

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

7140 W Sylvania Ave
Sylvania, OH 43560

sylvaniacommunityservices.org
419-885-3913



Holiday DANCE

• DECEMBER | 18 | 4-6 PM •

GREAT ROOM

Performance by SSC Band

• Heavy Appetizers * Desserts * Beverages •

•  TICKETS ON SALE NOW |
SPACE IS LIMITED

| \$10 PER
PERSON | 

Sponsored by Kingston of Sylvania



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



Happy December! What a wonderful time of the year with lots of twinkling lights shining forth in the darkness of shorter days; Moments to reflect on all the goodness of 2024. It is a time to share and enjoy the myriad of holidays and celebrations with family and friends.

As I reflect on the wonderment of 2024, I find immense JOY in seeing the participant's smiles as they enjoy the activities, programs, special events, connections, friendships, and camaraderie offered at the Sylvania Senior Center.

I am sincerely appreciative for the Senior Center Team - Alise Mitchell, Carrie Dowling, Sarah Sobecki, KJ Petiniot, Mike Linehan, Tom Borthwick, Ron Carroll and Kathy Stieb - whose hard work and dedication enhances the lives of SSC participants every day. Many thanks to The Participant Council led by Connie Knestrick, Nancy Griffin, Mary Ann Cannon, Mary Lou Dorf, Marilyn Snyder, Betty Dorcas and Bernie Fagan who work tirelessly to raise money to purchase much needed items for the SSC. Sylvania Community Services, under the leadership of Maria Gagnon and The SCS Board of Trustees, provides the guidance that keeps the SCS as a beacon of support, resources, and programming to improve the aging experience for those living in Sylvania, Sylvania Township and many surrounding communities.

I am hopeful that your holidays are filled with much joy, laughter, love, and inspiration. May your celebrations of Christmas, Hanukkah, and Kwanzaa shine brightly, may peace fill your heart, and may you realize your dreams in 2025.



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



December is a month of enormous potential. It's a time when we can all give and receive, a time when the spirit of humanity shines brightest.

- Michael Josephson

Participant Council News



CHAIRPERSON'S MEMO

GREAT THINGS ARE HAPPENING!

Thank you for your support for our train raffle. It was very successful! We want to thank the staff for putting on the Chili Dinner this year. The Chili was yummy!

Start saving seeds for the seed swap in late February!

We hope everyone has a happy holiday.

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



WE WANT
YOU

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

If you are interested in joining the Participants 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.

Mondays, 11:30 am - 12:30 pm

Wednesdays, 9:00 am - 10:00 am

Fridays, 9:00 am - 10:00 am *Dec 13th cancelled

Great Room

Line Dancing - ON BREAK IN DECEMBER

Art and Cora Shaffer, Instructors

All Skill Levels (with instructor):

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

Wednesday (New Hours)

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

Thursday

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

Fridays

8:00am-8:45am, ***10:30am-4:45pm (December Hours)**

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

Strength and Balance 💰 \$6

Cara Jones, Certified Instructor

Increase muscle and bone density to improve balance, strength, and flexibility. Bring your own weights.

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

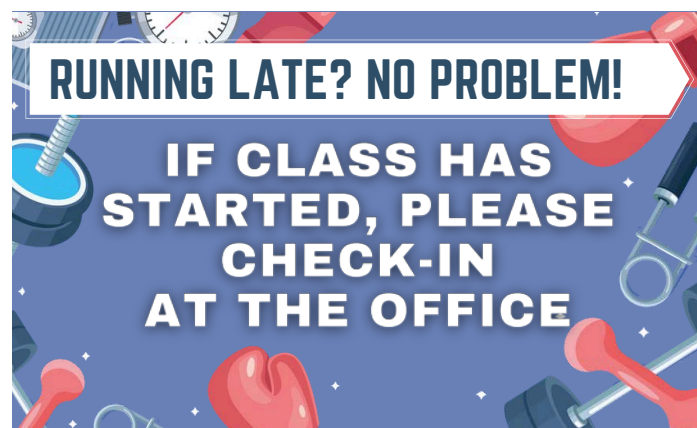
Yoga with a Chair 💰 \$3

Barbara Stough, Certified Instructor

A chair supported practice, no floor work.

Thursdays, 11:30 am - 12:30 pm

Great Room



Coming Soon!

