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419-377-8113

Maumee Senior Center News

2430 S. Detroit Ave. Maumee, OH 43537

◆ Phone (419) 893-1994◆ www.maumeeseniorcenter.com www.facebook.com/maumeeseniorcenter AUGUST 2022

Grab Your Beach Towel & Sunglasses...



We're Having A Beach Party!

FRIDAY, AUGUST 26, 2022 11 a.m. at MSC

Sponsored by St. Clare Commons

Listen to the smooth sounds of the Beach Boys at the Maumee Senior Center's first Beach Party! Enjoy A Grillin' & Chillin' Lunch, Beach Ball and Hula Hoop Fun,

Costume Contest & Raffles!

Mini Banana Splits Available at the MSC Café for just \$2.50 each

Make your reservation by calling 419-893-1994!

Save the Date for...

The Maumee Senior Center Health & Wellness Fair! Friday, September 9th from 9:30-1

Presented by:

Maison-Dardenne-Walker Funeral Homes

Join us for FREE Health Screenings, a delicious hot meal, raffles and MORE!

Sponsored by:

Kingston of Perrysburg, Paramount Advantage, UTMC, Lakes of Monclova, Medical Mutual, Rehabilitation of Northwest Ohio, Grace Family Fellowship, The Glendale Assisted Living

MSC Café hours: Monday-Friday 10-3 p.m.

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

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

MSC Board of Trustees:

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

Advisory Committee:

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

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

<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.

CLOSURES:

No upcoming closure dates.





Saturday September 17, 2022

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

BBQ Sauce Available

\$10.00 per meal

DOUBLE MEAT AVAILABLE FOR \$13.00 per meal Add Queso & Chips For \$5 more

All proceeds support Maumee Senior Center Programs!

WHILE SUPPLIES LAST!

4:00 - 7:00 p.m.

WHILE SUPPLIES LAST!

2440 S. Detroit Ave

(next door to the Maumee Senior Center)
Sponsored by

MediGold





Questions? Call 419-893-1994

NOW SHOWING

MSC MOVIE DAY!

Join us for a free movie on: Friday, August 19th at 1p.m.



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

SAFETY PROCEDURES AT THE MSC:

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

Facial masks are recommended for everyone but not required.

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

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

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

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

MAUMEE SENIOR CENTER'S UPDATED COVID PROTOCOLS

REGARDLESS OF VACCINATION STATUS:

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

1. IMMEDIATELY REPORT THE EXPOSURE OR POSITIVE TEST TO THE MAUMEE SENIOR CENTER DIRECTOR.

2. GET TESTED 3-5 DAYS AFTER THE EXPOSURE.

3. IF YOU TEST POSITIVE, ISOLATE YOURSELF AND <u>DO NOT</u> COME TO THE MAUMEE SENIOR CENTER FOR <u>10</u> DAYS OR UNTIL YOU HAVE A NEGATIVE COVID TEST.

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



A FREE 7 Week Workshop

Stepping On can help you avoid dangerous and costly 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 13- October 25, 9:30-11:30 a.m.

Registration required. Space is limited. To register please call the Maumee Senior Center at 419-893-1994

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



NEW! MSC Class Instructor Highlight:

Meet Belinda Cytlak!

My interest in line dancing started years ago. I was with a friend in Windsor Ontario for a pig roast and saw line dancing! We were hooked! So we went looking for instructors and places to line dance. Soon we were teaching friends, and then several organizations asked us to teach.

A unique part of our class is teaching the dance to the song for which it was choreographed. Then find a more current, mainstream song and also dance to it.

I love being part of the center. Everyone is welcome to attend my class. Yet, If a true novices attends my class and struggles, I then recommend Michael's Introduction class.

I tell everyone who asks, male or female, why attend my class? It contains 3 of the things that help fight dementia -social interaction, usage of memory to learn new things, plus great exercise. Add to that, dancers are friendly,
welcoming and great people. Join my class and discover all these things!

