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Maumee Senior Center News

2430 S. Detroit Ave. Maumee, OH 43537

◆ Phone (419) 893-1994◆ www.maumeeseniorcenter.com www.facebook.com/maumeeseniorcenter

DECEMBER 2025

Closure notice:

The MSC will be closed on Wednesday, 12/24, Thursday, 12/25 and 1/1/26 for the Holiday.



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

Donations to the center for its programs and services are gratefully accepted.

Board, Upcoming Events, Food Drive

MSC Board of Trustees:

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

Advisory Committee:

Chris Blakely– Chairman, 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:

<u>mscadvisory@gmail.com</u> 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 judgement for your own safety when leaving your home to travel.





NEW FITNESS & SILVER SNEAKERS CLASSES!
Silver Sneakers BOOM Muscle and Well-Balanced! See page 9 for more details!

Fancy in First Grade!

Wednesday, December 17th: 9:30 am to 11am

Join us and the Fort Miami Elementary School First Grade Students with a holiday party at the Maumee Senior Center!

Come for cookies, hot cocoa, crafts and sing-alongs with the elementary school students.

Call 419-893-1994 or sign up at the front desk to register for this free event.

We'd love to have you! The more the merrier!!



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, December 12th <u>&</u> Friday, January 2nd 1:30-2:30 pm

> SIO PER PERSON ALL AGES WELCOME!

THANKYOU

We of the Maumee Senior Center want to sincerely thank everyone who supported our programs and services this year through monetary donations as well as food, kitchen, center and office supply donations.

We could not do what we do without you. We greatly appreciate you and your support! THANK YOU!!



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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!

We are looking for Front Desk Volunteers!

Are you interested in volunteering this winter? Then this might be the opportunity for you!

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

If you are interested, please contact the Maumee Senior Center at 419-893-1994 or send an email to Tiffany at mscprogramcoordinator@gmail.com for more information.

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 page!

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!







~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:

Breakfast with Santa Saturday, 12/6

Board Christmas Dinner Wednesday, 12/10

Centerpieces Workshop Monday, 12/15



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

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

<u>Donate button</u> 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.maumeeseniorcenter.com or by subscribing by email at: mscprogramcoordinator@gmail.com

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.



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

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



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, December 4th Thursday, February 5th 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, December 16th Tuesday, January 20th 10am-11:30am



Take control of your health and be sure to take advantage of these free walk-in clinics at the Maumee Senior Center!



Caregiver Support Group Tuesday, December 30 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, December 2nd And Tuesday, January 6th

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



Medicare

Free benefits counseling offered at the Maumee Senior Center!

Medicare Open Enrollment: October 15th December 7^h, 2023

It's that time of year again when people who are on Medicare, as well as any Medicare Advantage plan can check to make sure they're receiving the best benefits for them!

We urge all people who receive these benefits to take advantage of this time period to make sure that you have the best plan for you!

If you are interested, please contact Outreach Coordinator, Laree Shroyer at 419-893-1994 to schedule a consultation.

In requesting assistance from the Maumee Senior Center for benefits counseling, the participant understands that the information presented is unbiased and is the most accurate information available at the present time based on the participant's information provided. The participant is responsible for making his/her own informed choice without any influence from the Maumee Senior Center and holds the Maumee Senior Center harmless of any and all discrepancies or liability claims.

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

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!!

December Birthday lunch is on Tuesday the 30th

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:



Julie Monnin Nona Fishbaugh Howard Fishbaugh

We had 25 people renew their memberships this monththank you so much for your support!!

Happy Birthday to all of our December MSC Booster Members!

Nancy	Abbe	12/2
Ray	Gilreath	12/4
Carl	Anderson	12/5
Wilma	Hoffman	12/5
June	Workman	12/5
Sharon	DeMuth	12/6
Don	Dine	12/6
Irene	Irelan	12/6
Stephanie	Betz	12/7
Kathleen M	Gardner	12/11
Gary	Horton	12/14
Connie	Barron	12/17
Helen	Rutkowski	12/17
Kathie	Gunner	12/18
Judy	Switala	12/23
Marjorie	Weber	12/24
Shirley	Taylor	12/28
Dennis	Coy	12/30
Gail	Lindsay	12/30
Barbara	Knisely	12/31

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



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 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

