

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

7140 W Sylvania Ave
 Sylvania, OH 43560

sylvaniacommunityservices.org
 419-885-3913

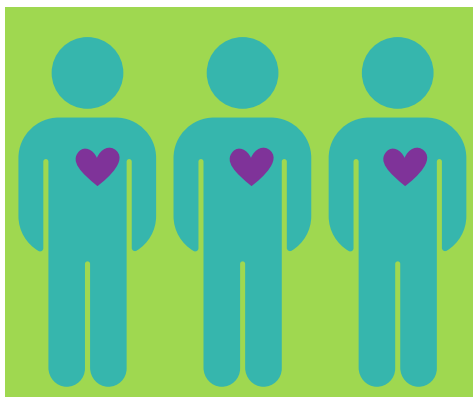


OPEN HOUSE

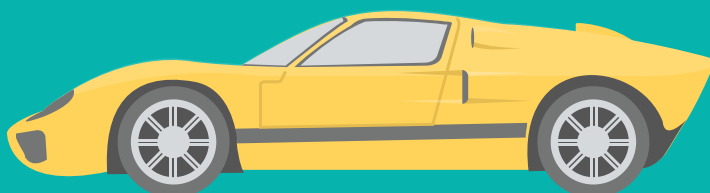
**THURS
JUNE
12**

**5PM
TO
7PM**

RAIN  SHINE



& CORVETTE SHOW



SPONSORED BY KINGSTON OF SYLVANIA





Hurray for Summer! June has arrived with its abundant sunshine, warmth, roses, green grass, hummingbirds, and butterflies.

I hope you saw the May 12th digital edition of The Blade which featured an article on the Sylvania Senior Center. The article highlighted the wide range of activities available at the Center and how significant it is for participants to have this resource in Sylvania.

I'm excited to share that since January 1st, 321 new individuals aged 55+ have participated in SSC's activities, services, and socialization opportunities. There were many new attendees at our Anniversary Week, Spring Health Fair, Women's Tea, Lunch Bunch and Bird Watching Trip. We're hosting a 55+ After 5 Program, a special six-week series focused on those who work during the day and are unable to attend the SSC's regular daytime programming, to experience cardio drumming, yoga, and Powerful Tools for Caregivers.

On June 12th from 5pm -7pm, the Sylvania Senior Center will be hosting an open house and corvette show. We encourage you to invite your family, friends, and neighbors to learn more about the programs, services, and resources offered at SSC. We'd love to show them the many reasons why SSC Participants "Love this Place".

I hope that your June is filled with butterflies, hummingbirds, warmth, and lots of sunshine!



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 Father's Day to all the Dads! I hope you Moms had a nice Mother's Day.

In April we presented Paul & Janet O'Connor with the We Love This Place Award for all their hard work with Bingo.

Thank you Staff & Sponsors for our beautiful Women's Tea. Everything was delicious.

Our next P.C. board meeting is June 19. Anyone interested in attending is invited. It starts at 9:30 am. We hope to see you there!

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
Bernie Fegan and Joanne Smith



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.



AT-A-GLANCE

Participant Council Meeting

June 19th, 9:30am

*Participant's Breakfast 2025

Friday, July 25th

Friday, October 24th

**RSVP in the office!*

Staying Active

Cardio Drumming 💰 \$2

Sallie Hand, DRUMFIT Certified 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

Great Room

Line Dancing

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 equipment, 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 - 2:30 pm

Wednesdays, 11:00 am - 12:30 pm

Fridays, 11:00 am - 1:30 pm

Great Room

Senior Stroll Through Olander

Meet up with friends in the dining room to walk as a group through Olander Park. A free lunch voucher for walkers is provided by our generous sponsor: Charter Oak Openings.

2nd and 4th Tuesdays, June 10 & 24, 9:30 am

Dining 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 - 4:00 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

Thank You to all of our Staying Active instructors!



Toledo Lucas County Library
Bookmobile

The Bookmobile is coming to SSC's parking lot!

