



April 2024

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

Spring **Health Fair**

Thursday, April 4th
10am - 1pm

**FREE ADMISSION/PARKING
GOODIES, DOOR PRIZES, AND MORE!**

Our local partners are eager to see you again!

Balance Screenings, Blood Pressure/Sugar Checks,
Wellness Presentations, and MORE!

sylvaniacommunityservices.org/healthfair



Health & Exercise Classes

Cardio Drumming

Rosanne Binder, Certified Instructor

Mondays, 11:30-12:30

Fridays, 9:00 - 10:00

No Class on Friday, April 19th

Yoga with a Chair \$

Barbara Stough, Certified Instructor

A chair supported practice, no floor work

Thursdays, 11:30 - 12:30; \$3.00

Line Dancing

Art & Cora Shaffer, Instructors

**Fridays, 2:00 –2:30 Bonus Dance , Not Instructor Led
2:30 - 4:00 All Skill Levels, Instructor Led**

No Class on Friday, April 19th

Strength and Balance \$

Cara Jones, Certified Instructor

Increase muscle and bone density to improve whole body balance, strength and flexibility.

Please bring your own weights

Wednesdays, 1:00 - 2:00; \$6.00

Strength Training \$

Connie Nuzum, BS Phys. Ed.

Improve strength & bone density through weight bearing exercise for upper & lower body

Please bring your own weights & mat for floor work

Mondays & Thursdays, 10:00 - 11:00; \$4.00

check made payable to Sylvania Senior Center

Tai Chi \$

Dianne Jagielski, Certified Instructor

Strengthen core muscles, help prevent falls with better balance

Tuesdays & Thursdays, 2:00 - 3:00; \$5.00

3:00-3:30; Advanced level

Yoga \$

Gary Gross, Certified Instructor

This balanced practice is designed to relieve the effects of chronic stress

Please bring your own mat and bath towel

Zoom Morning Fit: Mon - Fri, 11-11:30

Zoom from anywhere on your device that has a camera and microphone. Morning Fit: a 30 minute recorded workout, of a previously live session. Call 419.885.3913 to request a Zoom invitation (no impact stretch)

Discussion Groups

Book Review

Thursday, April 18th 2:00 - 3:00

3rd Thursday, Computer Lab

Apr 18 "Somewhere in Crime: Mackinac Island Novel" by Dave McVeigh and Jim Bolone

May 16

Camera Club

Attendees are encouraged to bring questions and 3-4 photos to share

Thursday, April 11th 1:30 - 3:30

2nd Thursday, Art Studio Room

Carroll Cannon, facilitator

Current Events

Join this group if you enjoy a healthy exchange of ideas and opinions.

Thursdays, 1:00-2:30

River Birch Room

Money Matters

Nick Vanover, RJFS

Thursday, April 18th

11-12:00 pm

Discussing Identity Theft and Online Safety

3rd Thursday, Willow Room



Class fees are accepted at the door. Cash or check (made payable to the instructor, unless otherwise noted)

Supportive Services

Coping with Loss

Kelly Beattie, Hospice of Northwest Ohio

3rd Friday, April 19th ; 1-2:30, Willow Room

Monthly support group, pre-registration is not required.

-or-

1:1 (private) Bereavement Counseling

By appointment, call Hospice of NWO @ 419-661-4001; ask for Kelly

Estate Planning Review

Lutz & Antonini Law LLP

by appointment, call 419.885.3913

Friday, April 12th by appointment, call 419.885.3913

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**

Legal Outreach

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

2nd Tuesday, April 9th by appointment, call 419.885.3913

Notification of fees will be given prior to services rendered, if so required. **FREE 20 min. consultation**

Memory Chat

Alzheimer's Assoc. / Dakota Stone, MSSA, LSW

2nd Thursday, April 11th

by appointment, call 419.885.3913

Free 1 hr. consultation

- Changes in memory
- Changes in a loved one's memory
- Which changes are/are not part of normal aging
- Difference between Dementia and Alzheimer's
- Other kinds of dementia

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

Ohio Senior Health Insurance Information Program, through the Area Office on Aging of Northwest Ohio

3rd Tuesday, April 16th

By appointment, call 419.885.3913

Helping you make the best decision for yourself, regarding your health insurance coverage! **FREE 1 hr. consultation**

Food Assistance / SNAP

Supplemental Nutrition Assistance Program

Helpline: 1.866.244.0071 ;www.fns.usda.gov/snap

Ohio Department of Insurance

Hotline: 1.800.686.1578

oshiipmail@insurance.ohio.gov

Monday-Friday, 7:30 - 5:00

Ombudsman Program

assists with complaints about long-term care.