NEW! Well-Balanced

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

Silver Sneakers Classes with Angie Mourton:

NEW! BOOM Muscle

Mondays at 12:15 p.m. and Thursdays at 1 p.m. Muscle 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 p.m. and 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

Silver Sneakers Classic with Lina Barrera:

Wednesdays at 2:30 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 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



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 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

2 p.m. - Beginner's Line Dancing with Belinda Cytlak

10 a.m. – SS Well-Balanced with Gavin Pitt

11 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

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 with Christy Owed

12:45 p.m. - BINGO

1 p.m. - Knitting

1 p.m. - SS Chair Yoga with Angie Mourton

2:30 p.m. - SS Classic with Lina

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. - Art Class with Mary Jane Erard

12:30 p.m. - 6-Handed Euchre & 4-Handed Euchre

12:30 p.m. - Duplicate Bridge

1 p.m. - SS BOOM Muscle with Angie Mourton

Fridays:

11 a.m. - Jazzercise with Christy Owed

12:15 p.m. – SS Chair Yoga with Angie Mourton

12:30 p.m. - Pinochle

12:30 p.m. - Skip Bo

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!



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, December 18th

Special Pastel Landscape Workshop Class

Join us for this 2.5 hour workshop class to learn about pastels to create your own beautiful landscape! These classes are suitable for beginners and intermediate painters. Come check it out!

Open to all ages

Cost: \$20- all supplies included

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



Maumee Senior Center Singers Tuesdays at 1 p.m.

This group will not meet until January 20th.

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



Creative Card Making Class

Tuesday, December 9th 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.

Card theme is: Christmas!

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, December 8th at 10 a.m.

This month, the MSC Book Club is discussing:

Bonfire of the Vanities
By: Tom Wolfe
And
The American Wife
By: Curtis Sittenfeld

Next month, the MSC Book Club will be discussing: Call 419-893-1994 for more information

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.



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

• 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

<u>Puzzles, Books, Magazines and Board</u> 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!

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 WITH THE MAUMEE SENIOR CENTER At The Waterville Branch Library DECEMBER 2025

*Dates Subject to Change

ACTIVITIES BEGIN AT 11 A.M! BEGINNING IN JANUARY, ACTIVITIES WILL BEGIN AT 1 P.M. CALL 419-893-1994 TO REGISTER FOR AN ACTIVITY.

MON., DEC. 1
CRAFT DAY

MAKE HOLIDAY CARDS FOR THE MILITARY

FRI., DEC. 5

<u>GAME DAY</u>

BINGO WITH PRIZES

MON., DEC. 8
CRAFT DAY

MAKE & TAKE A
HOLIDAY ORNAMENT

FRI., DEC. 12 MOVIE DAY

WATCH MIRACLE ON 34TH STREET AND ENJOY SNACKS. MON., DEC. 15 CRAFT DAY

MAKE & TAKE
HOT COCOA JARS

FRI., DEC. 19
GAME DAY

PICTIONARY!

MON., DEC. 22

<u>COFFEE &</u> CONVERSATION

ENJOY A RELAXING CUP OF COFFEE AND GREAT CONVERSATION! **FRI., DEC. 26**

NO PROGRAMS

MON., DEC. 29 CRAFT DAY

MAKE & TAKE PINE CONE

BIRD FEEDERS.

HAVE A

WONDERFUL HOLIDAY!

2026 DayTrips with Malinda



Mystery Daytrips

Get ready for 2026 Mystery
Daytrips with Malinda! There
will be a Mystery Trip in April,
June & September.



The Thrift Trail Tour

Hop on the bus for a day of fun and thrifting. We will visit at least 5 stores in Michigan! Luxury transportation, snacks, lunch, games & loads of shopping included!



Lunch & A Country Music Show

Listen to sounds of *Legends of Country Music* as they perform hits by Willie Nelson, Dolly Parton and more! Enjoy lunch and shopping in Frankenmuth!







2026 DayTrips with Malinda



Christmas in July

Visit The Christmas Story
House, Castle Noel and more
as we celebrate **Christmas in**July on this daytrip!



Fall Ohio Amish Tour

Explore the Ohio Amish area in the fall. Shop at local bakeries, stores and other atractions! Enjoy delicious Amish-made foods and treats. This is an overnight tour



More Info To Come!