INDOOR WALKING PROGRAM

**BEGINS IN
JANUARY 2025**

Free!

FLU VACCINE CLINIC

TUESDAY, DECEMBER 11

10:00 AM - 12:00 PM

WILLOW ROOM

Standard vaccines only. Walk-ins are welcome
(may be subject to a wait) OR make an
appointment. Please RSVP in the Front Office.
Other medical assessments will be available.

FACILITATED BY MERCY HEALTH WELLNESS PROGRAM



MERCYHEALTH



Sylvania Senior Center
A PROGRAM OF SYLVANIA COMMUNITY SERVICES



SOUND BATH CLASS

THURSDAY, DEC 19

3:00 PM - 4:00 PM

WILLOW ROOM

\$10

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



Sylvania Senior Center
A PROGRAM OF SYLVANIA COMMUNITY SERVICES

SYLVANIA SENIOR CENTER PRESENTS

Movie Day

**11
DEC**

1 PM - 3 PM

FREE ROOTBEER FLOATS

**RSVP IN THE FRONT OFFICE
OR CALL 419-885-3913**

**Sponsored by Toledo Memorial Park
and Kingston of Sylvania**

Discussion Groups

Book Review

Deb Thach & MaryAnn Cannon, Facilitators

"A Christmas Memory" by Richard Paul Evans
Participant led. *January's Pick: "The Heaven and Earth Grocery Store"* by James McBride

3rd Thursday, December 19, 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, December 12, 1:30 pm - 3:30 pm
Art Studio Room

Current Events

This group engages in a healthy exchange of ideas.
Thursdays, 1:00 pm - 2:30pm
River Birch Room

Money Matters

Nick Vanover, RJFS

"Year-end Market and Tax Review"

***3rd Thursday, December 19, 11:00 am - 12:00 pm**
Willow Room

Healthy Living

Balance Screening

1st Thursday, December 5, 11:00 am - 12:30 pm
Free check of your balance, Sign up in front office.
Appointments available from 11:00 am - 12:00 pm.
Drop ins welcome between 12:00 pm - 12:30 pm.
Sponsored by BAM
Willow Room

Blood Sugar Checks

Free blood sugar checks.

Facilitated by Arista Home Care Solutions

2nd Monday, December 9, 11:00 am - 12:30 pm
Wellness Room

Facilitated by Ohio Living, Home Health and Hospice

4th Monday, December 23, 11:00am - 12:30pm
Wellness Room

Blood Pressure Checks

Facilitated by Ohio Living, Home Health and Hospice

2nd & *4th Thursday, December 12 & 19
11:00 am - 12:30 pm

Wellness Room

**Date changed due to the holiday.*

Caring Sole Foot Clinic 💰 \$40

Facilitated by Caring Sole Foot Wellness, LLC

Tuesday, December 3, 9:00 am - 3:00 pm - FULL
December appointments are FULL
Wellness Room



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.

Flu Vaccine Clinic

Sponsored by Mercy Health Community Wellness Program

Tuesday, December 11, 10:00 am - 12:00 pm

Free Standard Flu Vaccine. Walk-ins are welcome or RSVP in the Front Office to make an appointment.
Wellness Room

BUILDING UP SENIORS IN TECH

COMPUTER LAB



Hosted by Alondria Wright,
Technology Specialist

One on One Technology Support - \$25

2nd & 4th Tuesdays, December 10, by appointment

Limited space is available. These sessions help seniors hand over hand with their technology needs. Call 419-885-3913 or come to the office to schedule your appointment.

Friday Technology Support Group - \$5

2nd & 4th Fridays, December 13 & 27, 12:00 pm - 1:30 pm
Meet in a small group that will offer support in navigating your technology questions. Call 419-885-3913 to RSVP.





 **Yourself!**
 **Your Blood Sugar!**



BLOOD SUGAR CHECKS

DECEMBER 9 • 11:00 AM - 12:30 PM
WELLNESS ROOM
Facilitated by Arista Home Care Solutions

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






 **Yourself!**
 **Your Blood Pressure!**




BLOOD PRESSURE CHECKS

DECEMBER 12 & 19 • 11:00 AM - 12:30 PM
WELLNESS ROOM
Facilitated by Ohio Living, Home Health and Hospice



Ohio Living
FAITH + COMPASSION + COMMUNITY

BOOK REVIEW

Thursday, December 19 • 2:30 pm - 3:30 pm

Art Studio

Led by Deb Thach and MaryAnn Cannon

THIS MONTH'S PICK:

**"A Christmas
Memory"**

BY: RICHARD PAUL EVANS

Coming Up Next!

