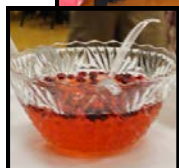


Sylvania Senior Center Hours:
Monday - Friday • 8:00 am - 5:00 pm

7140 W Sylvania Ave
Sylvania, OH 43560

sylvaniacommunityservices.org
419-885-3913

2025



Happy Endings With New Beginnings





Feeling SICK?
If you are experiencing any symptoms...
PLEASE come back to the Center when you are feeling better!!!
THANK YOU!!



Happy 2025!

Reflecting upon the goodness of 2024, the first thing that comes to my mind is the Sylvania Senior Center as a vibrant and inclusive gathering space that encourages connection, personal growth, and purpose and emphasizes the value of seniors' contributions to society. As one SSC participant tells others, "I don't live at the Center, but I come alive there!" We hope that you too, experienced the feeling of being "alive" at the SSC in 2024.

A new year always brings with it the excitement of new beginnings and the SSC Team is very enthusiastic about our 2025 vision and goals to enhance our programming, services, special events, volunteerism, community partnerships, and Give Backs. We look forward to bringing you even more activities aligned with your interests and passions to keep you engaged and active. There will be more ways for you to connect with other area seniors enabling a stronger sense of support and camaraderie to combat the increasing health issue of loneliness and enhance well-being. We'll increase your opportunities to get involved in meaningful volunteer work and ambassadorship to utilize skills, increase the sense of purpose and belonging, make a positive impact, and uplift others. Additionally, we will provide more intergenerational programs fostering a collaboration between the Sylvania Community Service's Childcare and Senior Programs. In 2025, we will also showcase the SSC's participants, programs, services, events, and volunteerism through two (2) open houses, increased social media presence, and community activities.

How EXCITING 2025 happenings will be at the Sylvania Senior Center as we embrace "The BEST is yet to COME" mindset. We hope that you encourage your friends who have thought about joining you at Center, to join us in 2025.

As C.S. Lewis said, "You are never too old to set another goal or to dream a new dream." Wishing you a sparkling 2025 filled with achieved dreams, happiness, treasured memories, joy, kindness, and laughter!



OUR VALUES

INNOVATIVE
COMMUNITY-MINDED
QUALITY DRIVEN

WELCOMING

Striving for diversity and inclusivity by providing programs and services that appeal to a wide range of interests within our community.

INTEGRITY

ENTHUSIASTIC
SUPPORTIVE
RESPECTFUL



Participant Council News



CHAIRPERSON'S MEMO

GREAT THINGS ARE HAPPENING!

Happy New Year to all older & newer participants of our beautiful senior center! I'm hoping you all have good health and happiness in 2025.

Thank you to the staff for the beautiful Christmas Dance. They put a lot of time into giving us a beautiful event.

Congratulations to Glenn Holmes for his much deserved We Love This Place Award!

Our participant council is working on events for 2025. So if you have ideas, please let us know.

Happy 2025!

BE KIND! WE LOVE THIS PLACE!

Connie Knestrick,
Participant Council Chairperson



PARTICIPANT COUNCIL EXECUTIVE COMMITTEE

Connie Knestrick, Chairperson
Nancy Griffin, Vice-Chairperson
Mary Ann Cannon, Secretary
Mary Lou Dorf, Treasurer
Marilyn Snyder, Membership Chairperson
Betty Dorcas and Bernie Fegan



AT-A-GLANCE

Participant's Breakfast 2025

Friday, January 24th

Friday, April 25th

Friday, July 25th

Friday, October 24th

Seed Swap Coming Soon!



**WE WANT
YOU**

**WE'RE LOOKING FOR
NEW MEMBERS!**

If you are interested in joining the Participant Council, please see Marilyn Snyder or leave your name and contact information at the front office.

Staying Active

Cardio Drumming 💰 \$2

Sallie Hand, Instructor

No drumming experience is necessary. This whole-body workout is fun for all. Nearly all individuals of various ages and athletic backgrounds can practice in this exercise class. FCFS, no holding spots.

***No class on January 24th.**

Mondays, 11:30 am - 12:30 pm

Wednesdays, 9:00 am - 10:00 am

Fridays, 9:00 am - 10:00 am

Great Room

Line Dancing

Art and Cora Shaffer, Instructors

All Skill Levels (with instructor):

***No class on January 24th**

Fridays, 2:30 pm - 4:00 pm

Instructor led choreographed group dance to a repeating sequence of steps while arranged in lines/rows.

Bonus Dance:

Fridays, 2:00 pm - 2:30 pm

This time is for the experienced line dancer. Not instructor lead. This 30 mins is time to exhibit your line dancing skills.

Great Room

Morning Fit Class on Zoom

Participate on any device that has internet, a camera, and microphone. Morning Fit Zoom is a 30-minute recorded workout of a previously live session. Call 419.885.3913 for a Zoom invitation.

Monday - Friday, 11:00 am - 11:30 am

Open Gym

Improve your health by using the exercise equip, free weights and work out bench. Please utilize the Great room for getting your steps in.

Schedule is subject to change To utilize Open Gym you **MUST** fill out a Participant Registration Form (a liability waiver is part of the participant form).