Belinda Teaches Beginner's Line Dancing every Tuesday at 2:15. Stop by to see what it's all about!

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

Our upcoming events with volunteer needs:

Parking Lot Party Friday, August 12th

Summer Fair Booth Saturday, August 13th

Health & Wellness Fair Friday, September 9th

Pulled Pork Drive-Thru Dinner

Saturday, September 17th

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

THANK YOU!!!

Maumee Senior Center wants to thank our participants who have recently referred us for speaking engagements! Outreach Coordinator, Laree Shroyer, recently spoke to residents at Keygate Manor and as a direct result we have seen growth in our number of participants!

If you have a small group of seniors that would be interested in learning more about our programs and services, please call Laree at (419) 893-1994.

Calling all Pool Players and Ping Pong Players!

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





MSC Fitness Room

Treadmills, bikes and light weights are available to use for free! Come and go as you please, no reservations are required!



***Equipment use is at your own risk.



Get Medicare Advantage Expert Advice



Call Mike Straub 1-419-595-6223

C4855-MCA



Transportation Services

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

There is no guarantee that transportation will be available at your time of need. Please call as early in advance as possible to reserve your spot.

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

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

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

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

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





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

Call 419-377-8113 to schedule your transportation appointment.

Looking for ways to support the Maumee Senior Center?

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

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

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

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



Joni Miller Marketing Director (734)847-3217x104 (734)847-8840 JMiller@VibrantLifeSeniorLiving.com VibrantLifeTemperance.com Vibrant Life Life Living 667 West Sterns Rd Temperance, MI 48182

Online Grocery Ordering Delivery Service

Are you in need of groceries and do not want to leave the comfort of your own home?

Then give the Maumee Senior Center a call to assist you with ordering your groceries online and to get them delivered right to your door!

All you will need before calling the Maumee Senior Center is:

- A credit or debit card on hand—you must be comfortable with a MSC staff member receiving your card information to order your groceries for you
- Written out grocery list for time efficiency— **limit of** 20 grocery items

Call the Maumee Senior Center about 24-48 hours before you know you will be in need of these grocery items to ensure you will receive your items in a timely manner.

There is no guarantee for day of grocery delivery.

Call 419-893-1994

Monthly Newsletter Mailing Subscription

For just \$12 per year you can receive the Maumee Senior Center Newsletter right to your home! Call 419-893-1994 for more information.



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

This month's walk-in clinics are on:

+Tuesday, August 16th +Wednesday, August 24th 10 a.m. to 12 p.m.



Monitoring your blood pressure is one of the most important screenings. High blood pressure usually has no symptoms, so it cannot be detected without being measured. Take advantage of this free walk-in clinic at the Maumee Senior Center!

These Blood Pressure Clinic are compliments of UTMC and McLaren St. Luke's Hospital.

Durable Medical Equipment Loans

Are you in need of a wheelchair, walker, cane, shower bench, commode, etc?

Contact Laree at 419-893-1994 for more information on what equipment is available for loan.

We are here to help!







Senior Centers...

Serve as a gateway to the nation's aging network—connecting older adults to vital community services that can help them stay healthy and independent.

-National Council on Aging

Call us at 419-893-1994 to find a program to join at the Maumee Senior Center today!



Memorial Donations

Memorial Donations to Maumee Senior Center are tributes to cherished memories.

The Maumee Senior Center is grateful for Memorial Donations utilized for

programs & services.



MSC Caregiver Support Group

Tuesday, August 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.



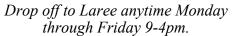
Register by calling 419-893-1994 or email mscoutreachcoordinator@gmail.com

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

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

Do you have eyeglasses that you no longer wear?

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





Legal Assistance available at the Maumee Senior Center!

Legal Consultations are available at the Maumee Senior Center on the first Tuesday of every month between 10 a.m.—12 p.m.

