



A Passport to Retirement: The Next Chapter

Hosted by

The Maumee Senior Center



4-6 p.m. June 11, 2024

Maumee Senior Center, 2430 Detroit Ave.

FREE ADMISSION!

Featuring Vendors Focusing On
Retirement Topics:

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

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

Plus Enjoy Prize Drawings & Making Connections!

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

PASSPORT SPONSOR: PARAMOUNT ELITE

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CONTACT US

Malinda Ruble,
Executive Director
maumeeseniorcenter@gmail.com

Tiffany Peet,
Program Coordinator
mscprogramcoordinator@gmail.com

Wilma Rice,
Dietary Manager
mscnutrition2430@gmail.com

Laree Shroyer,
Outreach Coordinator
mscoutreachcoordinator@gmail.com

MSC Transportation Office:

419-377-8113

**Drivers: Sue LaFontaine &
Dennis Oberhauser**

Maumee Senior Center to provide Grab & Go Meals in Waterville!

The Maumee Senior Center will kick off a new grab and go meal pilot program for seniors 60 years of age and better at the Waterville Branch of the Toledo Lucas County Public Library starting on May 17th!

See next page for more details!

Check out page 6 to learn more about our upcoming free walk-in hearing and balance clinics!

The Maumee Senior Center will be closed on Monday, May 27th 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, Waterville Meal Pilot Project

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

ATTENTION:

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

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!



CONTACT:
 Malinda Ruble, Executive Director
Maumee Senior Center
 2430 S. Detroit Ave.
 Maumee, OH 43537
 419-893-1994
 Email: maumeeseniorcenter@gmail.com

FOR IMMEDIATE RELEASE

Maumee Senior Center to Provide Meals to Waterville Area Seniors

MAUMEE—The Maumee Senior Center will kick off a new grab and go meal pilot program for seniors at the Waterville Branch of the Toledo Lucas County Public Library in May.

Thanks to additional grant funding and support from Ohio Department of Aging, the Lucas County Commissioners, the Area Office on Aging of Northwest Ohio and the Toledo Lucas County Public Library, the Maumee Senior Center will begin providing meals on May 17.

“Good nutrition is a key ingredient to a long and healthy life. The Maumee Senior Center and our partners are dedicated to enriching senior lives throughout the region,” said Malinda Ruble, Executive Director of the Maumee Senior Center. “Although we have many seniors from western Lucas County who visit our Maumee location, we are excited to take our services on the road to Waterville.”

Participating in this new program is simple. Any senior 60 years of age or better in the Waterville area must complete a registration form. Seniors can attend a Meal Registration Session from 10 a.m.-12 p.m. May 8 or May 15 at the Waterville Branch of the Toledo Lucas County Public Library. However, seniors may also print the form by going to www.toledolibrary.org/community-services or request a form by emailing maumeeseniorcenter@gmail.com.

Once the form is complete, submit it to the Waterville Branch Library or the Maumee Senior Center, 2430 S. Detroit Ave., Maumee, OH 43537. Seniors must call 419-893-1994 at least 24 hours prior to meal pick up to reserve a meal. Be sure to leave your name, phone number and specify Waterville Grab and Go when reserving.

Meal pick up is 12:45-1:30 p.m. on Mondays and Fridays in the back parking lot of the Waterville Branch Library, 800 Michigan Ave., Waterville. Both meal pick up dates and the menu are subject to change.

“This program has no income restrictions. It’s just a chance for seniors, regardless of income, to grab a freshly-prepared, nutritious meal to enjoy. However, meals must be reserved in advance,” said Ruble. “Take the day off from cooking and let us cook for you.”

In addition to providing meals, the Maumee Senior Center also will be providing activities and presentations in Waterville over the summer.

“We are trying to serve the seniors where they are. Good nutrition, socialization, and mental and physical stimulation are key to an enriched life,” Ruble said. “We are so excited to be able to provide these services to Waterville area seniors.”

The Maumee Senior Center is a registered 501(c)3 organization which provides services and programs for people 60 years of age and older. For additional information, call 419-893-1994, go to www.maumeeseniorcenter.com, email maumeeseniorcenter@gmail.com or stop by the Maumee Senior Center, 2430 S. Detroit Ave.