Mondays

8:00am-9:45am, 1:00pm-4:30pm

Tuesdays

8:00am-9:30am, 11:00am-1:45pm, 4:00pm-4:30pm

Wednesdays

8:00am-8:50am, 10:00am-12:45pm, 3:30pm-4:30pm

Thursdays

8:00am-9:45am, 12:30pm-1:45pm & 4:00pm-4:30pm

Fridays

8:00am-8:45am, 10:30am-1:30pm & 4:00pm-4:45pm

Great Room

Ping Pong During Open Gym

Enjoy a game of ping pong during Open Gym time.

Mondays, 1:00 pm - 2:00 pm

Wednesdays & Fridays, 11:00 am - 12:30 pm

Great Room

 **Thank you** to all of our Staying Active instructors!

Strength and Balance 💰 \$6

Cara Jones, Certified Instructor

Increase muscle and bone density to improve balance, strength, and flexibility. Bring your own weights. ***No class on January 29th.**

Wednesdays, 1:00 pm - 2:00 pm

Great Room

Strength Training 💰 \$4

Connie Nuzum, BS Phys. Ed.

Improve your health through weight-bearing exercises. Bring your weights and mat.

Mondays & Thursdays, 10:00 am - 11:00 am

Make checks payable to Sylvania Senior Center

Great Room

Tai Chi 💰 \$5

Dianne Jagielski, Certified Instructor

Strengthen muscles and prevent falls with better balance.

Tuesdays & Thursdays, 2:00 pm - 3:00 pm

Great Room

Tai Chi - Advanced 💰 \$5

Dianne Jagielski, Certified Instructor

This 30-minute Tai Chi Advanced is for experienced Tai Chi participants to enhance their Tai Chi movements.

Tuesdays & Thursdays, 3:00 pm - 3:30 pm

Great Room

Yoga 💰 \$6

Gary Gross, Certified Instructor

This balanced practice is designed to relieve the effects of stress. Bring your own mat and bath towel.

Wednesdays, 2:30 pm - 3:30 pm

Great Room

Yoga with a Chair 💰 \$3

Barbara Stough, Certified Instructor

A chair supported practice, no floor work. ***No class on January 2nd.**

Thursdays, 11:30 am - 12:30 pm

Great Room

Winter Walking Indoors - NEW!

Use the Senior Center's Great Room door to walk Tam-O-Shanter's field house! You'll sign in once you arrive, walk, and sign out when you return to the center. ***RSVP by stopping by our office to sign a Sylvania Recreation waiver (required participate for this winter season).** Please call with any questions: 419-885-3913.

Begins Monday, January 13th

Mondays & Fridays

8:00am-9:00am

Tuesdays & Thursdays

12:30pm-1:30pm

Great Room





LUNCH BUNCH

RUMORS RESTAURANT

FRIDAY, JANUARY 17 • 11:00 AM

5205 MONROE STREET

LIMITED SEATING
RSVP IN THE FRONT OFFICE
OR CALL 419-885-3913



Sylvania Childcare and Sylvania Senior Center have partnered to provide:

Grandparent and Grandchild Movie Matinee

Saturday, January 25, 2025

Sylvania Senior Center at 10:00am (Doors open at 9:45am)

Space is limited! Reserve your spot by January 17th by scanning the QR code (www.tinyurl.com/SCmovie25) or by calling 419-885-3913

Free Admission and Snacks



Alzheimer's Association Education Program

Healthy Living for your Brain and Body



Friday January 17
1-2pm

Sylvania Senior Center
7140 W. Sylvania Avenue
in Sylvania

Please RSVP to Dakota
at 567-302-3608 or
DLSTONE@ALZ.ORG
OR
Call or stop by the SSC
office #419-885-3913

Join us to learn about
research in the areas of
nutrition, exercise, cognitive
activity and social
engagement when it comes
to decreasing your
likelihood of getting
Dementia.



alz.org | 800.272.3900



Yourself!



Your Blood Sugar!



BLOOD SUGAR CHECKS

JANUARY 13 • 11:00 AM - 12:30 PM
WELLNESS ROOM
Facilitated by Arista Home Care Solutions

JANUARY 27 • 12:00 PM - 1:00 PM
WELLNESS ROOM
Facilitated by Ohio Living, Home Health and Hospice





Yourself!



Your Blood Pressure!



BLOOD PRESSURE CHECKS

JANUARY 9 & 23 • 11:00 AM - 12:30 PM
WELLNESS ROOM
Facilitated by Ohio Living, Home Health and Hospice



Ohio Living
FAITH + COMPASSION + COMMUNITY

Discussion Groups

Book Review

Deb Thach & MaryAnn Cannon, Facilitators

"The Heaven and Earth Grocery Store" by James McBride. *February's Pick: "Gilead" by Marilyn Robinson*

3rd Thursday, January 16, 2:30 pm - 3:30 pm

Art Studio

Camera Club

Carroll Cannon, Facilitator

Bring your questions and three or four photos to share.

2nd Thursday, January 9, 1:30 pm - 3:30 pm

Art Studio Room

Current Events

This group engages in a healthy exchange of ideas.

