs & Sauce</u> OR <u>Cottage Cheese Plate</u>, green beans, peaches, bread & milk</p>
	<p>22 <u>Open Face Turkey Sandwich</u> OR <u>Pork Chop</u>, mashed potatoes, green beans, pears, bread & milk</p>	<p>23 <u>Sweet & Sour Chicken</u> over <u>Noodles</u> OR <u>Philly Steak Sloppy Joe</u>, broccoli, banana, bread & milk</p>	<p>24 <u>Beef Stew</u> OR <u>Fish Patty</u>, cauliflower, fruit cocktail, corn muffin & milk</p>	<p>25 <u>Taco Boat</u> OR <u>Chicken Salad Sandwich</u>, corn, apples, bread & milk</p>	<p>26 <u>Creamed Chicken</u> over <u>Biscuit</u> OR <u>Fish Patty</u>, peas, peaches, bread & milk Birthday Cake</p>
	<p>29 <u>Beef Tips & Mushrooms</u> OR <u>Pierogi & Sautéed Onion</u>, succotash, grapes, bread & milk</p>	<p>30 <u>Cream Chipped Beef</u> over <u>Texas Toast</u> OR <u>Turkey & Cheese Sandwich</u>, peas & carrots, applesauce, bread & milk</p>	<p>1 <u>Sausage & Pasta</u> OR <u>Cheese Tortellini</u>, mixed vegetables, peaches, bread & milk</p>	<p>2 <u>Hamburger Gravy</u> over <u>Mashed Potatoes</u> OR <u>Baked Chicken</u>, corn, pineapple, bread & milk</p>	<p>3 <u>Pork & Gravy</u> over <u>Rice</u> OR <u>Macaroni & Cheese</u>, stewed tomatoes, mixed fruit, bread & milk</p>

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

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/maumeeseniorcenter
www.maumeeseniorcenter.com

MISSION STATEMENT:

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



The logo features a colorful, multi-colored circular graphic resembling a flower or a cluster of dots, with the text "Maumee Senior Center's" above it and "WISH LIST" in large, bold, blue letters below it.

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

Cleaning Supplies:

Clorox or Lysol wipes
Hand Sanitizer
Hand Soap
Tissue boxes
Saran Wrap
AA & AAA Batteries

Gift Cards:

Gift cards, cash gift cards and gas cards

Miscellaneous/Kitchen:

Bottles/boxes of Wine
Black Trash Bags size 33 gallon
Indoor/Outdoor 100 foot extension cord
8.5x11 and 11x17 paper
Small sandwich bags
Brown paper bags

Check out our Walmart Registry!

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

We greatly appreciate your support!

UPCOMING EVENTS!

April 5:

Sound Bath Class

April 16:

Booster Member & Volunteer Dinner

April 23:

Watercolor & Pastel Workshop

April 30:

Card Making Class