EVERY OTHER TUESDAY
11:35 AM - 12:05 PM
JUNE 10, 24
JULY 8, 22
AUGUST 5, 19



LUNCH BUNCH



FROGTOWN JOHNNIE'S

FRIDAY, JUNE 20 • 11:30 AM
FROGTOWN JOHNNIE'S
6725 CENTRAL AVE

LIMITED SEATING
RSVP BY JUNE 18TH
IN THE FRONT OFFICE OR
CALL 419-885-3913



Join Us!

55+ After 5

A special evening series for those 55+, with introductory exercise class pricing at \$10/person!

June 3rd & 10th

Cardio Drumming
 5:30 pm - 6:00 pm

Restorative Yoga
 6:30 pm - 7:30 pm

Are you still working, watching grandkids, or newly retired and not able to make it to classes during the day? This time is for you!

Online Only
 RSVP



Scan to see the schedule & sign up.
 All Sales Final.

Sylvania Senior Center
www.sylvaniacommunityservices.org/55after5
 7140 Sylvania Avenue, Sylvania OH 43560
 419-885-3913

Discussion Groups

Book Review

Deb Thach & MaryAnn Cannon, Facilitators

Book Review is a peer lead group. Please feel free to research any content warnings before reading any of the books selected.

June's Pick: "The Book of Lost Names" by Kristin Harmel

3rd Thursday, June 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, June 12, 1:30 pm - 3:30 pm

***Canceled for June.**

Art Studio

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

This Month's Topic: The Current Tariff Environment
No RSVP, walk-ins welcome.

3rd Thursday, June 19, 11:00 am - 12:00 pm

***Canceled for June**

Willow Room

Healthy Living

Blood Pressure Checks

Facilitated by Ohio Living Home Health and Hospice

Thursday, June 12, 11:00 am - 12:30 pm

Wellness Room

Blood Sugar Checks

Free blood sugar checks.

Facilitated by Arista Home Care Solutions

2nd Monday, June 9, 11:00 am - 12:30 pm

Wellness Room

Facilitated by Ohio Living Home Health and Hospice

4th Monday, June 23, 12:00pm - 1:00pm

Wellness Room

Caring Sole Foot Clinic 💰 \$40

Facilitated by Caring Sole Foot Wellness, LLC

Schedule your appointment in the office.

Tuesday, June 3, 9:00 am - 3:00 pm - FULL

Appointments available for July 7th!

Wellness Room

Sound Bath 💰 \$10

Facilitated by Kimberly Post

This is a 45 minute deep relaxation class. Crystal quartz sound bowls, drums and chimes will be 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. Space is limited. RSVP with the office to ensure your place. No walk-ins.

Thursday, June 19, 3:00 pm - 4:30 pm

Willow Room



SSC CONNECT GROUP



TUESDAY, JUNE 10 & 24

1:00PM - 2:30PM

WILLOW ROOM

This peer led discussion group is to connect in conversation. Story sharing to grow, explore, learn, and move up one rung on the Ladder of Life! Walk-ins welcome.



SOCIAL SECURITY Presentation

Friday, June 20

1:00 PM to 2:00 PM

Dining Room

JOIN US TO TALK ABOUT BENEFITS AND 2025 TRENDS FROM THE SOCIAL SECURITY ADMINISTRATION!

RSVP in the office or call 419-885-3913. Walk-ins welcome.



Come See Us!

at the Sylvania Summer Market



Let us show you why we love this place!

Tuesday
June 24th
5pm - 7pm

Olander Park
6930 Sylvania Ave.
Sylvania, OH



OPEN BILLIARDS ROOM

Monday - Friday 8:00 am - 4:45 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.



LOUNGE ROOM

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



SSC TRANSPORTATION

Free transportation for Sylvania Senior Center Participants who live within the Sylvania School District Bus route boundaries. Participants must call a day in advance to reserve a seat on the bus.

Monday and Thursdays the bus can pick you up from your home and bring you to the center for Lunch and Bingo, or any other SSC activity, then return you home.

Tuesdays the bus will pick you up from your home, then bring you to either Kroger or Meijer (check schedule for alternating days for shopping) and return you home.