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2023 Service Statistics for Maumee Senior Center:

- Offered **2,932 opportunities or 35,000 hours** for socialization & recreation in 2023. **Does not include meals, transportation, trips or fundraising events.*
- We are connected to more than **1,392 seniors**
- Majority are from Maumee with South Toledo as a close second. Remaining amount is miscellaneous locations.
- 59% of our seniors are at the poverty level; up from 36% in 2019
- Number of meals served has **increased 43% from 6,124 in 2014 to 8,756** in 2023. Most congregate meal sites have seen a decrease in attendance, we continue to grow.
- Number of transports **increased 44% from 2,563 in 2014 to 3,698** in 2023.
- Our seniors are getting younger. In past 5 years, the average age went from 84 to 78.
- According to the most recent AOoA survey, **93%** of the MSC survey participants reported **“I have something to look forward to”** since attending the center and more than **70%** said they now **take better care of their health and are more physically active.**
- MSC received **4.5 stars** for overall meal satisfaction which is above the average rating for Lucas County Senior Centers, according to the AOoA’s poll.
- Our transportation drivers cover nearly an average of **20,000 miles a year** in transports.

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

Friday, May 10th from 1-2 p.m.

The next Sound Bath is on Friday, June 7th from 1-2 p.m.

Please join us for a deep relaxation Sound Bath experience with Kimberly Post RN, Reiki Master and Sound Healing Practitioner.

Sound Baths are beneficial in assisting the body with clearing negative energy and emotions, which can bring the body back into balance. Attending a sound bath can lift our mood and raise our vibration and allow us to feel more connected to ourselves & the world around us.

Cost is \$10 per person tickets can be purchased at the front desk of the Maumee Senior Center. Call 419-893-1994 if you have any questions.

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



Watercolors, Pastels, Acrylics Workshop Class Tuesday, May 21st at 12:30 p.m.

Join us for this 2.5 hour workshop to learn various techniques in each of these mediums to create landscapes or any other image you prefer. Suitable for beginners and intermediate painters.

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

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



Cheers to 90 Years!

We are celebrating our friends 90 years and better. If you are 90+ years of age— you and a guest are invited!

When: May 21, 2024 from 1:30-3:30

Where: Maumee Senior Center

Please RSVP by May 13th at: 419-893-1994

*Thank you to our sponsor:
Walker Funeral Homes*



It's a 90s Birthday Party!

Device Advice with the Library!

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

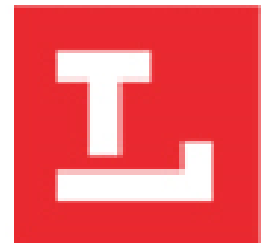
Sign up for a 30-minute session with a Tech Team Librarian and get one-on-one help with basic device setup, troubleshooting, and new skills on your smartphone, tablet or laptop.

Sessions start at 1pm and end at 3pm

The upcoming session days at the Maumee Senior Center are:

Tuesday, May 14th,
Tuesday, June 18th

*Space is limited and sessions are first come, first serve. Call 419-893-1994 to schedule your 30 minute session.



Opportunities to Support the MSC

Are you looking for ways to support the Maumee Senior Center? Below are some ways that you may be able to help us continue to serve area seniors! If you have any questions, please give us a call at 419-893-1994. Thank you!



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

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

~Legacy of Love~

The Maumee Senior Center welcomes monetary gifts to memorialize family and friends or to honor individuals who are involved in our programs and services. Legacy of Love donations help secure the future of the Maumee Senior Center for older adults.

Many lives have been forever changed by the generous contributions of others.

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

Donations were received by the Maumee Senior Center in memory of:

Kay Pritscher

From: Joyce Kulczak

Mary Lou Boehm

From: Miriam Keating

Dorothy Falbo

From: Joyce Kulczak

Phyllis Brunner

From: Diana Drew, Dianne & Ronald Curtis

Our heartfelt sympathy is extended to their beloved family and friends.



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

Our upcoming events with volunteer needs:

90's Birthday Party-
Tuesday, 5/21

MSC Retirement Fair-
Tuesday, 6/11

Maumee 5k Rec Race-
Saturday, 7/13



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



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

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

Monetary donations help the MSC to continue programs and services.

THANK YOU!

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

Walmart

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



Registry for Good

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

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

MSC Transportation Service

The Maumee Senior Center offers transportation to those 60 and older to medical appointments and round trips to and from the Maumee Senior Center Monday-Friday!

Do you live in the Maumee, South Toledo, Monclova, Holland, Neapolis, Waterville or Whitehouse areas and need a ride? Give us a call!

Call our driver at 419-377-8113 at least 24-48 hours in advance to schedule a ride. There is no guarantee that transportation will be available at your time of need. Please call as early in advance as possible to reserve your spot.

Costs is \$3 suggested donation for round trip

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



YOUR AD COULD BE HERE!

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

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

Ways to receive our Monthly Newsletter:

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

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

Subscribe by email at: msscprogramcoordinator@gmail.com



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

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

All are welcome!