The upcoming scheduled Legal Appointments are:



Tuesday, August 2nd

Tuesday, September 6th

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

MSC MEMBERSHIP INFORMATION

MSC Booster Club membership dues are \$25 for 12 months. **FOR JUST \$25 A YEAR YOU WILL RECEIVE:**

*Deep gratification in knowing that you are helping support an effort to help other seniors in the community through the Maumee Senior Center.

*1 FREE Dinner in the spring and 1 FREE Holiday Dinner at the Maumee Senior Center. Value=\$20

*FREE recognition in MSC newsletter's birthday section and on the last Friday of your birthday month, MSC makes the suggested lunch donation in your honor. Value=\$2.50

*Discounted fee for a classified listing in the MSC newsletter.

*Exclusive Booster Club Member Only Mailings & Specials.

*Special discount on day trips with Malinda.

*Friends, Fun, & Fellowship.

Be a Booster!

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



FREE Birthday Lunches for Booster Members!!

On the last Friday of every month, the Maumee Senior Center will celebrate your birthday with free lunch and birthday cake! August Birthday lunch is on Friday, August 19th!

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

This month's birthday cake and goodie bag is sponsored by: Partners in Home Care!

Welcome New MSC Booster Members!!

We proudly welcome our new members:

Sandy Obertacz Judy Switala

Nancy Abbe Susan McLoud-Coyle

Bonnie Mason Mary Stasa

Jeannie Morrow Vicki Sweeney

Walt Morrow Grant Mason

Pat Colpaert Sue Snuggs

Bonnie Humphrey Tonya Haynes

Happy Birthday to all of our August MSC Members!

1		
Krall	Sharon	8/1
Stasa	Mary	8/1
Dewar	Mark	8/2
Emerine	Steve	8/3
Grabel	Kathy	8/3
Davis	Pauline	8/10
Hartman	Bonnie	8/10
Homer	Patsy	8/10
Ewert	Natalie	8/13
Tipping	Irene	8/14
Lundberg	Kathleen	8/15
Bensman	Thomas	8/16
Enis	Karen	8/16
Obertacz	Sandy	8/17
Skalla	Shonna	8/17
Colquhoun	Clementine	8/18
Keating	Miriam	8/18
Markle	Susan	8/18
Collins	Harmon	8/19
Homer	Dale	8/22
Dusseau	Jim	8/23
Snowberger	Mary	8/24
Hames	Diane	8/25
Bahler	Leona	8/26
Marciniak	Celine	8/29
Pancone	Janet	8/30
Odoms	Theresa	8/31

MSC Virtual Programs

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

VIRTUAL Silver Sneakers classes with Sheila Brown

Cardio & Tone

Mondays at 10 a.m.

This is an intermediate exercise class for the active older adult. Low impact cardio movements will raise the heart rate, while light resistance equipment will be used to strengthen the muscles. New participants are welcome!

Stretch & Balance

Thursdays at 10 a.m.

This is a low impact class with dynamic movements and stretches that are the foundation of this class. A chair will be utilized for appropriately half of the exercises making it well suited for beginners! New participants welcome!

These classes are free to Silver Sneakers members and \$3 per class for non-Silver Sneakers members.

If you are a **new** participant, please indicate if you have Silver Sneakers or not when registering for these classes.

Contact Program Coordinator, Tiffany at mscprogramcoordinator@gmail.com or 419-893-1994 to register for these classes and to receive the link to join.