Note: there is a 2 bag limit for shopping. ****Please indicate if you are a new rider to the SSC Bus.**

Transportation schedules are available in the lobby.

SYLVANIA SENIOR CENTER PRESENTS

Movie Day

18
JUN

12:45 PM - 3 PM
FREE ROOTBEER FLOATS

CALL FOR MORE DETAILS
RSVP IN THE FRONT OFFICE
OR CALL 419-885-3913. SIGN UP
ENDS BY 5PM ON JUNE 17TH.

Sponsored by Toledo Memorial Park
and Kingston of Sylvania

Thank You to all of our Healthy Living & Educational instructors!

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

SSC Band Practice

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. **No listening June 4th**

***Wednesdays, 1:00pm - 3:00pm**

**3rd Wednesday practices are closed to the public.*

Dining Room

SSC Chorus Practice

The Chorus isn't currently accepting new members and practices are closed to the public.

Tuesdays, 9:30am - 11:00am

Dining Room

**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

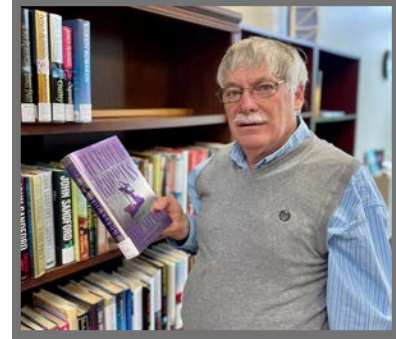
Bring your food donations to the Sylvania Senior Center to benefit Sylvania area families.



volunteer CORNER



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



We want to extend a very big thank you to Jon Shepard, our volunteer librarian, for all his efforts to maintain an orderly library for the center.

**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

Billiards

Enjoy our dedicated billiards room with two tables for free!

Monday - Fridays, 8:00 am - 4:45 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. Must have current year's Mahjong card. No instruction provided.

Wednesdays

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

1:00 pm - 4:00 pm

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. This group plays more competitively.

Mondays, 12:30 pm - 4:30 pm

Hawthorne Room

Open Game Time - NEW!

Invite friends or make new ones at our new open game time! Bring your own supplies or use ours.

Tuesdays, 12:00 pm - 4:00 pm

River Birch 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. All skill levels welcome.

Wednesdays, 1:00 pm - 4:00 pm

River Birch Room

Scrabble

Classic game using drawn letter-tiles to form words.

Fridays, 1:30 pm - 4:30 pm

Hawthorne Room

2nd & Last Friday Bridge

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

2nd & Last Friday, June 13 & 27

11:00 am - 3:00 pm

Willow Room

Timed Euchre

Timed Euchre. When time is up, winners move tables. Please be on time.

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

River Birch Room



A poster with a black background and yellow tool icons (wrench, screwdriver, hammer, etc.) around the edges. The main text is white and reads: "Parking Lot Closures at Tam O Shanter June 9th-12th". Below this, it says: "THE EAST PARKING LOT FOR SYLVANIA TAM O SHANTER WILL BE HAVING WORK PERFORMED DURING THE WEEK OF JUNE 9." Then, in a smaller font: "PLEASE BE ADVISED:". This is followed by two paragraphs: "June 9 and 10 the north parking lot will be closed to traffic for seal coating and striping. Use the entrance off of Sylvania Avenue." and "June 11 and 12 the south parking lot will be closed to traffic for seal coating and striping. Use the north entrance off of Vicksburg." Then: "You can also park on the west side of the facility using the Senior Center entrance to access that lot for entry and exit." Finally: "All of these dates will be adjusted for weather. Thanks for your cooperation."

'25 Women's Tea



Sponsored by Lakes of Sylvania, Toledo Memorial Park, Ohioans Home Health Care, and Otterbein Sunset Village

**THURS
JUNE
12**
**5PM
TO
7PM**
RAIN OR SHINE



SYLVANIA Senior Center
A PROGRAM OF SYLVANIA COMMUNITY SERVICES
OPEN HOUSE



& CORVETTE SHOW

SPONSORED BY KINGSTON OF SYLVANIA



7140 W SYLVANIA AVE | SYLVANIA OH 43560 | 419-885-3913

Come learn more about the activities, programs, services, and volunteerism opportunities offered for individuals 55+ at the Sylvania Senior Center!