January's Pick: "The Heaven and Earth Grocery Store" by James McBride

YOUR MONEY MATTERS\$



**Year-end Market
& Tax Review**

**THURSDAY, DECEMBER 19
11:00 AM - 12:00 PM
WILLOW ROOM**

Facilitated by Nick Vanover, RJFS

PATTON
WEALTH MANAGEMENT

SYLVANIA Senior Center
A PROGRAM OF SYLVANIA COMMUNITY SERVICES

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

Senior Chorus

Practices at the center and performs within our community.

Tuesdays, 9:30 am - 11:00 am

Currently not accepting new members.

Great Room

Sylvania Senior Center Band

Practices at the center and performs within our community.

Wednesdays, 1:00 pm - 3:00 pm

Currently not accepting new members.

Dining Room

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

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



Sylvania Senior Center
A PROGRAM OF SYLVANIA COMMUNITY SERVICES

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.





THURSDAY, DECEMBER 12
1:30 PM - 3:30 PM
ART STUDIO

Attendees are encouraged to bring questions and 3 or 4 photos to share.

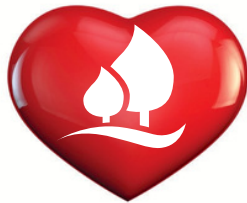
CARROLL CANNON, FACILITATOR

SYLVANIA Senior Center
A PROGRAM OF SYLVANIA COMMUNITY SERVICES

VOLUNTEERS IN ACTION

We're so proud of our Sylvania Senior Center Band, Chorus, and Knitting & Crocheting Group for their contributions to the community through the many performances and donations of their beautiful creations to various community groups and charities!

Thank You



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!

- ☐ Chess Club ☐ Health Presentations
- ☐ Peer Led Groups ☐ Cooking Presentations

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 - NEW!

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, 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

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

*Come
Join
us!*



Be Hygge
[hue - gah]

A Danish word for a quality of coziness (feeling warm, comfortable, and safe) that comes from doing simple things such as lighting candles, sitting with a soft blanket, baking, or spending time at home with a pet, friends or family.



NEW!

CHESS GROUP

3rd FRIDAY
DECEMBER 20TH
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

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, December 13 & 27

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



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



Powerful Tools
FOR Caregivers



A SIX WEEK SERIES ON TUESDAYS

DECEMBER 3, 10

10 am - 11:30 am

Willow Room

- | | |
|--|----------------------------|
| ✓ REDUCE STRESS | ✓ IMPROVE SELF-CONFIDENCE |
| ✓ MANAGE TIME, SET GOALS, & SOLVE PROBLEMS | ✓ MAKE TOUGH DECISIONS |
| ✓ BETTER COMMUNICATE YOUR FEELINGS | ✓ LOCATE HELPFUL RESOURCES |

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility; whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

Register by calling 419-206-5979 or emailing chriscreaman@yahoo.com. The class is limited to 10 participants.



SYLVANIA Senior Center
A PROGRAM OF SYLVANIA COMMUNITY SERVICES

Happy Hour LUNCH BUNCH

te'kēla
mexican cocina y cantina

FRIDAY, DECEMBER 13 • 3:00 PM
5147 MAIN ST, SYLVANIA

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

BALANCE SCREENINGS

THURSDAY, DECEMBER 5
11:00 AM-12:30 PM

RESERVE YOUR TIME IN THE FRONT OFFICE
OR CALL 419-885-3913

Facilitated by Balance and Mobility Therapy

BAM
Balance and Mobility Therapy

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, December 13, 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

"Autumn Landscapes"

In this beginner class students will learn how to use acrylic paints on an 8x10 canvas. All supplies are included, but students may bring their own favorite supplies.

Wednesday, December 4, 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



One kind word can warm
three winter months.

- Japanese Proverb

Card Making with Maureen

Friday, DECEMBER 13 • 1:00 pm - 2:00 pm
ART STUDIO ROOM

\$5 FOR BOTH CARDS!