Web site: www.gcmaumee.org

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



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, May 2nd,
Thursday, June 6th
11am-1 pm.



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

The next UTMC Clinic will be:

Tuesday, May 21st
Tuesday, June 18th
10am-12pm



Balance Screening:

The next Med1Care Balance Screening will be:

Monday, May 20th
12pm-1pm



Hearing Screening:

The next Hear USA Hearing Screening will be:

Wednesday, May 22nd
10am-1pm



Legal Assistance available at the Maumee Senior Center!

The upcoming date for Legal Consultations are:

Tuesday, May 7th

Schedule your 20 minute appointment with the Attorney by calling the Maumee Senior Center at 419-893-1994

**Stay tuned for more information regarding Legal Assistance at the Maumee Senior Center!*



MSC Caregiver Support Group

Tuesday, May 28th at 10 AM

Caring for a loved one can be stressful and we want to support you! Please join us to share your story and ideas and to meet other people in similar situations.



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

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



Supplemental Nutrition Assistance Program

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

Mobile Foot Care Clinic at the MSC!

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

The upcoming clinics are scheduled for:

Tuesday, May 28th & Tuesday, June 25th

Izzy is a Registered Nurse who specializes in: Nail Trimming, Callus and Corn Removal, Foot Massage, Moisturizing Treatments, Assessments for potential issues, Diabetic Foot Care, Nail Painting (if you'd like!)

Appointments with Izzy are 30 minutes long and cost \$30 per person for first time visit. All visits after that are \$40.

Registration is required. Call 419-893-1994 or stop by the front desk to secure your spot!

"Foot care is crucial for seniors to maintain their overall well-being. As we age, foot health can impact mobility and quality of life. Regular foot care helps prevent discomfort, infections and complications."

MSC MEMBERSHIP INFORMATION

MSC Booster Club membership dues are \$30 for 12 months.

FOR JUST \$30 A YEAR YOU WILL RECEIVE:

- *Deep gratification in knowing that you are helping support an effort to help other seniors in the community through the Maumee Senior Center.
- *1 FREE Dinner in the spring and 1 FREE Holiday Dinner at the Maumee Senior Center. Value=\$40
- *FREE recognition in MSC newsletter's birthday section and on the last Friday of your birthday month, MSC makes the suggested lunch donation in your honor. Value=\$2.50
- *Discounted fee for a classified listing in the MSC newsletter.
- *Exclusive Booster Club Member Only Mailings & Specials.
- *Special discount on day trips with Malinda.
- *Friends, Fun, & Fellowship.
- *Ask us how you can get 25% off your new membership!

Be a Booster!

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



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

May Birthday lunch is on Thursday 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:***



- | | |
|-----------------------|------------------------------|
| <i>Becky Hiser</i> | <i>Linda Stockner</i> |
| <i>Charlie Wendt</i> | <i>Stephen Cuddeback</i> |
| <i>Gail Washtak</i> | <i>Diane Porter</i> |
| <i>Towona Purifie</i> | <i>Richard Birt</i> |
| <i>Lois Nelson</i> | <i>Angela Hricovsky</i> |
| <i>Kathleen Sell</i> | <i>Ed & Irene Irelan</i> |
| <i>Lori Allee</i> | <i>Timothy Irelan</i> |
| <i>Ann Dudics</i> | <i>Dorothy Dudics</i> |

We had 26 people renew their memberships this month— thank you so much for your support!!

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



Lundberg	Joanna	5/2
Redmon	Carol	5/3
Rehm-Stone	Joyce	5/5
Nelson	Lois	5/5
Chauvin	Barbara	5/6
Banner	Sheila	5/7
Jacobs	Barbara	5/7
Kotnik	Becky	5/11
Winhoven	James	5/11
Bouillon	Diane	5/13
Keating	Timothy	5/15
Pauken	Armeda	5/15
Skiver	Nick	5/18
Border	Rebecca	5/21
Shepler	Rita	5/21
Lark	Violet	5/23
Stockner	Linda	5/23
Smith	Lynn	5/25
Kertesz	Polly	5/27
Beach	Kathleen	5/29
Bernard	Joyce	5/30
Groh	Robert	5/30
Fasnaugh	Edelgard	5/31

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 for more information on how to join these classes. Registration required.

Jazzercise Lo with Christy Owed

Mondays, Wednesdays and
Fridays at 11 a.m.

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

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

Join us for your first class free!

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



Line Dancing Classes at the MSC!

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

Line Dancing Classes with Michael Gurtzweiler



Regular Line Dancing

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

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

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

Line Dancing Class with Belinda Cytlak

Beginner's Line Dancing

Mondays at 2:15 p.m.