Complimentary hot dogs, snacks, cookies, & music!

- ♥ Outdoor Corvette Show (weather permitting).
- ♥ Guided tours of the Center including the Woodshop, Art Studio, Billiards, and Gardens.
- ♥ Demonstrations showcasing the talents of our participants.
- ♥ Learn about Sylvania Community Services, Woodrow and Marshall Childcare programs!

We ♥ this place!

Living Creatively

Art Studio 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

Card Making With Maureen \$ \$5

Come create two beautiful cards from curated kits by Maureen. RSVP in the office or call 419-885-3913. No day of sign-ups, please.

Friday, June 13, 1:00 pm - 2:00 pm

Art Studio

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

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

*CLOSED June 3rd

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. No day of sign ups, please.

Wednesday, June 11, 12:30 pm - 3:00 pm

Art Studio

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

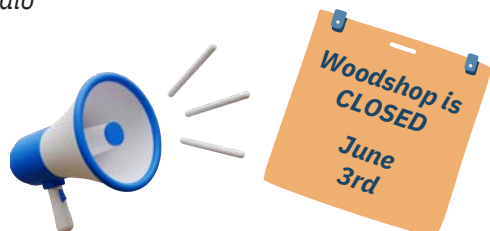
Willow Room

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



Card Making with Maureen

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

\$5 FOR BOTH CARDS!

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



SSC's Magee Marsh Birding Trip



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2
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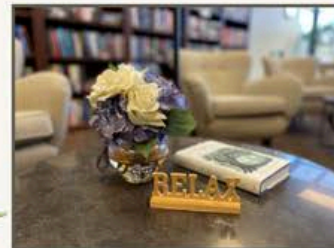


★ MEMORIAL DAY ★

Sylvania Community Services celebrated Memorial Day by participating in the Sylvania Memorial Day Parade this year. The Senior Center and Preschools were proud to honor those who died in the service of our country. It was a beautiful day with a great community turnout.



SYLVANIA SENIOR CENTER Library & NATURE CORNER



BOOKS WANTED!

DROP OFF YOUR PRESORTED BOOKS AS A DONATION TO THE SSC LIBRARY! WE WANT TO THANK ALL THOSE WHO HAVE CONTRIBUTED TO KEEP OUR LIBRARY FULL OF FRESH, CLEAN BOOKS AND MAGAZINES!

MUST BE:
HARD COVER
GOOD CONDITION
PUBLISHED BETWEEN 2019-
2025
FICTION, NON-FICTION
LARGE PRINT

MAGAZINES

GOOD CONDITION
PUBLISHED IN
CURRENT YEAR
ONLY

NO PAPERBACKS OR
OLD MAGAZINES, PLEASE!

Supportive Services

Coping with Loss

Kelly Beattie, MSW, LSW Hospice of NW Ohio

Monthly Support Group

3rd Friday, June 20, 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

Legal Outreach

Michael Dansack, Partner

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

2nd Tuesday, June 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, June 12

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

Conference Room

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

Tuesday, June 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

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

Thank You to our supportive services providers at SSC!



SIGN-UP ASSISTANCE

SENIOR FARMERS MARKET NUTRITION PROGRAM

AGE 60+

We'll Help You To Apply Online!

Receive Benefits Sooner!

\$50 towards locally grown fruits and vegetables!

FRIDAYS BY APPOINTMENT

The Sylvania Senior Center is providing **one-on-one assistance by appointment** to apply for the Area Office on Aging's Senior Farmers Market Nutrition Program, "Homegrown Benefits". **It's going digital** and we're here to help you navigate the application process. Call us at 419-885-3913 or stop by the office to schedule!