MSC FITNESS CLASSES

Mondays:

9 a.m.— Chair Zumba

10 a.m.— SS Cardio & Tone (VIRTUAL)

11 a.m.— Jazzercise Lo

1 p.m.—SS Classic

2:15 p.m.— Beginner's Line Dancing

Tuesdays:

10 a.m.—SS Stability

11 a.m.— SS Chair Yoga

3 p.m.— Cardio Drumming

Wednesdays:

9 a.m.— Cardio Drumming

9 a.m.— Introduction to Line Dancing

10 a.m.— Regular Line Dancing

10 a.m.—Chair Zumba

11 a.m.— Jazzercise Lo

11 a.m.— SS Tai Chi in the Park

1 p.m.— SS Classic

Thursdays:

9 a.m.— Chair Zumba

9:45 a.m.—Regular Line Dancing

10 a.m.—SS Stretch & Balance (VIRTUAL)

11 a.m.— **SS** Tai Chi

Fridays:

11 a.m.— Jazzercise Lo

Staying active physically and mentally can enhance your quality of life, improve your overall health and well being and can help you to maintain your independence as you age.

Contact Program Coordinator, Tiffany at 419-893-1994 or

mscprogramcoordinator@gmail.com to schedule a tour and to see how you can get involved!

Maumee Senior Center Singers are back! Tuesdays at 12:30 p.m.

The Maumee Senior Center Singers are led by Director Jim Burns. The choir has presented over 500 performances in Northwest Ohio.

<u>Love to Sing?</u> Come to singers practice sessions

Tuesday afternoons at 12:30 p.m. at the Senior

Center! Beginners welcome!

For more information: Call 419-893-1994



Line Dancing Classes at the MSC!

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

Line Dancing Classes with Michael Gurtzweiler

Introduction to Line Dancing

Wednesdays at 9a.m.

Learn the basic line dance steps through a series of ultra beginner line dances. The same line dances will be repeated for several classes. This class is great for those that have wanted to learn how to line dance and have no previous experience. New Participants are welcome!

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

Regular Line Dancing

Wednesdays at 10 a.m. Thursdays at 9:45 a.m.

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

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

Line Dancing Class with Belinda Cytlak NO CLASS 8/8

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? Then check out these classes!



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

Chair Yoga

Tuesdays at 11 a.m.

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

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

Tai Chi

Wednesdays and Thursdays at 11 a.m.

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

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

Silver Sneakers Classic with Angie Mourton **Mondays and Wednesdays at 1 p.m.**

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

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

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



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

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

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

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

Cost is \$5-\$10 per class payable to the instructor at the door.

Chair Zumba with Vickie Geha

Mondays and Thursdays at 9 a.m. Wednesdays at 10 a.m.

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

\$2 per class payable to instructor at the door



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



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



Hooks, Yarn & Needles between Friends Wednesdays at 1 p.m.

This group is open to knitters of all abilities! Whether you are new, or have been at it for years, whether you quilt, knit, crochet, loom, needle point, cross stitch or do embroidery, this group is for you! There are



needles and some practice yarn available. Beginners are welcome, come check it out!

Open Sew group

Calling all quilters and sewers!

This group will meet once a month from 10 a.m. -2 p.m.

Please bring your own equipment and extension cord. 6ft long tables and chairs will be provided.

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

Call 419-893-1994 for your lunch reservation.



Mark your calendars:

Monday, September 26th

Monday, October 17th

Monday, November 11th

Monday, December 19th

BINGO! Wednesdays at 1 p.m.

Join in on the fun at the Maumee Senior Center with our weekly Bingo! Come for lunch and stay for Bingo! See you there! Call 419-893-1994 for any questions.



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

The MSC Book Club is reading:

The Invention of Wings

By: Sue Monk Kidd

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

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

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

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





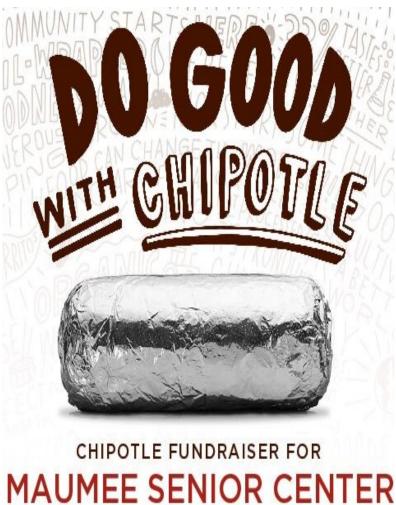
MSC Cards and Games of Strategy!