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

New participants are welcome!

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



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



Silver Sneakers & Renew Active classes with Gavin Pitt:

Stability

Tuesdays at 10 a.m.

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

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

Sitting & Standing Yoga

Tuesdays at 11 a.m.

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

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

Tai Chi

Wednesdays and Thursdays at 11 a.m.

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

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

Silver Sneakers & Renew Active classes with Angie Mourton:

Classic

Mondays at 1 p.m.

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

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

Chair Yoga

Wednesdays at 1 p.m.

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

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

Chair Zumba with Vickie Geha

Mondays and Thursdays at 9 a.m.

Wednesdays at 10 a.m.

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

\$2 per class payable to instructor at the door



Cardio Drumming with Vickie Geha

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

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

\$2 per class payable to instructor at the door



In-Person Programming Descriptions

BINGO! Wednesdays at 12:45 p.m.

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



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

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

Love to Sing? Come to singers practice sessions Tuesday afternoons at 12:30 p.m. at the Senior Center! Beginners welcome!

For more information: Call 419-893-1994



Calling all Pool Players!

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



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 Thursdays at 12

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

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

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

Tuesday classes will have 30 minutes dedicated to demonstrations.

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



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.



Walking Wednesdays!

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





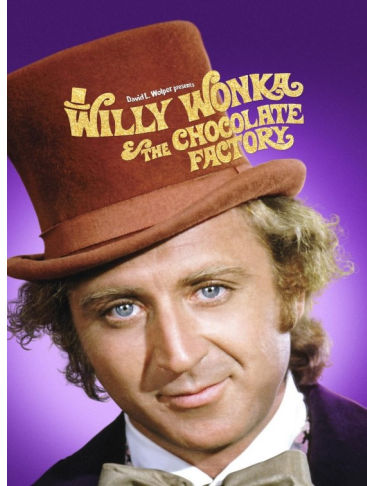
NOW SHOWING

MSC MOVIE DAY!

Join us for a free movie on:
Friday, May 17th at 1 p.m.

Movie snacks
available for
purchase through MSC
Café!

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



Do you like to play Poker?? Then this is the sign for you!
Our Poker group is reforming and we want you to join us!

If you are interested in playing Poker
on a weekly basis here at the MSC
give us a call at 419-893-1994
or email:

mscprogramcoordinator@gmail.com



Once we gather contacts we will reach out to plan our next
meeting date. Stay tuned!

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

Contact Program Coordinator, Tiffany at 419-893-1994 or
mscprogramcoordinator@gmail.com to schedule a tour and
to see how you can get involved!



MSC Book Club with Jane Berger
Monday, May 13th at 10 a.m.

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

Next month, the MSC Book Club is discussing:
Demon Copperhead
By: Barbara Kingslover

*Check your local library for book availability.
Books are also available in Tiffany's office on a
limited basis.*

This group is always looking for new participants
and typically meets on the second Monday of every
month. Some dates may be subject to change.
Call 419-893-1994 if you have any questions.



MSC Cards and Games of Strategy!

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

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

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

*The Maumee Senior Center is looking to grow and we need your help! May is Membership Madness Month and as you may know, membership to MSC is just one way to financially help the center so that we can continue to provide all the wonderful services and programming that we do. Keep in mind, when you bring a new person to join, you get a discount on your own membership. We will be tracking new membership together, so be sure to look for our thermometer chart when you visit the center and know that every membership truly counts and is appreciated!
See the flyer below for more information!*

MAY MEMBERSHIP MADNESS!

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

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

Why Become a MSC Member?

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

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

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



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

Submit Your Payment to
Any Staff Member to
Join Today!



New Spring Menu Coming May 1!



Wraps Are Back!



Fresh Fruit Returns!



Wilma's Delicious Tuna Salad on Croissant



GF Brownies & GF Vanilla Muffins



Grilled Chicken on Mixed Greens Salad

	3			1			6	
7	5			3			4	8
		6	9	8	4	3		
		3				8		
9	1	2				6	7	4
		4				5		
		1	6	7	5	2		
6	8			9			1	5
	9			4			3	

Creative Card Making Class

Tuesday, June 4th 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: Patriotic, Birthday and Thinking of You!*

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

Deadline to rsvp is Thursday, April 25th.



Community Speakers:

Tuesday, May 7th at 11 a.m.

"Melanoma Awareness Month- Skin Protection"

UTMC students

Wednesday, May 22nd at 11 a.m.

"Safe Supplements"

Mercy Health St. Luke's Pharmacy

Wednesday, May 29th at 11 a.m.