1.800.542.1874; 419.259.2891

Medical Assessments:

BLOOD PRESSURE CLINIC

Free check of your blood pressure

2nd & 4th Thursday, April 11 & 25th

11:00 a.m. - 12:30 pm; Wellness Clinic

Sponsored By: Oakleaf Village

BLOOD SUGAR CLINIC

Free check of your blood sugar

2nd Monday, April 8th

11:00 a.m. - 12:30 pm; Wellness Clinic

Sponsored by: Arista Home Care Solutions

MOBILE FOOT CARE CLINIC \$

Monday, April 1st, 9-2:45 pm (Full)

Monday, May 6th, 9-2:45 pm (Full)

Monday, June 3rd, 9-2:45 pm

Sign up in Office, Cost: \$40; Wellness Clinic

Sponsored by: Caring Sole Foot Wellness, LLC

BALANCE SCREENINGS

Free check of your balance

1st Thursday, starting May 2nd

11:00 a.m. - 12:00 pm; Wellness Clinic

Sign up in Office

Sponsored By: B.A.M.

Games

Timed Euchre:

Each game is timed. When time is up, winning players move tables

Monday & Fridays, 12:30-2:30; River Birch Room

Party Euchre:

Euchre with betting on how many tricks one will try to take

Wednesdays, 10-12:00; River Birch Room

Contract Bridge:

More competitive game of bridge

Tuesdays, 12:00-4:00; River Birch Room

Party Bridge:

More casual game of bridge

Thursdays, 12:30-4:00; Hawthorne Rm

2nd & Last Friday Bridge

Must Call Sue @ 419-214-8616 to join

Friday, Feb 9th & 23rd; 11:00-3:00; Willow Room

Pinochle:

Wednesdays, 1:00-4:00; River Birch Room

Scrabble

Join others in competitive games of Scrabble

Fridays; 1:30-4:30; Hawthorne Room

Bingo:

20 games, 20 cent a card, bring own supplies

Monday & Thursdays; 1:00-3:00; Dining Room

Mahjong:

a classic Chinese game of strategy, skill, and summation

Mondays, 12:30-4:30; Hawthorne Room

Wednesdays, 1:00-4:00; Hawthorne Room

Jigsaw Puzzles:

Help put together puzzles at your own leisure

Nature Lounge

Living Creatively

Art Group ~ Elaine Scarvelis

Work on your own project, in the media of your choice. Elaine is there to help with lighting, shading, etc.

Tuesdays, 9 - 11:00; Art Studio Rm, \$6.00

Ceramics Group

Cost: \$10.00/month, *fee is currently waived*

Beginner and advanced ceramicists are welcome.

Participants work on their own project.

NOT INSTRUCTOR LED

Wednesdays, 9 - 11:00; Art Studio

The Sylvania Senior Center Band

New members are always welcome and needed!

You don't need to be the best, just a love for music.

Wednesdays, 1 - 3:00; Willow Room

Senior Chorus

Tuesdays, 9:30 - 11:00; Great Room

Recreational Knit/Crochet Group:

Come knit or crochet your own personal items

Wednesdays, 11:15 am– 4:00 pm; Art Studio

Quilt Fan-Attics:

A friendship sewing circle focusing on quilting, but any needle point art is welcome. Bring your own project to work on.