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

PAINTING CLASS

with Mary Jane Erard

\$7

In this beginner class students will learn how to use acrylic paints on an 8x10 canvas. All supplies are included, but students may bring their own favorite supplies.

WEDNESDAY, DECEMBER 4
12:30 - 2:30 PM
ART STUDIO ROOM

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

With Heartfelt Thanks



A big THANK YOU to our SSC Participant Council for the new holiday tree! This year we were able to display the tree as the "Angel Tree" for Sylvania Area Seniors in need!

**Thanks to all those who contributed
to our programming and special
services this year!**

**MERCY HEALTH COMMUNITY WELLNESS PROGRAM
BAM - BALANCE AND MOBILITY THERAPY
PATTON WEALTH MANAGEMENT RJFS
LUTZ & ANTONINI LAW LLP
LAW OFFICES OF GALLON, TAKACS & BOISSONSEAULT
NEWCOMER CREMATIONS, FUNERALS & RECEPTIONS
OHIO LIVING
ARISTIA HOME CARE SOLUTIONS**

Supportive Services

Advanced Planning Outreach

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

2nd Wednesday, December 11, 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

3rd Friday, December 20, 1:00 pm - 2:30 pm OR

1:1 Private Bereavement Counseling by

appointment. Monthly support group. Pre-registration not required. 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, December 13, 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, December 10, 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 2nd

Thursday, December 12

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

Conference Room

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

Tuesday, December 17

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

Thanks to our Sponsor:



COPING WITH LOSS

Bereavement Support

Kelly Beattie, MSW, LSW

Monthly Support Group
Meets here every 3rd Friday at the Sylvania Senior Center's Willow Room. Pre-registration is not required.
Our next meeting is:
December 20th 1:00 pm - 2:30 pm

1:1 Private Bereavement Counseling
By appointment. Call Hospice of NWO at 419-661-4001 and ask for Kelly.

OPEN SWIM
TUESDAY, DECEMBER 3 & 17
9:00 AM - 12:00 PM

ENJOY THE POOL AT THE OTTERBEIN FIELDSTONE CLUBHOUSE FOR FREE.

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 AND FILL OUT A POOL WAIVER WHEN YOU ARRIVE.
(LIMITED SPACE AVAILABLE)

Ohio Department of Insurance

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

Ombudsman Program

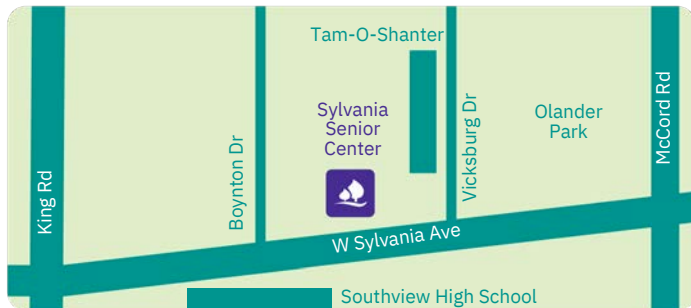
Assistance with long-term care. 419-259-2891

Food Assistance / SNAP

Supplemental Nutrition Assistance Program:
1-866-244-0071 • www.fns.usda.gov/snap

