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## MSC Transportation Office:

**419-377-8113**

**Drivers: Sue LaFountaine &  
 Dennis Oberhauser**



## CLOSURE NOTICE:

**The Maumee Senior Center will be closed on Monday, September 1st.**

# Maumee Senior Center's Health & Wellness Fair Returns!

**FRIDAY, SEPTEMBER 5, 2025**  
**9:30 A.M.-1 P.M.**

**2430 S. Detroit Ave., Maumee, 419-893-1994**

***FREE Lunch! FREE Admission!***

**Chance to win a \$250 Grand Cash Prize!**

Be Sure to Stop By for:

*\*Free Health Screenings*

*\*One-on-One Time with Local Professionals*

*\*Basket and 50/50 Raffles & More!*

**Thank you to our sponsors:**

***Maison-Dardenne-Walker Funeral Home,  
 Maumee Pointe and MediGold***



## **!! OUR NUMBERS ARE GROWING !!**

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

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

## Board, Pulled Pork Drive-Thru

**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:

[mscadvisory@gmail.com](mailto:mscadvisory@gmail.com) or  
any of the participants.

**ATTENTION:**

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

**OUR NUMBERS ARE GROWING!**

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

**Drive-Thru  
Pulled Pork  
Dinner****SATURDAY September 27, 2025****Smoked, Slow-Roasted  
Pork Sandwich + Coleslaw +  
Beans + Cookie**

BBQ Sauce Available

**OR****VEGAN PULLED JACKFRUIT  
MEAL!**

\$10.00 per meal

**UPGRADE TO DOUBLE MEAT  
AVAILABLE FOR \$3.00 MORE!****Add Smoked Queso & Chips For \$5 More**

All proceeds support Maumee Senior Center Programs!

WHILE SUPPLIES LAST

**3-6 P.M.**

WHILE SUPPLIES LAST

**TAILGATE MEAL PACKAGES TO GO!**

**Pre-Order 5 meals or more** to beat the drive-thru rush and pick up your bulk order beginning at 2 p.m.!

**Pre-Order 10 meals or more & receive FREE DELIVERY!**

Call 419-893-1994 to order. Tailgate orders are due by Sept. 19!

**MAUMEE SENIOR CENTER, 2430 S. Detroit Ave.**

**Call 419-893-1994**



## ***“Wind down your week” with a Sound Bath at the MSC!***

**Friday, August 8th from 1:30-2:30 p.m.**

**The next Sound Bath is on Friday, September 12th**

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** please call 419-893-1994 in advance to make your reservation. **All ages welcome!**

*\*If class number does not reach minimum requirement, it may be cancelled. Tickets are non-refundable. Thank you!*



## **Stepping On**

### **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 information
- Getting back on your feet

**Every Tuesday at the Maumee**

**Senior Center:**

**September 2nd — October 14th,**

**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, August 28th.***

### **Landscape Pastel Workshop Class Thursday, August 21st at 12:30 p.m.**

Join us for this 2.5 hour workshop to learn various techniques in pastels to create a beautiful landscape of your choosing! This class is suitable for beginners and intermediate painters.

**Open to all ages!**

**Cost: \$20- all supplies included**

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



## **MSC Classified Listings**

### **HELP WANTED!**

### **Part time Floral Delivery Driver**

Lee Winters Florist  
2352 S. Detroit Ave.  
Maumee, OH 43537

Contact Becky at 419-893-3220

*(Must have a valid drivers license and clean driving record.)*

## **Creative Card Making Class**

**Tuesday, August 12th 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: Summer!***

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

## 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!*

**Alone we can do so  
little; together we  
can do so much.**

**Helen Keller**

### ***We are looking for Front Desk Volunteers!***

***Are you interested in volunteering this fall and 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 [msscprogramcoordinator@gmail.com](mailto:msscprogramcoordinator@gmail.com) for more information.