Mondays, 9:00 am-11:00 am; Willow Room

Community Give Back

Knit/Crochet Group:

Knit or crochet items for different community groups

Wednesdays, 9:00-11:00 am; Dining Room

Fridays, 2:00-4:00 pm;

Donate your used eyeglasses

Located in the coat room

Donate your old grocery bags

Located by the Dining Room





Open Gym Schedule

Come in to use the exercise equipment
or play ping-pong

Monday	8:00-8:45 am	1:00-4:00 pm
Tuesday	8:00-8:45 am	11:15-1:45 pm
Wednesday	8:00-8:45 am	10:00-12:30pm
Thursday	8:00-8:45 am	12:45-1:45pm
Friday	8:00-8:45 am	10:30-1:30pm

Schedule is subject to change
Please complete a liability waiver
before using equipment

Computer Lab



Surf the internet, check your email,
or print what you need

If needing assistance from staff,
please make an appointment in
the Main Office or call 419-885-3913

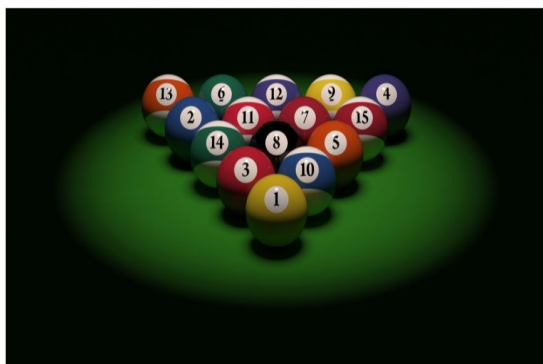
Monday-Friday
8:00am -10:30 am
11:30 am-5:00 pm

Ping Pong during Open Gym



Mondays: 1-2:00 pm
Wednesdays & Fridays: 11-12:00 pm

Billiards Room



Come enjoy our billiards room for free!

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

Wood Shop

*Need something
fixed?*

*Need to finish a
project?*



Try the Wood Shop!

Tuesdays &
Thursdays
1-3:00 pm

Pick up and drop offs
during Wood Shop hours only



Movie Day

Wednesday, April 17th
1-3:00 PM
RSVP in the Main Office or
call 419-885-3913



Sponsored by:
Kingston of Sylvania
Toledo Memorial Park



Beginner Bridge

Always wanted to play bridge?



Need a bridge refresher?



Come to our 4 week series
starting Wednesday May 1st

10:00am-12:00 pm



Hawthorne Room



RSVP in the Main Office or
call 419-885-3913
by Friday, Apr 26th
Limited Availability



Card Making with Maureen

Friday, April 12th
1-2:00 pm
Art Studio



\$5 to make both cards

RSVP in the Main Office or
Call 419-885-3913

Understanding Heart Disease

Presented by:



Tuesday, April 16th

11-11:30-Presentation

11:45-12:45-BP Screenings

Willow Room



RSVP in the Main Office or
call 419-885-3913
Limited Seating



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!

The classes give you tools to help:

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources



This six-week class series gives you the confidence and support to better care for your loved one – and yourself.

In the class, caregivers receive *The Caregiver Helpbook*, which follows the curriculum and provides additional tools to address specific caregiver issues. *The Caregiver Helpbook* can be ordered as a resource at www.powerfultoolsforcaregivers.org.

Find Powerful Tools for Caregivers classes:

- Contact your county Family Caregiver Support Program for a local class schedule.
- Contact the PTC national office for a list of class leaders in your area:

www.powerfultoolsforcaregivers.org

503-719-6980

*"After taking this class I am a more confident caregiver!
Having tools to resolve problems is a definite advantage in becoming
a better caregiver and a happier, wiser, healthier me...and a healthier 'us'!"*
- PTC Class Participant

Powerful Tools for Caregivers (PTC) is a 501(c)(3) nonprofit. The PTC national office in Portland, OR supports caregivers, Class Leaders, and Master Trainers in the US, Canada, and Korea.

Upcoming Events:

WISE Sign Up: Wed, May 1st

Sidelines Fundraiser: Wed, May 1st

Balance Screens by BAM: Thurs, May 2nd

Women's Tea: Fri, May 10th

Singo: Tues May 14th

LUNCH BUNCH

Friday, April 12th
11:00 am
Olive Garden
5120 Monroe St
Toledo, OH 43623

RSVP in the Main Office or
call 419-885-3913
Limited Seating
We apologize but there will be no
transportation.