Thursdays, 1:00 pm - 2:30 pm

River Birch Room

Money Matters

Nick Vanover, RJFS

"Investments for the New Year"

***3rd Thursday, January 16, 11:00 am - 12:00 pm**

Willow Room

Healthy Living

BALANCE SCREENING - ON HOLD IN JANUARY

Blood Pressure Checks

Facilitated by Ohio Living, Home Health and Hospice

2nd & 4th Thursday, January 9 & 23

11:00 am - 12:30 pm

Wellness Room

Blood Sugar Checks

Free blood sugar checks.

Facilitated by Arista Home Care Solutions

2nd Monday, January 13, 11:00 am - 12:30 pm

Wellness Room

Facilitated by Ohio Living, Home Health and Hospice

4th Monday, January 27, 12:00am - 1:00pm

Wellness Room

Caring Sole Foot Clinic 💰 \$40

Facilitated by Caring Sole Foot Wellness, LLC

Tuesday, January 7, 9:00 am - 3:00 pm - FULL

February appointments are FULL

Wellness Room

Sound Bath 💰 \$10

Facilitated by Kimberly Post

Thursday, January 23, 3:00 pm - 4:30 pm

Willow Room

 **Thank you** to all of our Healthy Living & Educational instructors!



OPEN BILLIARDS ROOM

Monday - Friday 8:00 am - 5:00 pm



PING PONG DURING OPEN GYM

See Page 4 For Current Hours



OPEN GYM

See Page 4 For Current Hours



LIBRARY

Monday - Friday 8:00 am - 5:00 pm



PUZZLE TABLE

Monday - Friday 8:00 am - 5:00 pm



OPEN COMPUTER LAB

Monday - Friday 8:00 am - 5:00 pm

Check your email and browse your favorite topics on the Internet. If you need assistance, make an appointment at the front office or call 419-885-3913. Printouts are 10¢ a page.

Sylvania Senior Center Weather Policy

If Sylvania Schools are closed....

- The Senior Center is open and staffed.
- Classes with an instructor are canceled. Programs such as card clubs or any other group that gets together for fun and does not use an instructor, are not canceled.
- Senior Center Transportation is canceled.

If Toledo Schools are closed....

- Lunch meals are canceled.

If a Level 2 Snow Emergency is issued....

- the Senior Center is closed.





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

SPACE IS LIMITED!

Join us, and bring a friend!
Tuesdays, 2:00 pm – 4:00 pm
at Sylvania Senior Center

7140 W. Sylvania Ave., Sylvania, OH

January 7 – February 11 (Six Week Program)

Sign up by December 31 by calling the center at 419-885-3913

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

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

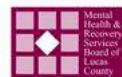


Free \$50 Kroger gift card upon successful program completion!

(First-time participants only)



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



Harbor

Community Give Back

Knitting & Crocheting Group

Knit or crochet items for different community groups.

Wednesdays, 9:00 am - 11:00 am

Fridays, 2:00 pm - 4:00 pm

Dining Room



*Volunteers from the
SSC Knitting &
Crocheting Group
donated handmade
holiday themed outfits
to St. Vincent's NICU.*

**DONATE YOUR
USED EYEGLASSES**
Located in the Office

**DONATE YOUR OLD
PLASTIC GROCERY BAGS**
Located by the Dining Room



SUPPORT US WITH YOUR VALUABLE DONATION

YOUR DOLLARS HELP US TO DO MORE FOR OUR SENIORS

- ENHANCE PROGRAMMING AND RESOURCES THAT SUPPORT THE HEALTH AND WELL-BEING OF SENIORS
- INVEST IN COMPUTER SOFTWARE AND FITNESS EQUIPMENT, ASSISTING SENIORS WITH PHYSICAL AS WELL AS MENTAL HEALTH

HOW TO GIVE

sylvaniacommunityservices.org/donate
or make a donation at our office

Food Drive Donation Station at SSC



*In the Lobby next to our
Great Room.*

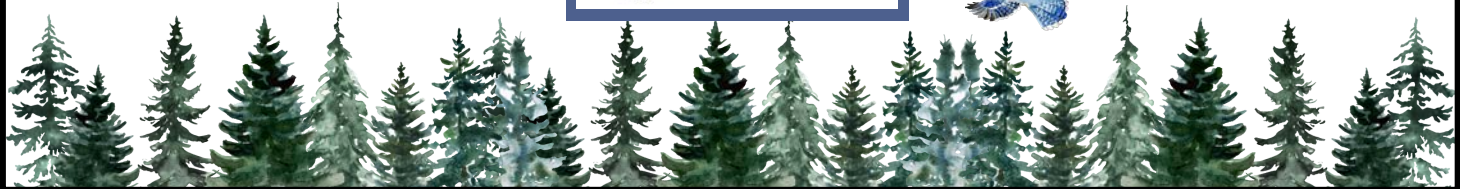
Canned Food Items

Canned Tomatoes
Spaghetti Sauce
Canned Chicken
Canned Salmon
Canned Tuna
Peanut Butter
Jelly
Canned Fruit
Canned Veggies

Boxed Food Items

Cereal
Oatmeal
Crackers
Pasta/Rice Mixes
Cake mixes

*Bring your food
donations to the
Sylvania Senior
Center to benefit
Sylvania area
families.*



volunteer CORNER

A special thanks to **all** who volunteer at SSC! We couldn't do what we do without you!