### ***~Legacy of Love~***

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

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



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

*Our upcoming events with volunteer needs:*

#### **Health & Wellness Fair**

Friday, 9/5

#### **Pulled Pork Drive-Thru**

Saturday, 9/27



Contact Tiffany or Laree at 419-893-1994 or at [msscprogramcoordinator@gmail.com](mailto: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](http://MaumeeSeniorCenter.com)

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

**THANK YOU!**

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

**Walmart**

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

[www.walmart.com/registry/  
registryforgood](http://www.walmart.com/registry/registryforgood)



**Registry for Good**

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

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



## ***MSC Transportation Service***

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



## ***Ways to receive our Monthly Newsletter:***

For just \$12 per year you can receive the MSC Newsletter right to your home. You can also receive our newsletter by e-mail or by accessing our website at [www.maumeseniorcenter.com](http://www.maumeseniorcenter.com) or by subscribing by email at: [mscprogramcoordinator@gmail.com](mailto:mscprogramcoordinator@gmail.com)



## **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**



**GRACE COMMUNION  
MAUMEE**

A small Christian church that meets every Sunday at 10:30 a.m. in the Maumee Senior Center Dining Room.

All are welcome!

Web site: [www.gcmaumee.org](http://www.gcmaumee.org)



## Outreach—Clinics, Support Group, Assistance

### Free Walk-In Health Screenings at the Maumee Senior Center!

The first Thursday of every month, Mercy Health will offer a free Glucose and Blood Pressure clinic.

**The upcoming Mercy Health Clinics will be:**

Thursday, August 7th  
Thursday, September 4th  
11am-1 p.m.



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

**The next UToledo Health Clinic will be:**

Tuesday, August 19th  
Tuesday, September 16th  
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!*

### MSC Caregiver Support Group

Tuesday, August 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—  
mscoutreachcoordinator@gmail.com

### 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**



### Safer Driving May Save You Money



Take the AARP Smart Driver™ Course and you could reduce your overall maintenance and car insurance costs!\*

- Refresh your driving skills and explore the new rules of the road.
- Learn research-based driving strategies to help you stay safe behind the wheel.
- Get the know-how to help reduce traffic violations, collisions and risk of injury.

**Sign up today!**

**To find additional courses**

Visit [www.aarp.org/driving36](http://www.aarp.org/driving36) or call 1-888-773-7160

**There's a course near you!**

**Date:**

Tuesday, August 12  
Registration 8:30-8:55  
Class 9AM-1PM

**Location:**

Maumee Senior Center  
2460 Detroit Ave  
Maumee, OH

**To Register:**

Laree Shroyer  
419-893-1994

**Additional Details:**

Bring AARP card  
\$20 AARP member  
\$25 non-member

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

The upcoming date for Legal Consultations are:

**Tuesday, August 5th  
And Tuesday, September 2nd**

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





## 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 at the birthday party of your birthday month, MSC makes the suggested lunch donation in your honor. Value=\$2.50
- \*Discounted fee for a classified listing in the MSC newsletter.
- \*Exclusive Booster Club Member Only Mailings & Specials.
- \*Special discount on day trips with Malinda.
- \*Friends, Fun, & Fellowship.
- \*Ask us how you can get 25% off your new membership!

***Be a Booster!***

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



## ***Birthday Lunches for Booster Members!!***

### **August Birthday lunch is on Tuesday the 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:**

***Colleen Richter***

***Michelle Davidson***

***Douglas Davidson***



**We had 11 people renew their memberships this  
month— thank you so much for your support!!**

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



Bossert	Terry	8/1
Krall	Sharon	8/1
Wallace	Sue	8/1
Koevenig	Kathleen	8/2
McNally	Patrick	8/2
Emerine	Steve	8/3
Kravetsky	Barbara	8/3
Sadowy	Joe	8/5
Homer	Patsy	8/10
Ewert	Natalie	8/13
Tipping	Irene	8/14
Lundberg	Kathleen	8/15
Bartholomy	Joseph	8/16
Bensman	Thomas	8/16
Enis	Karen	8/16
Gargac	Sandy	8/17
Skalla	Shonna	8/17
Firsdon	Joann	8/18
Keating	Miriam	8/18
Markle	Susan	8/18
Neeper	Nancy	8/18
Collins	Harmon	8/19
Henning	Jerry	8/19
Singleton	Carol	8/19
Homer	Dale	8/22
Mitton	Sheila	8/23
Snowberger	Mary	8/24
Hames	Diane	8/25
Anderson	Mary	8/27
Sulik	Mary	8/28
Walsh	Vincent	8/29
Pancone	Janet	8/30
Odoms	Theresa	8/31
Snuggs	Sue	8/31
Soncrant	Cynthia	8/31

## MSC Virtual ZOOM Programs

### Silver Sneakers classes with Sheila Brown

#### *Cardio & Tone*

Mondays at 10 a.m.