Stay tuned for more details on 2026 trips by checking out the MSC newsletter, website & Facebook!

Let's Begin Our Adventure!







MSC Community Speakers:

Wednesday, December 3rd at 11 a.m.

"Elder Fraud" By: Ava- U.S. Attorney

Monday, December 8th at 11 a.m.

"Importance of Advanced Planning" By: Walker Funeral Home

Wednesday, December 31st at 11 a.m.

"Depression & Anxiety"

By: Mercy St. Luke's Family 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.

KNOW (edge.

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 here at the Maumee Senior Center!

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**
- Brown Paper Bags size: 5" 1/8 x 3" 1/8 x 10" 5/8



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









MSC December 2025 Menu

Friday	5 Macaroni & Cheese OR Sloppy Joe on Bun, onion rings, peaches, bread & milk	12 Baked Chicken OR Cold Ham & Cheese Sandwich, lima beans, peaches, bread & milk	19 Breaded Pork Chop OR Goulash, peas, pineapple, bread & milk	26 Tuna Noodle Casserole OR Smoke Sausage W/Rice & Peppers, green beans, mixed fruit, bread & milk	2
Thursday	4 Taco Lasagna OR Pork Chop, corn, apples, bread & milk	11 Hamburger Gravy over Mashed Potatoes OR Chicken & Vegetable Soup, carrots, pineapple, bread & milk	18 Open Face Turkey & Gravy OR Beef Stir Fry w/Rice, broccoli, peaches, bread & milk	25 CLOSED FOR HOLIDAY	-
Wednesday	3 Chicken & Noodles OR Beef & Rice, stewed tomatoes, banana, bread & milk	10 <u>Bratwurst</u> OR <u>Shepherd's Pie,</u> corn, applesauce, bread & milk	17 Hamburger Gravy over Mashed Potatoes OR Chicken Spaghetti, corn, pears, bread & milk	24 CLOSED FOR HOLIDAY	31 Beef Stroganoff OR Beans & Weenies, carrots, pears, bread & milk
Tuesday	2 Beef Stew OR Hot Open Face Turkey & Gravy on Texas Toast, carrots, fruit cocktail, corn muffin & milk	9 Navy Bean & Ham Soup OR Sausage & Pasta, cauliflower, banana, bread & milk	16 <u>Cream Chipped</u> <u>Beef on Texas Toast</u> <u>w/Lima Beans</u> OR Pizza w/Onion Rings, mandarin oranges, bread & milk	23 Beef & Cabbage OR Sausage, Potato & Green Bean Casserole, peas, peaches, bread & milk	30 Pork Chop OR Egg Salad Sandwich w/Chips, broccoli, peaches, bread & milk Birthday Cake
Monday	1 Cheese Ravioli & Sauce OR Chili Dog, brussels sprouts, pears, bread & milk	8 Smoked Sausage OR Pierogi & Sautéed Onions, peas, mixed fruit, bread & milk	15 Meatball Sub Sandwich OR Beef Patty & Gravy w/Noodles, green beans, mixed fruit, bread & milk	& Cheesy Potatoes & Ham OR Chicken Patty on Bun, mixed vegetables, cinnamon apples, bread & milk	29 <u>Tortellini & Sauce</u> OR Grilled Cheese w/Tomato Soup, corn, mandarin oranges, bread & milk
	The following major food allergens are used as ingredients: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy and Sesame. Please notify a staff member for more information. **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 Maumee Senior Center is here to serve you. However, as a non-profit organization, we must be frugal. Please consider donating new or used items on our wish list.

Cleaning Supplies:

Clorox or Lysol wipes Hand Sanitizer Hand Soap

Gift Cards:

Gift cards, cash gift cards and gas cards

Miscellaneous/Kitchen:

Trash Bags size 33 gallon
8.5x11 and 11x17 paper
Napkins and paper towels
Coffee Filters (12 cup)
Canned coffee grounds (reg & decaf)
Round knitting looms
Loom knit hooks
Crochet needle hooks
Christmas fabric
Batteries: C, AAA, AA

Check out our Walmart Registry!

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

We greatly appreciate your support!

UPCOMING EVENTS!

December 6:

Breakfast with Santa

December 9:

Card Making Class

December 12:

Sound Bath Class

December 17:

Fancy in First Grade

December 18:

Art Workshop

December 30:

Birthday Party