Volunteers arranging centerpieces and table decor for the Holiday Dance.

Volunteers gift wrapping with the Sylvania Police Department.



SSC participants adopted seniors from the Sylvania Area Family Service's Angel Tree.

Are you interested in being a volunteer at SSC? Stop by the office to fill out a volunteer form!



WE LOVE THIS PLACE AWARD!

Nominate someone to be recognized for their contribution to Sylvania Senior Center and its success!

I nominate: _____
(clearly print name)

Reason for Nomination:
(tell us a little history about their contribution)

Please return this form to the nomination box in the front office.



SPECIAL INTEREST & SUGGESTIONS

We would love your feedback about adding new groups such as chess club and/or any other suggestions for what you would love to see happening at the Senior Center!

Games

Beginner Bridge

Enjoy a friendly game of bridge. Learn as you go, talk through tricks and strategy with other players. All abilities welcome.

Tuesdays, 1:00 pm - 3:00 pm

Hawthorne Room

Billiards

Enjoy our dedicated billiards room with two tables for free!

Monday - Fridays, 8:00 am - 5:00 pm

Billiards Room

Bingo \$ 20¢ a card

20 games. Bring your own supplies.

Monday & Thursdays, 1:00 pm - 3:00 pm

Dining Room

Beginner Mahjong

Join us for a friendly game of Mahjong! Come early to practice and enhance your skills.

Wednesdays

12:00 pm - 1:00 pm (practice)

1:00 pm - 4:00 pm

Hawthorne Room

Chess Group

Join us for a game of chess! This group is new and we are welcoming your suggestions as it grows. Please RSVP at the front office at 419-885-3913 to ensure you have a partner to challenge, or bring a friend! Supplies provided by SSC or bring your own.

3rd Friday, January 17

10:30 pm - 12:00pm

Hawthorne Room

Jigsaw Puzzles

Help put puzzles together at your own leisure.

Monday - Fridays, 8:00 am - 5:00 pm

Nature Lounge

Mahjong

Classic Chinese game of strategy and summation.

Mondays, 12:30 pm - 4:30 pm

Hawthorne Room



Blood Drive

**Sylvania Fire- EMS
at the Sylvania
Senior Center**

The Great Room
7140 Sylvania Ave.
Sylvania, OH 43560

**Friday, January 24, 2025
10:00 a.m. to 4:00 p.m.**



to our amazing participants
that volunteer to lead many of
the programs we have at SSC!



We would like to remind everyone that Winter is here and that means snow and ice. While every effort is made to clear the walks and parking lot, circumstances beyond our control may at times prevent this from happening in a timely manner. Please use caution when walking and driving in inclement weather. Be Safe!

PENGUIN SAFETY WALK



Party Bridge

A four-player trick-taking game with 13 tricks per deal. ***Looking for more players!**

Tuesdays, 12:00 pm - 4:00 pm

River Birch

Thursdays, 12:00 pm - 4:00 pm

Hawthorne Room

Party Euchre

Trick-taking card game played by four players in two competing partnerships.

Wednesdays, 10:00 am -12:00 pm

River Birch Room

Pinochle

Trick-taking card game, typically for two to four players with a 48-card deck.

Wednesdays, 1:00 pm - 4:00 pm

River Birch Room

Scrabble

Classic game using drawn letter-tiles to form words.

Fridays, 1:30 pm - 4:30pm

Hawthorne Room

2nd & Last Friday Bridge

Must call Sue at 419-214-8616 to join.

2nd & Last Friday, January 10 & 31

11:00 am - 3:00 pm

Willow Room

Timed Euchre

Timed Euchre. When time is up, winners move tables.

Mondays & Fridays, 12:30 pm - 2:30 pm

River Birch Room



NEW!

CHESS GROUP


3rd FRIDAY
JANUARY 17TH
10:30AM-12:00PM
HAWTHORN ROOM

Join us for a game of chess!

Please RSVP at the front office at 419-885-3913 to ensure you have a partner to challenge, or bring a friend! Supplies provided by SSC.

THIS GROUP IS NEW AND WE ARE WELCOMING YOUR SUGGESTIONS AS WE GROW THIS GROUP! WE WOULD LOVE TO MAKE THIS ONGOING.