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

#### *Stretch & Balance*

Thursdays at 10 a.m.

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

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

### Jazzercise Lo with Christy Owed

Mondays, Wednesdays and  
Fridays at 11 a.m.

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

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

*Join us for your first class free!*

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



## Line Dancing Classes at the MSC!

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

### Line Dancing Classes with Belinda Cytlak

#### **COMING SOON!**

#### **Men's Only Ultra-Beginner's Line Dancing** Mondays in October at 1:15 p.m.

Join in on this 4-week men's only line dancing class!

This class will meet for 25 minutes before the Beginner's Line Dancing Class.

**Every Monday in October: 6th, 13th, 20th and 27th.**

Call 419-893-1994 to reserve your spot!

*\*Cost is \$12 for the 4-week session payable to instructor at the door.*

#### **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! 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.*

#### ***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.*

### **Silver Sneakers Chair Yoga with Angie Mourton:**

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 with modification moves shown by the instructor. All are welcome, come give it a try!

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

### **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*



### 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 1 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!



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

**\*Class days and times are subject to change, check page 3 for schedule of special art workshops\***

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.*

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



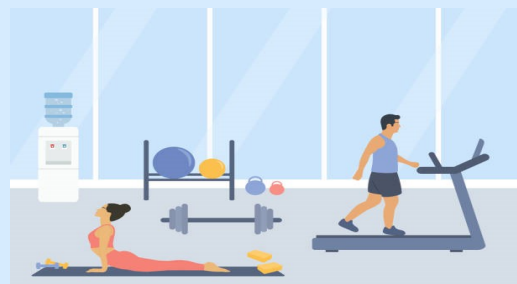
### MSC Fitness Room

Check out our **NEW** and improved fitness room equipped with a brand new ping pong table, air hockey table, corn hole boards, TV, fan, weight lifting machine, recumbent bike, treadmills, elliptical and more!

All of the equipment is for you to use for free! 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.\*\***



*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](mailto:mscprogramcoordinator@gmail.com) to schedule a tour and to see how you can get involved!





# 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 Silver Sneakers Cardio & Tone with Sheila Brown  
 11 a.m. - Jazzercise with Christy Owed  
 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

## Tuesdays:

11 a.m. - Silver Sneakers 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. - Silver Sneakers Tai Chi with Gavin Pitt  
 11 a.m. - Jazzercise with Christy Owed  
 12:45 p.m. - BINGO  
 1 p.m. - Knitting  
 1 p.m. - Silver Sneakers Chair Yoga with Angie Mourtou  
 2:30 p.m. - Silver Sneakers 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 Silver Sneakers Stretch & Balance with Sheila Brown  
 11 a.m. - Silver Sneakers 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

## Fridays:

11 a.m. - Jazzercise with Christy Owed  
 12:15 p.m. - Silver Sneakers Chair Yoga with Angie Mourtou  
 12:30 p.m. - Pinochle  
 12:30 p.m. - Skip Bo

MSC Book Club with Jane Berger  
**Monday, September 8th at 10 a.m.**

***This group will not be meeting in the month of August. Please contact 419-893-1994 for more information regarding the next scheduled book.***

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

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



## MSC Cards and Games of Strategy!

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

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

Don't see a card game that you're interested in?

Let's start a new game!

Contact 419-893-1994 to share your ideas!

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.maumeeseniior.com](http://www.maumeeseniior.com) for more information regarding the meal program and services offered.

## **SENIOR MONDAYS & FRIDAYS WITH** **THE MAUMEE SENIOR CENTER** **At The Waterville Branch Library**

### **AUGUST 2025**

*\*Dates Subject to Change*



**GENERALLY, ACTIVITIES BEGIN AT 11 A.M!**

**FRI., AUGUST 1**

**NO PROGRAMS**  
**OR MEALS**

**MON., AUGUST 4**  
**CHOCOLATE CHIP**  
**COOKIE DAY**

LEARN HOW TO MAKE  
CHOCOLATE CHIP  
COOKIES & A VEGAN  
VERSION!

**FRI., AUGUST 8**  
**SUMMER SKIN**

LEARN TIPS & TRICKS  
FROM MERCY HEALTH  
EXPERTS ON HOW TO  
CARE FOR YOUR SKIN  
IN THE SUMMER.