Bird watching at Magee Marsh Wednesday, May 8th

Enjoy a day trip on the Senior Center bus to Magee Marsh during the busiest birding week of the year. The bus will leave promptly at 8:30 am with a return time of 3:00 pm to the center. Boxed lunch will be provided.



Space is limited to 15 participants. RSVP in the Main Office or call 419-885-3913 by May 1st.

Boxed lunch provided by:
Lakes of Sylvania

BBB Senior Scam Guard

Wednesday, April 10th
10:00 –11:30 am
Dining Room

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



AARP SMART DRIVER

Friday, May 17th
8:30 a.m.-2:00 p.m.

Sign up begins April 29th
in the office
with full payment to reserve.
Cash or Check to AARP only

AARP members: \$20.00/per person
Non-members: 25.00/per person
No walk-ins for class please



Thank you to our wonderful
volunteers who helped make
Anniversary Week so special:



Deborah Thornton
Diana Donahue
Gary Bryant
Joe Miller
Rita Simpson
Tom Hanus
Eloise Peterson
Emmi Peterson

The Participant Council



Many thanks to Henri Lavimodiere
for helping to fix one of the exercise
machines in the Great Room.

Also for helping to install
a Funnel Ball structure
at the Woodrow Preschool.

There's a treasure
waiting for you!

ODDS & ENDS SALE!

Crafts

Jewelry

Home Items

Everyone is Welcome!

SYLVANIA SENIOR CENTER

THURSDAY, APRIL 25 • 9AM - 3PM

HOT DOG LUNCH WITH TONY PACKO'S SAUCE - \$4



Participant Council News

Participant Council Breakfast

Sponsored by:
Traditions at West Park Place



Friday, April 26th
9:30 am

Come enjoy a hot breakfast during the
Participant Council Meeting.
RSVP in the Main Office
or call 419-885-3913

Chairperson's Memo

Hi Everybody!

Thank you for buying 50/50 raffle tickets during Anniversary Week. We appreciate your support. We were happy to see so many people participating in the events.

We are excited about the Odds and Ends Sale on Thursday, April 25 from 9-3. It is open to the public! So please tell your family and friends to come check it out that day. This event is a major fundraiser for us. We will have a box lunch available that day; The hot dogs and buns have been provided by Oakleaf Village of Sylvania and the sauce by Tony Packo's. A big thank you to our sponsors.

We have scheduled Sidelines for Wednesday, May 1. Put it on your calendar. We made \$435 last time. All you have to do to help us is to eat at Sidelines that day. Fliers are available in the Main Office.

I hope to see you around the center.

WE LOVE THIS PLACE!

Connie Knestrick, Chairperson

Participant Council Executive Committee Members:

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

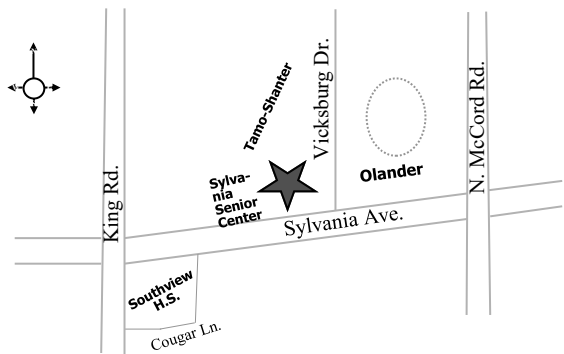
Next Participant Council Executive Meeting:

Thursday, April 18th
9:30 am
River Birch Room

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mobile Foot Clinic: 9-3:00 Quilt Fan-Attics 9-11:00 Str Training 10-11:00 Zoom Fit : 11-11:30 Cardio Drum: 11:30-12:30 Timed Euchre 12:30-2:30 Mahjong 12:30-4:00 Bingo 1-3:00	2 Art Studio Grp 9-11:00 Chorus: 9:30-11:00 Zoom Fit 11-11:30 Contract Bridge:12-4:00 Tai Chi 2-3:00 Bonus Tai Chi:3-3:30	3 Great Room Closed Ceramics 9-11:00 Knit/Crochet 9-11:00 Party Euchre 10-12:00 Rec Knit/Crochet:11:15-4:00 Zoom Fit 11-11:30 Band 1-3:00 Mahjong 1-4:00 Pinochle: 1-4:00 Strength & Bal: 1-2:00 Yoga: 2:30-3:30	4 Spring Health Fair Str Training: 10-11:00 Zoom Fit 11-11:30 Yoga w Chair 11:30-12:30 Party Bridge 12:30-4 Current Events: 1-2:30 Bingo 1-3:00 Tai Chi 2-3:00 Bonus: 3pm Great Room Closed	5 Cardio Drum: 9-10:00 Zoom Fit 11-11:30 Timed Euchre 12:30-2:30 Scrabble 1:30-4:30 Bonus Line Dance 2-2:30 Line Dance 2:30-4:00 Knit/Crochet 2-4:00
8 Quilt Fan-Attics 9-11:00 Str Training: 10-11:00 BS Checks: 11-12:30 Zoom Fit 11-11:30 Cardio Drum: 11:30-12:30 Timed Euchre 12:30-2:30 Mahjong 12:30-4:00 Bingo 1-3:00	9 Art Studio Grp 9-11:00 Chorus: 9:30-11:00 Zoom Fit 11-11:30 Contract Bridge:12-4:00 Tai Chi 2-3:00 Bonus Tai Chi:3-3:30 Legal Outreach: By Apt	10 Ceramics 9-11:00 Knit/Crochet 9-11:00 Party Euchre 10-12:00 BBB ScamGuard:10-11:30 Zoom Fit 11-11:30 Rec Knit/Crochet:11:15-4:00 Band 1-3:00 Pinochle 1-4:00 Strength & Balance: 1-2:00 Mahjong 1:00: 4:00 Yoga: 2:30-3:30	11 Str Training: 10-11:00 BP Checks: 11-12:30 Zoom Fit 11-11:30 Yoga w Chair 11:30-12:30 Party Bridge 12:30-4 Current Events: 1-2:30 Bingo 1-3:00 Camera Club: 1:30-3:30 Tai Chi 2-3:00 Bonus: 3pm	12 Cardio Drum: 9-10:00 Zoom Fit 11-11:30 2nd Friday Bridge:11-3:00 Lunch Bunch:12:30 Estate Review: By Apt Timed Euchre 12:30-2:30 Card Making: 1-2:00 Scrabble 1:30-4:30 Bonus Line Dance 2-2:30 Line Dance 2:30-4:00 Knit/Crochet 2-4:00
15 Quilt Fan-Attics 9-11:00 Str Training 10-11:00 Zoom Fit : 11-11:30 Cardio Drum: 11:30-12:30 Timed Euchre 12:30-2:30 Mahjong 12:30-4:00 Bingo 1-3:00	16 Grocery: Kroger Art Studio Grp 9-11:00 Chorus: 9:30-11:00 Powerful Tools for Caregivers:10-11:30 am Zoom Fit 11-11:30 Contract Bridge:12-4:00 Tai Chi: 2-3:00 Understanding Heart Disease: 11-11:30 Bonus Tai Chi:3-3:30 OSHIIP: By Apt	17 Ceramics 9-11:00 Knit/Crochet 9-11:00 Party Euchre 10-12:00 Zoom Fit 11-11:30 Rec Knit/Crochet:11:15-4:00 Movie Day: 1-3:00 Band 1-3:00 Pinochle 1-4:00 Strength & Balance 1-2:00 Mahjong 1-4:00 Yoga: 2:30-3:30	18 Participant Council Meeting: 9:30 Str Training 10-11:00 Money Matters: 11-12:00 Yoga w Chair 11:30-12:30 Party Bridge 12:30-4 Bingo 1-3:00 Current Events: 1-2:30 Book Review:2-3:00 Tai Chi 2-3 Bonus: 3pm Memory Chat: By Apt	19 Great Room Closed Cardio Drum: Cancelled Blood Drive: 10-4:00 Zoom Fit 11-11:30 Timed Euchre 12:30-2:30 Scrabble 1:30-4:30 Line Dance: Cancelled Knit/Crochet 2-4:00 Coping w/ Loss 1:00-2:30
22 Quilt Fan-Attics 9-11:00 Str Training 10-11:00 Zoom Fit 11-11:30 Cardio Drum: 11:30-12:30 Timed Euchre 12:30-2:30 Mahjong 12:30-4:00 Bingo 1-3:00	23 Art Studio Grp 9-11:00 Chorus: 9:30-11:00 Powerful Tools for Caregivers:10-11:30 am Zoom Fit 11-11:30 Contract Bridge:12-4:00 Tai Chi 2-3:00 Bonus Tai Chi:3-3:30	24 Ceramics 9-11:00 Knit/Crochet 9-11:00 Party Euchre 10-12:00 Rec Knit/Crochet:11:15-4:00 Band 1-3:00 Mahjong 1-4:00 Pinochle: 1-4:00 Strength & Bal: 1-2:00 Yoga: 2:30-3:30 Great Room Closed	25 Odds & Ends Sale Str Training 10-11:00 BP Checks: 11-12:30 Zoom Fit 11-11:30 Yoga w Chair 11:30-12:30 Party Bridge 12:30-4:00 Current Events: 1-2:30 Bingo 1-3:00 Tai Chi 2-3:00 Bonus:3pm Great Room Closed	26 Cardio Drum: 9-10:00 Participant Council Breakfast: 9:30 Zoom Fit 11-11:30 Last Friday Bridge:11-3:00 Timed Euchre 12:30-2:30 Scrabble 1:30-4:30 Bonus Line Dance 2-2:30 Line Dance 2:30-4:00 Knit/Crochet 2-4:00
29 Quilt Fan-Attics 9-11:00 Str Training 10-11:00 Zoom Fit 11-11:30 Cardio Drum: 11:30-12:30 Timed Euchre 12:30-2:30 Mahjong 12:30-4:00 Bingo 1-3:00	30 Grocery: Meijer Art Studio Grp 9-11:00 Chorus: 9:30-11:00 Powerful Tools for Caregivers:10-11:30 am Zoom Fit 11-11:30 Contract Bridge:12-4:00 Tai Chi 2-3:00 Bonus: 3pm	Great Room to be closed: Wed, Apr 3rd Thurs, Apr 4th Fri, Apr 19th Wed, Apr 24th Thurs, Apr 25th	All exercise classes on Wed, Apr 3rd Thurs, Apr 4th Wed, Apr 24th Thurs, Apr 25th to be in the Willow Room	