- SARAH SOBECKI, PROGRAMS AND SERVICES COORDINATOR

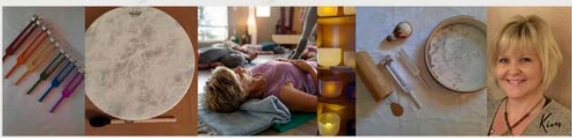


SOUND BATH CLASS

THURSDAY, JAN 23
3:00 PM - 4:30 PM 


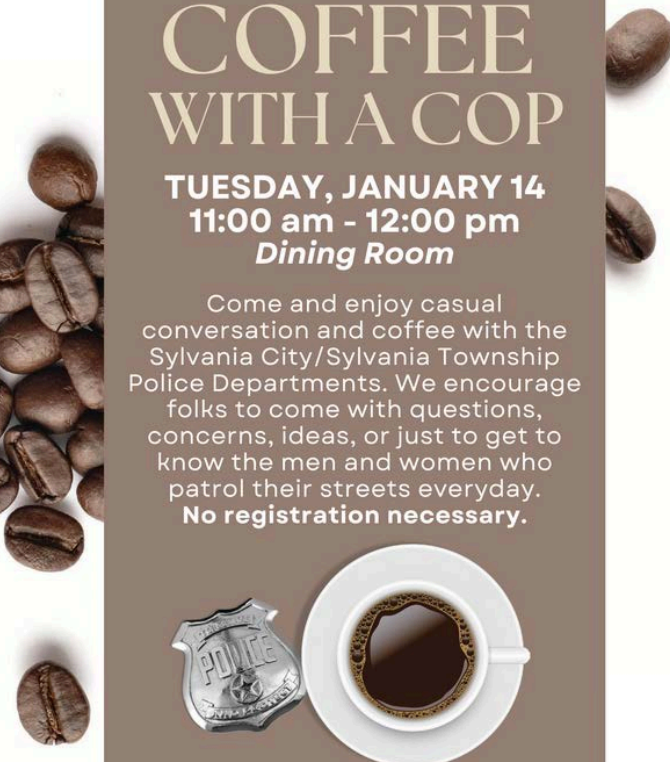
WILLOW ROOM

RSVP in the office or call 419-885-3913.
Pay the day of in class.



Enjoy a 45 minute deep relaxation class with crystal quartz sound bowls, drums and chimes used to create a beautiful, relaxing experience. Bring your yoga mat, blanket and pillow or whatever you need to feel comfortable. There are plenty of chairs, if you prefer to sit.



FACILITATED BY KIMBERLY POST

COFFEE WITH A COP

TUESDAY, JANUARY 14
11:00 am - 12:00 pm
Dining Room

Come and enjoy casual conversation and coffee with the Sylvania City/Sylvania Township Police Departments. We encourage folks to come with questions, concerns, ideas, or just to get to know the men and women who patrol their streets everyday. No registration necessary.

BBB SENIOR SCAMGUARD PRESENTATION

WEDNESDAY, JAN 8
10:00 AM - 11:30 AM
DINING ROOM

In this fast-paced world scammers are extremely creative and older adults are one of their main targets. Senior ScamGuard will offer valuable information and tools to keep you safe from scammers whether it be home repair scams or cyber scams.

Pamela Rybka LPC has been advocating for older adults ever since she graduated from Lourdes. In her current position she is the Community Outreach Coordinator for the Better Business Bureau she will be presenting their program Senior ScamGuard.

Living Creatively

Art Group \$ \$6

Elaine Scarvelis

Work on your project, in the medium of your choice. Elaine can help with lighting, shading, etc.

Tuesdays, 9:00 am - 11:00 am

Art Studio Room

Card Making With Maureen \$ \$5

Come create two beautiful cards from curated kits by Maureen.

Friday, January 10, 1:00 pm - 2:00 pm

Art Studio Room

Ceramics Group

(fee currently waived) Beginner and advanced welcome. Participants work on their own projects. Not instructor led.

Wednesdays, 9:00 am - 11:00 am

Art Studio Room

Open Woodshop

Need to start, finish, or repair a project? Stop by the Woodshop to meet new friends. The SSC Woodshop Supervisor is open for questions and/or will help guide you with the equipment. A participant form and acknowledgment of the Woodshop policies are required to enjoy what the Woodshop has to offer.

Tuesdays & Thursdays, 1:00 pm - 3:00 pm

Woodshop

Painting Class \$ \$7

Mary Jane Erard

Learn to use acrylic and/or pastels. In this introduction you will be able to create your own small painting. All supplies included, but must be returned to instructor after class. Source photos available.

Wednesday, January 8, 12:30 pm - 2:30 pm

Art Studio Room

Quilt Fan-Attics

Weekly friendship quilting circle, primarily focusing on quilting, and any technique using needle handwork. No sewing machines are used during group. Please bring your own project.

Mondays, 9:00 am - 11:00 am

Willow Room

Wood Carving Social Group

Come and socialize with other wood carvers or work on your own project. Not instructor led.

Mondays, 12:00 pm - 2:30 pm

Art Studio Room

Thank you to the sponsors of our special events at SSC!

KINGSTON
of SYLVANIA



TOLEDO
MEMORIAL
PARK

BOOK REVIEW

Thursday, January 16 • 2:30 pm - 3:30 pm
Art Studio

Led by Deb Thach and MaryAnn Cannon



COMING UP NEXT!

February's Pick: "Gilead" by Marilyn Robinson

SYLVANIA SENIOR CENTER PRESENTS

Movie Day

15 JAN

1 PM - 3 PM
FREE ROOTBEER FLOATS

CALL FOR MORE DETAILS
RSVP IN THE FRONT OFFICE
OR CALL 419-885-3913

Sponsored by Toledo Memorial Park
and Kingston of Sylvania

SUPPORTIVE SERVICES: MEMORY CHAT @SSC

Dakota Stone, MSSA, LSW, Alzheimer's Association

2nd Thursday, January 9

Conference Room

By appointment. Call 419-885-3913 for a free one hour consultation.