**MON., AUGUST 11**

**SON & DAUGHTER**  
**DAY**

BRING YOUR SON/  
DAUGHTER OR  
GRANDCHILD AND  
SHARE CHILDHOOD  
MEMORIES!

**FRI., 15**

**SHARE**  
**KINDNESS DAY**

JOIN RHONDA LONG  
AND LEARN THE  
HEALTH BENEFITS OF  
KINDNESS.

**MON., AUGUST 18**

**GAME DAY**

TRY YOUR LUCK AT  
BINGO FOR PRIZES &  
PRIDE!

**FRI., AUGUST 22**

**MAKE & TAKE**  
UNLOCK YOUR INNER  
ARTIST AND PAINT A  
FLOWER ON CANVAS!

**MON., AUGUST 25**  
**CLOTHING SWAP**

CELEBRATE SECOND  
HAND CLOTHING DAY  
WITH A CLOTHING  
SWAP!

**FRI., AUGUST 29**  
**CHAIR YOGA**

JOIN EMILY MATTHEWS  
FOR CHAIR YOGA!



## **Thank you Calvary Church!**

On behalf of the Maumee Senior Center, we would like to give Calvary Church in Maumee a huge thank you shout-out for their generous service to the Maumee Senior Center!

During the week of July 28th, members from Calvary Church spent 4 evenings and over 16 hours deep cleaning the Maumee Senior Center-inside and out! They chose our center to fulfill their mission of "Love the 419" This generous group of people took great care of our center and showed it some extra love. Thank you for helping us to keep our center safe and clean for our seniors! We greatly appreciate you all!



## **Project Crochet NICU Octopi with Mackenzie!**

Thank you so much to Mackenzie from Troup 10136 for hosting 3 levels of crochet classes here at the Maumee Senior Center! Mackenzie spends much of her free time crocheting, and teaching others how to crochet, mini octopi to donate to local hospital NICU's! She is also working toward earning her gold award. Through this, we were able to learn many new techniques and were grateful to be able to donate to a great cause! Thank you Mackenzie!





## MSC Community Speakers:

**Wednesday, August 20th at 11 a.m.**

*August is National Make a Will month!*  
**"The basics and importance of making a Will"**  
 By: Jennifer Ramon at Ramon Law

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

KNOWledgE  
 is POWER 

## Help us restock Wilma's Cupboard!

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

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

**We are in need of:**

- Canned fruit (large cans)
- Frozen Vegetables
- Napkins
- 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 Classified Listings

### YARD SALE!

Hosted by: Friends for Life Residential Care

1910 Indian Wood Circle, Maumee, OH 43537

**Thursday, August 7th**  
**8am-4pm**

**ONE DAY ONLY!**

*"Discover hidden treasures at our epic yard sale event!"*

## AUGUST GRILLIN' & CHILLIN' LUNCH IS SET!

**TUESDAY,**  
**AUGUST 19, 2025**

The FUN begins at 11:15 a.m.!



Be sure to wear your **Wackiest Cowboy/Cowgirl Attire** in celebration of August *"I Love Cowboys or Cowgirls Day"!*

**Menu:** Option 1: Cheeseburger  
 Option 2: Hot Dog  
 Baked Beans, Fruit & Milk

Reserve your seat today!