Sylvania Senior Center
 7140 Sylvania Ave.
 Sylvania, OH 43560



LUNCH ~ Dine In Only

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

Monday-Friday; 11:45-12:30

60+ seniors \$2.50 suggested donation, under 60 \$5.62

Please reserve by 12 noon the day before you want to have lunch, 419-885-3913. You can also reserve lunch for yourself while you are here. Monthly menus are available in SSC lobby and online www.sylvaniacommunityservices.org

Many Thanks to our Sponsors:

- Arista Home Care Solutions
- Bigby Coffee
- Charter Senior Living of Oak Openings
- Kingston of Sylvania
- Lakes of Sylvania
- Oakleaf Village
- The Crescent
- Maumee Pointe
- Toledo Memorial Park

Senior Center Phone Number 419-885-3913

SCS Executive Director

Sophia Lloyd

Senior Center Director

Jane Hankenhof Curry
jcurry@sylvaniaseniorcenter.org

Program & Services Coordinator

Sarah Sobecki
ssobecki@sylvaniaseniorcenter.org

Special Events & Volunteer Coordinator

Carrie Dowling
cdowling@sylvaniaseniorcenter.org

Office Coordinator

Rosanne Binder
Rosanne@sylvaniaseniorcenter.org

Facilities

KJ Petiniot, **Director**
 Ron Carroll

Transportation

Mike Linehan

Senior Nutrition

TRIO
 Community Meals

Website:

www.sylvaniacommunityservices.org

Like us on Facebook

Phone: (419) 885-3913



Senior Center Hours

Mon - Fri 8 a.m. - 5 p.m.

Mission Statement

To promote healthy aging
 Vision Statement

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

Funding Sources

Activities and facility expenses of Sylvania Senior Center 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.

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