- Mondays 12:30 pm: **Duplicate Bridge** *DR*
- Mondays 12:30 pm: **Hand & Foot** *ER*
- Tuesdays 10:00 am: 6 Handed Euchre— DR
- Tuesdays 12:30 pm: 4 Handed Euchre— DR
- Tuesdays 12:30 pm: **Phase 10** *DR*
- Wednesdays 10:30 am: **Pokeno** ER
- Wednesdays 12:30 pm: **Poker** *ER*

- Thursdays 12:30 pm: **Phase 10—** *DR*
- Thursdays 12:30 pm: **6 Handed Euchre** *BR*
- Thursdays 12:30 pm: **Duplicate Bridge** *DR*
- Thursdays 1:00 pm: **Mahjong** BR
- Fridays 12:30 pm: **Pinochle** *ER*
- Fridays 12:30 pm: **Skip Bo** *ER*
- PUZZLES: Available daily in the library!

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

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



33% OF EVENT SALES GET DONATED TO THE CAUSE

SATURDAY, SEPTEMBER 24TH | 4-8PM 1385 CONANT ST STE A, MAUMEE, OH, 43537

ORDER ONLINE FOR PICKUP USING CODE W499XN9
OR SHOW THIS FLYER IN RESTAURANT



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

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

THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

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

Maumee Senior Center 2430 Detroit Ave Maumee, OH 43537

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

Payment by cash or check made out to AARP

Bring your Drivers License and AARP card, if

REGISTER NOW

Laree Shroyer (MSC) 419-893-1994

CLASSROOM COURSE	FOR MORE INFORMATION
\$20 for AARP members \$25 for non-members	Call: 1-877-846-3299 Visit: www.aarp.org/drive

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

GRACE FAMILY FELLOWSHIP

A small, grace-based Chrisitan congregation that meets every Sunday at <u>10:30</u> am at the Maumee Senior Center.



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

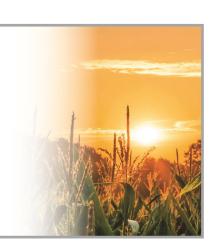
Web site: www.gcmaumee.org

SERVING OUR COMMUNITIES SINCE 1947

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



andersonsinc.com





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

THANK YOU!

August Evening Meal "Grab & Go"

Thursday, August 18th from 4-4:30p.m.

On the menu: Breaded Baked Pork Chop, California blend vegetables, red potatoes, cinnamon apples, bread & milk.

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

Suggested meal donation is \$3.50

Pick up is at the front door of the building.

Dessert sponsored by: MediGold!

Community Speakers:

Monday, August 15th at 11 a.m.

Welcome Amy from the Office of the Ohio Consumer's Counsel!

Amy will be speaking about: "Beat the Heat- how to save on your summer energy bills!"

Tuesday, August 23rd at 11 a.m.

Welcome Pat from St. Clare Commons!

Pat will be speaking about: "Healthy Aging Tips"

Wednesday, August 31st at 11 a.m.

Welcome McLaren St. Luke's Family Medicine Residency!

They will be speaking about: "Managing Pain"

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



Food



Find all the words below:

salad	corndog	pizza	bacon rice	
bread	French fries	taco		
spaghetti	cheeseburger	cereal	steak	
fish	hotdog	cheese	soup	
chicken	sandwich	eggs	food	