*What is
memory
chat?*

ALZHEIMER'S ASSOCIATION®

Care Consultation Program: Northwest Ohio Chapter

Care consultation is a free personalized service addressing the issues that arise from Alzheimer's disease or other related dementias. Care consultations may be requested by care partners/caregivers, the individual experiencing memory loss or community professionals.

Coaching and Support

- Create an individualized action plan to guide caregiving
- Receive ongoing staff support and guidance
- Learn ways to reduce stress on the primary care partner/caregiver and the family

Health and Care-related Information

- Learn about the causes and treatments of dementia
- Build consensus and involve family and friends to help
- Establish an effective safety plan
- Discuss options in decision-making and planning for the future

Community Services

- Learn how to find, access and arrange for services



Proven Impact

Care Consultation is recognized as an evidence-based program. Studies have shown that those who participate in Care Consultation experience:

- Improved care
- Less stress
- Fewer visits to the ER and hospital
- Delayed nursing home placement

Talk to a Care Consultant about:

- Caregiver education and stress management
- Communication strategies
- Home and driving safety
- Legal and financial issues
- Planning for the future



BOOSTER CLUB 2025

The Booster Club donation is an excellent way to support the Sylvania Senior Center's valuable programs and services.

2025 Membership Benefits Include:

- Annual Booster Club Members Only Luncheon
- Recognition in Newsletter, Website, and Social Media
- Advance Ticket Purchases for Special Events
- Booster Membership Cards

2025 Suggested Donation (same as 2024 rate):

- \$15.00 Individual -Sylvania & Sylvania Township Resident
- \$25.00 Couple - Sylvania & Sylvania Township Residents
- \$35.00 Individual - Greater Toledo/Michigan Area Resident
- \$50.00 Couple - Greater Toledo Area/Michigan Residents



Supportive Services

Advanced Planning Outreach

Gary Holewinski, Advance Planning Specialist Newcomer Cremations, Funerals & Receptions NW Chapter

2nd Wednesday, January 8, 12:00 pm - 1:20 pm

Free consultation for planning advanced funerals and cremations. Finalize your last wishes to make planning easier for your loved ones. 20-minute appointments.

Call 419-885-3913.

Wellness Office

Coping with Loss

Kelly Beattie, MSW, LSW Hospice of NW Ohio

Monthly Support Group

3rd Friday, January 17, 1:00 pm - 2:30 pm

Pre-registration not required.

OR 1:1 Private Bereavement Counseling by appointment. Call Hospice of NWO at

419-661-4001 to schedule a 1:1 appointment with Kelly.

Willow Room

Estate Planning Review

Lutz & Antonini Law LLP

2nd Friday, January 10, 10:00 am - 11:30 am

Review your last Will and Testament, other related estate planning documents. Find out if changes or updates are required and tips to avoid probate. Free 30 min consultation. By appointment.

Wellness Office

Legal Outreach

Michael Dansack, Partner

Law Offices of Gallon, Takacs & Boissonseault L.P.A.

2nd Tuesday, January 14, 12:00 pm - 1:40 pm

Fees will be disclosed prior to services rendered, if required. Free 20 minute consultation. By appointment.

Call 419-885-3913.

Wellness Office

Memory Chat

Dakota Stone, MSSA, LSW, Alzheimer's Association

Thursday, January 9

By appointment. Call 419-885-3913 for a free one hour consultation.

Conference Room

O.S.H.I.I.P. Trained Specialist

Tuesday, January 14

Ohio Senior Health Insurance Information Program, through the Area Office on Aging of Northwest Ohio. Make the best decisions regarding your health insurance coverage! Free one hour consultation. By appointment. Call 419-885-3913

Conference Room

Thank you to our supportive services providers at SSC!

YOUR MONEY MATTERS\$



2025 Kickoff

What will a new year bring for the markets and government policy?

THURSDAY, JANUARY 16
11:00 AM - 12:00 PM
WILLOW ROOM

Facilitated by Nick Vanover, RJFS





OPEN SWIM

TUESDAY, JANUARY 7 & 21
9:00 AM - 12:00 PM

ENJOY THE POOL AT THE OTTERBEIN FIELDSTONE CLUBHOUSE.

BRING A TOWEL • CLUBHOUSE PARKING • LOCKER ROOMS
SHOWERS AVAILABLE • POOL SHOES RECOMMENDED

FIELDSTONE VILLAS CLUBHOUSE
Otterbein Senior Life Sunset Village
9640 Sylvania-Metamora Rd Sylvania, OH 43560
SIGN UP, FILL OUT A POOL WAIVER & PAY A FEE WHEN YOU ARRIVE AT THE CLUBHOUSE. (LIMITED SPACE AVAILABLE)



Ohio Department of Insurance

1-800-686-1578 • www.oshiiipmail@insurance.ohio.gov

Ombudsman Program

Assistance with long-term care. 419-259-2891

Food Assistance / SNAP

Supplemental Nutrition Assistance Program:

1-866-244-0071 • www.fns.usda.gov/snap

NEW!



Relax Meet Up Make Friends

Come visit our new lounge in the coat room at the Sylvania Senior Center! Swing by over the next few months to see the latest enhancements we've made to the space as we continue to make it an even more pleasant, welcoming spot for our wonderful participants. Enjoy!