"Stroke Risks and Older Adults"

Mercy Health St. Luke's Family Medicine Residency

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

KNOWledgE
iS POWER 

Help us restock Wilma's Cupboard!

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

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

We are in need of:

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



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

Skin Cancer Awareness Presentation

Please join representatives from the University of Toledo to discuss and learn about the effects the sun can have on your skin and what to look for.

Tuesday, May 7, 2024

11:00-11:45am

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

May is Melanoma and Skin Cancer Awareness Month!

MSC May 2024 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>29 <u>Beef Tips & Mushroom OR Pierogi & Sautéed Onions, succotash, grapes, bread & milk</u></p>	<p>30 <u>Cream Chipped Beef over Texas Toast OR Turkey & Cheese Sandwich, peas & carrots, applesauce, bread &</u></p>	<p>1 <u>Sausage & Pasta OR Cheese Tortellini, mixed vegetables, peaches, bread & milk</u></p>	<p>2 <u>Hamburger Gravy over Mashed Potatoes OR Baked Chicken, corn, pineapple, bread & milk</u></p>	<p>3 <u>Breaded Baked Pork OR Macaroni & Cheese, stewed tomatoes, mixed fruit, bread & milk</u></p>
<p>6 <u>Shepherd's Pie OR Ham & Cheese Sandwich, mixed vegetables, cinnamon apples, bread & milk</u></p>	<p>7 <u>Chicken & Stuffing OR Baked Fish, green beans, mixed fruit, bread & milk</u></p>	<p>8 <u>Tuna Boat OR Cheese Ravioli, corn, pears, bread & milk</u></p>	<p>9 <u>Meatball Sub OR Breaded Pork Chop, lima beans, pineapple, bread & milk</u></p>	<p>10 <u>Chicken Paprikash OR Hot Dog, stewed tomatoes, peaches, bread & milk</u></p>
<p>13 <u>Sloppy Joe on Bun OR Sausage & Peppers, rice, corn, grapes, bread & milk</u></p>	<p>14 <u>Patty Melt OR Pork & Apples, corn, pears, bread & milk</u></p>	<p>15 <u>Cheese Tortellini OR Turkey & Gravy, peas, banana, bread & milk</u></p>	<p>16 <u>Chicken & Rice Casserole OR Egg Salad Sandwich, glazed carrots, cinnamon apples, bread & milk</u></p>	<p>17 <u>Chicken Divan Casserole OR Beef Stroganoff, green beans, mixed fruit, bread & milk</u></p>
<p>20 <u>Chicken Alfredo OR Sliced Ham, peas, mandarin oranges, bread & milk</u></p>	<p>21 <u>Quiche OR Veal Patty w/Gravy, peaches, bread & milk</u></p>	<p>22 <u>Fish Patty OR Beef Patty w/Gravy, glazed carrots, banana, bread & milk</u></p>	<p>23 <u>Teriyaki Chicken OR Ravioli & Sauce, mixed vegetables, pears, bread & milk</u></p>	<p>24 <u>Bratwurst OR Egg Salad Sandwich, sauerkraut, applesauce, bread & milk</u></p>
<p>27 CLOSED FOR THE HOLIDAY</p>	<p>28 <u>Beef Smoked Sausage OR Tuna Melt, lima beans, pears, bread & milk</u></p>	<p>29 <u>Scalloped Potatoes & Ham OR Chicken Cacciatore, buttered peas, grapes, bread & milk</u></p>	<p>30 <u>Stuffed Pepper OR Pork Chop, O'Brien potatoes, apples, bread & milk</u> Birthday Cake</p>	<p>31 <u>Meatballs & Sauce OR Cottage Cheese Plate, green beans, peaches, bread & milk</u></p>

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

Call 419-893-1994 to reserve your dine-in meal. Suggested senior donation is \$2.50. Dine-in is at 11:45 a.m. Please call 24-48 hours in advance if you would like to be added to our dine-in reservation list.

Menu items subject to change.

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

Facebook.com/maumeeseniorcenter
www.maumeeseniorcenter.com

MISSION STATEMENT:

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



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
Saran Wrap
AA & AAA Batteries

Gift Cards:

Gift cards, cash gift cards and gas cards

Miscellaneous/Kitchen:

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

[Check out our Walmart Registry!](https://www.walmart.com/registry/RR/09a8abbb-0113-4b38-999a-3e9c9095aca4)

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

[We greatly appreciate your support!](#)

UPCOMING EVENTS!

May 10:

Sound Bath Class

May 21:

Watercolor & Pastel Workshop

June 11:

Retirement Fair

July 13:

Maumee 5k Rec Race