Dessert Provided by: Majestic Care of Perrysburg

# MSC August 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>28</b> <u>Fish Patty Sandwich</u> <b>OR</b> <u>Chicken &amp; Rice Casserole</u> , onion rings, pears, bread & milk	<b>29</b> <u>Beef Stew</u> <b>OR</b> <u>Open Face Turkey &amp; Gravy Sandwich</u> , carrots, fruit cocktail, bread & milk	<b>30</b> <u>Sweet &amp; Sour Chicken</u> over <u>Noodles</u> <b>OR</b> <u>Pork Chop</u> , brussels sprouts, banana, bread & milk	<b>31</b> <u>Taco Lasagna</u> <b>OR</b> <u>Chili Dog</u> on Bun, corn, apples, bread & milk	<b>1</b> <b><u>CLOSED FOR SUMMER PARTY</u></b>
<b>4</b> <u>Smothered Pork Chop</u> <b>OR</b> <u>Creamed Chipped Beef</u> , peas, mixed fruit, bread & milk	<b>5</b> <u>Shepherd's Pie</u> <b>OR</b> <u>Pierogi &amp; Sautéed Onions</u> , green beans, banana, bread & milk	<b>6</b> <u>Chicken Patty</u> <b>OR</b> <u>Sausage &amp; Peppers</u> over <u>Rice</u> , peas & carrots, applesauce, bread & milk	<b>7</b> <u>Hamburger Gravy</u> over <u>Mashed Potatoes</u> <b>OR</b> <u>Baked Chicken</u> , corn, pineapple, bread & milk	<b>8</b> <u>Beef Hot Dog</u> on Bun <b>OR</b> <u>Ham Sandwich</u> , 2 potato patties, cauliflower, peaches, bread & milk
<b>11</b> <u>Tuna Noodle Casserole</u> <b>OR</b> <u>Beef Tips &amp; Mushrooms</u> , green beans, mixed fruit, bread & milk	<b>12</b> <u>Navy Bean &amp; Ham Soup</u> <b>OR</b> <u>Chicken &amp; Pasta</u> , lima beans, mandarin oranges, corn muffin & milk	<b>13</b> <u>Quiche</u> <b>OR</b> <u>Goulash</u> , corn, pears, bread & milk	<b>14</b> <u>Macaroni &amp; Cheese</u> <b>OR</b> <u>Beef Stir Fry</u> & broccoli, stewed tomatoes, peaches, bread & milk	<b>15</b> <u>Meatball Sub Sandwich</u> <b>OR</b> <u>Chicken &amp; Rice Soup</u> , corn, pineapple, bread & milk
<b>18</b> <u>Pork &amp; Apples</u> <b>OR</b> <u>Turkey &amp; Cheese Sandwich</u> , cauliflower, cinnamon apples, bread & milk	<b>19</b> <u>Cheeseburger</u> <b>OR</b> <u>Hot Dog</u> on Bun, watermelon, baked beans & milk <b>Grillin' &amp; Chillin'</b>	<b>20</b> <u>Sausage Potato &amp; Green Bean Casserole</u> <b>OR</b> <u>Roast Beef Sandwich</u> , corn, peaches, bread & milk	<b>21</b> <u>Cheese Tortellini</u> <b>OR</b> <u>Orange Chicken</u> , mixed vegetables, mandarin oranges, bread & milk	<b>22</b> <u>Beef Patty &amp; Gravy</u> <b>OR</b> <u>Smoked Sausage with Rice &amp; Peppers</u> , green beans, mixed fruit, bread & milk
<b>25</b> <u>Veal Patty w/Gravy</u> <b>OR</b> <u>Grilled Cheese Sandwich</u> & <u>Tomato Soup</u> , mandarin oranges, bread & milk	<b>26</b> <u>Fish Patty</u> <b>OR</b> <u>Egg Salad Sandwich</u> , broccoli, peaches, bread & milk <b>Birthday Cake</b>	<b>27</b> <u>Beef Stroganoff</u> <b>OR</b> <u>Chicken Salad Sandwich</u> , carrots, pears, bread & milk	<b>28</b> <u>Chicken &amp; Stuffing</u> <b>OR</b> <u>Ravioli &amp; Sauce</u> , green beans, grapes, bread & milk	<b>29</b> <u>Bratwurst</u> <b>OR</b> <u>Beef, Onions &amp; Potato Casserole</u> , sauerkraut, applesauce, 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/maumeeseniorecenter  
www.maumeeseniorecenter.com

#### MISSION STATEMENT:

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

The logo features a colorful, abstract design of interconnected dots and lines above the text "Maumee Senior Center's WISH LIST".

### 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  
Hand Sanitizer  
Hand Soap

#### **Gift Cards:**

Gift cards, cash gift cards and gas cards

#### **Miscellaneous/Kitchen:**

Bottles/boxes of Wine  
Small Trash Bags size 13 gallon  
8.5x11 and 11x17 paper  
Napkins and paper towels  
New Vacuum Sweeper

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

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

#### **We greatly appreciate your support!**

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

**August 8:**  
Sound Bath

**August 12:**  
Card making class

**August 19:**  
Grill & Chill

**August 21:**  
Landscapes Workshop

**September 5:**  
Health & Wellness Fair