Card Making with Maureen

Friday, JANUARY 10 • 1:00 pm - 2:00 pm
ART STUDIO ROOM

\$5 FOR BOTH CARDS!

RSVP in the Front office or call 419-885-3913

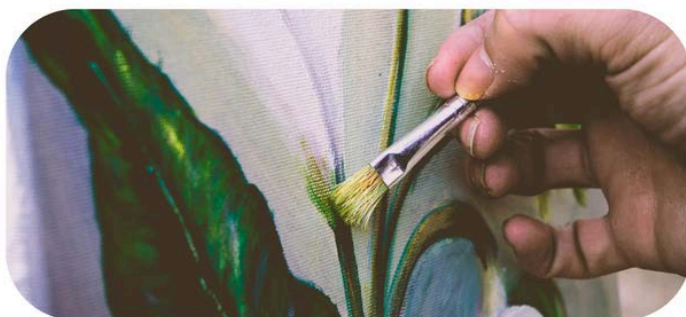


New! WINTER WALKING INDOORS

BEGINS
JAN
13TH

Enter from the Senior Center's Great Room doors leading to Tam o' Shanter's field house. Must sign a special waiver and sign-in and out when you return to the center.

MONDAY
8:00 AM - 9:00 AM
TUESDAY
12:30 PM - 1:30 PM
THURSDAY
12:30 PM - 1:30 PM
FRIDAY
8:00 AM - 9:00 AM



PAINTING CLASS

\$7

with Mary Jane Erard

Learn to use acrylic and/or pastels. In this introduction you will be able to create your own small painting. All supplies included, but must be returned to instructor after class. Source photos available.