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</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>3</p> <p>9am Art Studio Group 9am Otterbein Open Swim 9:30am Chorus 10am Pwfl Tools For Caregivers 11am Morning Fit on Zoom 12pm Party Bridge 1pm Open Woodshop 1pm Beginner Bridge 2pm Tai Chi 3pm Tai Chi Advanced</p>	<p>4</p> <p>9am Ceramics Group 9am Knitting & Crocheting 9am Cardio Drumming 10am Party Euchre 11am Morning Fit on Zoom 12:30pm Painting Class 1pm SSC Band 12pm Beginner Mahjong 1pm Pinochle 1pm Strength & Balance 2:30pm Yoga</p>	<p>5</p> <p>Balance Screenings 10am Strength Training 11am Morning Fit on Zoom 11:30am Yoga with a Chair 12:00pm Party Bridge 1pm Bingo 1pm Open Woodshop 1:00pm Current Events 2pm Tai Chi 3pm Tai Chi Advanced</p>	<p>6</p> <p>9am Cardio Drumming 11am Morning Fit on Zoom 12:30pm Timed Euchre 1:30pm Scrabble 2pm Knitting & Crocheting</p>
<p>9</p> <p>Blood Sugar Checks 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>10</p> <p>1:1 Bldg Seniors In Tech Legal Outreach 9am Art Studio Group 9:30am Chorus 10am Pwfl Tools For Caregivers 11am Morning Fit on Zoom 12pm Party Bridge 1pm Open Woodshop 1pm Beginner Bridge 2pm Tai Chi 3pm Tai Chi Advanced</p>	<p>11</p> <p>Flu Vaccine Clinic Adv. Planning Outreach 9am Ceramics Group 9am Knitting & Crocheting 9am Cardio Drumming 10am Party Euchre 11am Morning Fit on Zoom 1pm Movie Day 1pm SSC Band 12pm Beginner Mahjong 1pm Pinochle 1pm Strength & Balance 2:30pm Yoga</p>	<p>12</p> <p>Memory Chat Blood Pressure Check 10am Strength Training 11am Morning Fit on Zoom 11:30am Yoga with a Chair 12:00pm Party Bridge 1pm Bingo 1pm Open Woodshop 1:00pm Current Events 1:30pm Camera Club 2pm Tai Chi 3pm Tai Chi Advanced</p>	<p>13</p> <p>Bldg Seniors In Tech Group Estate Planning Review 9am Cardio Drumming 11am Morning Fit on Zoom 11am 2nd Friday Bridge 12:30pm Timed Euchre 1pm Card Making w/Maureen 1:30pm Scrabble 2pm Knitting & Crocheting 3pm Lunch Bunch</p>
<p>16</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>17</p> <p>O.S.H.I.I.P. WISE Sign Up Begins - NEW! 9am Art Studio Group 9am Otterbein Open Swim 9:30pm Chorus 11am Morning Fit on Zoom 12pm Party Bridge 1pm Open Woodshop 1pm Beginner Bridge 2pm Tai Chi 3pm Tai Chi Advanced</p>	<p>18</p> <p>9am Ceramics Group 9am Knitting & Crocheting 9am Cardio Drumming 10am Party Euchre 11am Morning Fit on Zoom 1pm SSC Band 12pm Beginner Mahjong 1pm Pinochle 1pm Strength & Balance 2:30pm Yoga 4pm Holiday Dance</p>	<p>19</p> <p>Blood Pressure Check 10am Strength Training 11am Morning Fit on Zoom 11am Money Matters 11:30am Yoga with a Chair 12:00pm Party Bridge 1pm Bingo 1pm Open Woodshop 1pm Current Events 1pm Sound Bath 2pm Tai Chi 2:30pm Book Review 3pm Tai Chi Advanced</p>	<p>20</p> <p>9am Cardio Drumming 10:30am Chess Club - NEW! 11am Morning Fit on Zoom 12:30pm Timed Euchre 1:00pm Coping with Loss 1:30pm Scrabble 2pm Knitting & Crocheting</p>
<p>23</p> <p>Blood Sugar Checks 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>24</p> <p>CLOSED</p> 	<p>25</p> <p>CLOSED</p> 	<p>26</p> <p>10am Strength Training 11am Morning Fit on Zoom 11:30am Yoga with a Chair 12:00pm Party Bridge 1pm Bingo 1pm Open Woodshop 1pm Current Events 2pm Tai Chi 3pm Tai Chi Advanced</p>	<p>27</p> <p>Bldg Seniors In Tech Group 9am Cardio Drumming 11am Morning Fit on Zoom 11am Last Friday Bridge 12:30pm Timed Euchre 1:30pm Scrabble 2pm Knitting & Crocheting</p>
<p>30</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>31</p> <p>CLOSED</p> 	<p>1</p> <p>CLOSED</p> 	 <p>RETURNING IN 2025</p> <p>Line Dancing Coffee with a Cop HERO Program WISE Class</p> <p>NEW IN 2025</p> <p>Indoor Walking Program & Much More!</p> 	

7140 W Sylvania Avenue
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419-885-3913



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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Ron Carroll & Kathy Stieb

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Mike Linehan

Woodshop Supervisor

Tom Borthwick

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.

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Nourishment through
compassionate care.

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.

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