MSC August 2022 Menu

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	Friday	5 Loaded Baked Potato OR Chicken Patty, broccoli, tropical fruit, bread & milk	12 Meatball Sub on Bun OR Cottage Cheese Plate, corn, pineapple, bread & milk	19 Tuna Patty OR Cheese Ravioli & Sauce, creamed peas, oranges, bread, milk & BIRTHDAY CAKE!	26 Grilled Chicken OR Hamburger on Bun, mixed fruit, baked beans, bread & milk BEACH PARTY!	2 Sloppy Joe on Bun OR Egg Salad Sandwich, 2 potato patties, cinnamon applesauce & milk	
	Thursday	4 Chicken Stroganoff OR Pork Chop, lima beans, pears, bread & milk	11 Beef & Noodles OR Bratwurst on Bun, broccoli, fruit cocktail, bread & milk	18 <u>Sausage</u> W/Peppers/Onions OR Quiche, stewed tomatoes, bread applesauce, & milk. EVE. GRAB & GO	25 Chicken & Rice Casserole OR Ham Sandwich, lima beans, tropical fruit, bread & milk	1 Stuffed Pepper OR Pork Chop, carrots, pears, bread & milk	
	Wednesday	3 Scalloped Potatoes & Ham OR Beef Patty, stewed tomatoes, peaches, bread & milk	10 Tuna Noodle Casserole OR Deli Roast Beef Sandwich, peas, banana, bread & milk	17 <u>Creamed Chicken</u> over <u>Biscuit</u> OR <u>Pierogi & Sauteed</u> <u>Onion</u> , brussles sprouts, grapes, bread & milk	24 Liver & Onions OR Fish Patty, corn, mashed potatoes, cinnamon apples, bread & milk	31 Baked Chicken W/Gravy OR Bratwurst, sauerkraut, mashed potatoes, peaches, bread & milk	
	Tuesday	2 Open Faced Turkey Sandwich w/Gravy OR Fish Patty, green beans, mashed potatoes grapes, bread & milk	9 <u>Italian Chicken</u> OR <u>Pork Chop,</u> cabbage, peaches, bread & milk	16 <u>Pulled Pork on</u> Bun OR Beef Patty, coleslaw, banana, bread & milk	23 Salisbury Steak W/Gravy OR Chicken, peas & carrots, noodles, pineapple, bread & milk	30 Beef Stroganoff OR Sausage & Peppers, green beans, noodles, grapes, bread & milk	
	Monday	1 Savory Meatballs OR Pizza, peas & carrots, rice, pineapple, bread & milk	8 Cheese Burger on Bun OR Beef Hot Dog on Bun, onion rings, applesauce & milk	15 <u>Grilled Cheese</u> OR <u>Ham & Cheese</u> <u>Sandwich</u> , tomato soup, peaches & milk	22 Goulash OR Chili Cheese Dog, corn, pears, garlic bread & milk	29 Broccoli & Cheese Quiche OR Chicken Patty, broccoli, mandarin oranges, bread & milk	
EVENIONS SHOULD SPECIFY WHICH ENTRÉE OPTION: 1 OR 2 GRAB & GO: Thur. 8/18 at 4pm Menu: Menu: BREADED, BAKED PORK CHOP, CALIFORNIA BLEND VEGGIES, RED POTATOES, BREAD, CINNAMON APPLES & MILK. Suggested donation is \$3.50 **INGREDIENT INFO AVAILABLE UPON REQUEST**						001 500 011 11 0	

11:45 and curbside pickup is between 12:30-1 p.m. Please call 24-48 hours in advance if you would like to be added to Call 419-893-1994 to reserve your dine-in or curbside meal pickup. Suggested senior donation is \$2.50. Dine-in is at our dine-in or curbside pickup. 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. Consider donating new or used items on our Wish List.

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

Miscellaneous:
White String Lights 100ft
11 x 17 copy paper
Bottles of Wine

Plastic silverware

Gift Cards:

Gift cards, cash gift cards and gas cards

Kitchen:

Napkins Large canned fruit and vegetables from GFS

Check out our Walmart Registry!

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

We greatly appreciate your support!

UPCOMING EVENTS!

August 18th:

Evening Meal Grab & Go

September 9th:

Health & Wellness Fair

September 17th:

Pulled Pork Fundraiser

September 24th:

Chipotle Fundraiser