WEDNESDAY, JANUARY 8
12:30 - 3:00 PM
ART STUDIO ROOM

RSVP | Register at the office or call 419-885-3913.
Pay in advance or when you come to class.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h2>You're Invited!</h2> <p><i>Come Listen to the SSC Band Practice</i></p> <p>Come listen to the musical creations of the SSC Band during their practice sessions on the 1st, 2nd and 4th Wednesday in the Dining Room. Grab a seat, a cup of coffee and enjoy the music.</p>		 <h2>CLOSED</h2>	<p>10am Strength Training 11am Morning Fit On Zoom 11:30am Yoga w/Chair 12pm Party Bridge 1pm Current Events 1pm Bingo 1pm Open Woodshop 2pm Tai Chi 3pm Advanced Tai Chi</p>	<p>9am Cardio Drumming 11am Morning Fit On Zoom 12:30pm Timed Euchre 1:30pm Scrabble 2pm Bonus Line Dancing 2:30pm Line Dancing 2pm Knitters & Crocheting</p>
<p>9am Quilt Fan-Attics 10am Strength Training 11am Morning Fit On Zoom 11:30am Cardio Drumming 12pm Woodcarving Social Group 12:30pm Mahjong 12:30pm Timed Euchre 1pm Bingo</p>	<p>9am Otterbein Open Swim 9am Art Studio Group 9:30am Senior Chorus 11am Morning Fit On Zoom 12pm Party Bridge 12:30pm Indoor Walking 1pm Beginner Bridge 1pm Open Woodshop 2pm WISE 2pm Tai Chi 3pm Advanced Tai Chi</p>	<p>Adv. Plan. Outreach 9am Cardio Drumming 9am Ceramics Group 9am Knitting & Crocheting 10am Party Euchre 10am BBB Scam Guard 11am Morning Fit On Zoom 12pm Beginner Mahjong 12:30pm Painting Class 1pm Pinochle 1pm Strength & Balance 1pm SSC Band 2:30pm Yoga</p>	<p>Memory Chat 10am Strength Training 11am Morning Fit On Zoom 11am Blood Pressure Checks 11:30am Yoga w/Chair 12pm Party Bridge 1pm Current Events 1pm Bingo 1pm Open Woodshop 1:30pm Camera Club 2pm Tai Chi 3pm Advanced Tai Chi</p>	<p>Estate Planning Review 9am Cardio Drumming 11am Morning Fit On Zoom 11am Friday Bridge 12:30pm Timed Euchre 1pm Card Making 1:30pm Scrabble 2pm Bonus Line Dancing 2:30pm Line Dancing 2pm Knitters & Crocheting</p>
<p>8am Indoor Walking - NEW! 9am Quilt Fan-Attics 10am Strength Training 11am Blood Sugar Checks 11am Morning Fit On Zoom 12pm Woodcarving Social Group 11:30am Cardio Drumming 12:30pm Mahjong 12:30pm Timed Euchre 1pm Bingo</p>	<p>Legal Outreach O.S.H.I.P. 9am Art Studio Group 9:30am Senior Chorus 11am Coffee w/a Cop 11am Morning Fit On Zoom 12pm Party Bridge 12:30pm Indoor Walking - NEW! 1pm Open Woodshop 1pm Beginner Bridge 2pm WISE 2pm Tai Chi 3pm Advanced Tai Chi</p>	<p>9am Cardio Drumming 9am Ceramics Group 9am Knitting & Crocheting 10am Party Euchre 11am Morning Fit On Zoom 12pm Beginner Mahjong 1pm Pinochle 1pm Strength & Balance 1pm SSC Band 1pm Movie Day 2:30pm Yoga</p>	<p>10am Strength Training 11am Morning Fit On Zoom 11am Money Matters 11:30am Yoga w/Chair 12pm Party Bridge 12:30pm Indoor Walking - NEW! 1pm Current Events 1pm Bingo 1pm Open Woodshop 2pm Tai Chi 2:30pm Book Review 3pm Advanced Tai Chi</p>	<p>8am Indoor Walking - NEW! 9am Cardio Drumming 10:30am Chess Group - NEW! 11am Morning Fit On Zoom 11am Lunch Bunch 12:30pm Timed Euchre 1pm Healthy Living - NEW! 1pm Coping with Loss 1:30pm Scrabble 2pm Bonus Line Dancing 2:20pm Line Dancing 2pm Knitters & Crocheting</p>
 <h2>CLOSED</h2>	<p>9am Otterbein Open Swim 9am Art Studio Group 9:30am Senior Chorus 11am Morning Fit On Zoom 12pm Party Bridge 12:30 Indoor Walking - NEW! 1pm Open Woodshop 1pm Beginner Bridge 2pm WISE 2pm Tai Chi 3pm Advanced Tai Chi</p>	<p>9am Cardio Drumming 9am Ceramics Group 9am Knitting & Crocheting 10am Party Euchre 11am Morning Fit On Zoom 12pm Beginner Mahjong 1pm Pinochle 1pm Strength & Balance 1pm SSC Band 2:30pm Yoga</p>	<p>10am Strength Training 11am Morning Fit On Zoom 11am Blood Pressure Checks 11:30am Yoga w/Chair 12pm Party Bridge 12:30pm Indoor Walking - NEW! 1pm Current Events 1pm Bingo 1pm Open Woodshop 2pm Tai Chi 3pm Advanced Tai Chi 3pm Sound Bath</p>	<p>8am Indoor Walking - NEW! 9am Great Room Closed for the Day 9am Cardio Drumming 9:30am Participant Council Breakfast 10am Blood Drive 11am Morning Fit On Zoom 12:30pm Timed Euchre 1:30pm Scrabble 2pm Bonus Line Dancing 2:30pm Line Dancing 2pm Knitters & Crocheting</p>
<p>8am Indoor Walking - NEW! 9am Quilt Fan-Attics 10am Strength Training 11am Morning Fit On Zoom 11:30am Cardio Drumming 12pm Blood Sugar Checks 12pm Woodcarving Social Group 12:30pm Mahjong 12:30pm Timed Euchre 1pm Bingo</p>	<p>9am Art Studio Group 9:30am Senior Chorus 11am Morning Fit On Zoom 12pm Party Bridge 12:30 Indoor Walking - NEW! 1pm Open Woodshop 1pm Beginner Bridge 2pm WISE 2pm Tai Chi 3pm Advanced Tai Chi</p>	<p>9am Cardio Drumming 9am Ceramics Group 9am Knitting & Crocheting 10am Party Euchre 11am Morning Fit On Zoom 12pm Beginner Mahjong 1pm Pinochle 1pm Strength & Balance 1pm SSC Band 2:30pm Yoga</p>	<p>10am Strength Training 11am Morning Fit On Zoom 11:30am Yoga w/Chair 12pm Party Bridge 12:30pm Indoor Walking - NEW! 1pm Current Events 1pm Bingo 1pm Open Woodshop 2pm Tai Chi 3pm Advanced Tai Chi</p>	<p>8am Indoor Walking - NEW! 9am Cardio Drumming 11am Morning Fit On Zoom 11am Friday Bridge 12:30pm Timed Euchre 1:30pm Scrabble 2pm Bonus Line Dancing 2:30pm Line Dancing 2pm Knitters & Crocheting</p>

7140 W Sylvania Avenue
Sylvania, OH 43560
419-885-3913



**WE ARE
CLOSED
January 1st & 20th**



OUR FUNDING SOURCES

Sylvania Senior Center's activities and facility expenses are funded by program fees, the local Sylvania City and Township Senior Levy, a grant from the Area Office on Aging that includes funds from a Title III-B grant under the Older Americans Act, and the Lucas County Senior Services Levy. Donations to the Center for its programs and services are gratefully accepted and appreciated.

sylvaniacommunityservices.org/donate

SIGN UP FOR OUR E-WEEKLY UPDATE

sylvaniacommunityservices.org/contact-center

OUR MISSION

To promote healthy aging

OUR VISION

For Sylvania's senior citizens to thrive and be successfully engaged in their community

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Facilities

KJ Petiniot, Director
Ron Carroll & Kathy Stieb

Transportation

Mike Linehan

Woodshop Supervisor

Tom Borthwick



Area Office on Aging of Northwestern Ohio, Inc.
in conjunction with TRIO Community Meals

Dine in: Monday - Friday, 11:45 am - 12:30 pm

Seniors 60+: \$2.50 Suggested Donation Under 60: \$5.62

Reserve by noon the day before you'd like to have lunch.

Call or visit the website to make reservations or reserve lunch for yourself while you are at the Center. Current menu is available in Sylvania Senior Center lobby and on our website.

419-885-3913 • sylvaniacommunityservices.org/lunch

The Sylvania Senior Center is not responsible for lost or stolen items.