SYLVANIA Senior Center
A PROGRAM OF SYLVANIA COMMUNITY SERVICES

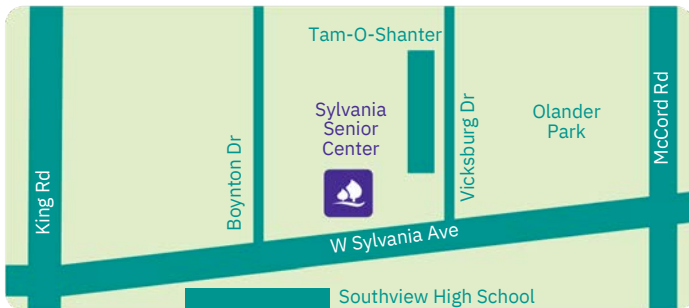
Volunteers Needed

We need your help to run our upcoming special events or programs!

SIGN UP & DETAILS ARE IN THE OFFICE

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>Caring Sole Foot Clinic - FULL Woodshop is CLOSED 9am Art Studio Group 9:30am Senior Chorus 11am Morning Fit On Zoom 12pm Open Game Time 1pm Open Woodshop 2pm Tai Chi 3pm Advanced Tai Chi 55 After 5 - See pg. 5 5:30pm Cardio Drumming 6:30pm Restorative Yoga</p>	<p>4</p> <p>Dining Room Closed 9am Cardio Drumming 9am Ceramics Group 9am Knitting & Crocheting 10am Party Euchre 11am Morning Fit On Zoom 12pm Beginner Mahjong 1pm Band Practice - Come Listen! 1pm Pinochle 1pm Strength & Balance 2:30pm Yoga</p>	<p>5</p> <p>10am Strength Training 11am Morning Fit On Zoom 11:30am Yoga w/Chair 1pm Current Events 1pm Bingo 1pm Open Woodshop 2pm Tai Chi 3pm Advanced Tai Chi</p>	<p>6</p> <p>Farmers Market Assistance 9am Cardio Drumming 11am Morning Fit On Zoom 12:30pm Timed Euchre 1:30pm Scrabble 2pm Knitting & Crocheting 2pm Bonus Line Dancing 2:30pm Line Dancing</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>Legal Outreach Book Mobile 9am Art Studio Group 9:30am Senior Chorus 9:30am Senior Stroll 11am Morning Fit On Zoom 12pm Open Game Time 1pm Connect Group 1pm Open Woodshop 2pm Tai Chi 3pm Advanced Tai Chi 55 After 5 - See pg. 5 5:30pm Cardio Drumming 6:30pm Restorative Yoga</p>	<p>11</p> <p>9am Cardio Drumming 9am Ceramics Group 9am Knitting & Crocheting 10am Party Euchre 11am Morning Fit On Zoom 12pm Beginner Mahjong 12:30pm Painting Class 1pm Band Practice - Come Listen! 1pm Pinochle 1pm Strength & Balance 2:30pm Yoga</p>	<p>12</p> <p>Memory Chat Blood Pressure Checks 10am Strength Training 11am Morning Fit On Zoom 11:30am Yoga w/Chair 1pm Current Events 1pm Bingo 1pm Open Woodshop 1:30pm Camera Club 2pm Tai Chi 3pm Advanced Tai Chi Open House - See pg. 11 5pm - 7pm</p>	<p>13</p> <p>Farmers Market Assistance 9am Cardio Drumming 11am Morning Fit On Zoom 11am 2nd Friday Bridge 12:30pm Timed Euchre 1pm Card Making 1:30pm Scrabble 2pm Knitting & Crocheting 2pm Bonus Line Dancing 2:30pm Line Dancing</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. 9am Art Studio Group 9:30am Senior Chorus 11am Morning Fit On Zoom 12pm Open Game Time 1pm Open Woodshop 2pm Tai Chi 3pm Advanced Tai Chi</p>	<p>18</p> <p>9am Cardio Drumming 9am Ceramics Group 9am Knitting & Crocheting 10am Party Euchre 10:30am Bingocize - NEW! 11am Morning Fit On Zoom 12pm Beginner Mahjong 1pm Band Practice 1pm Pinochle 12:45pm Movie Day 1pm Strength & Balance 2:30pm Yoga</p>	<p>19</p> <p>10am Strength Training 11am Morning Fit On Zoom 11am Money Matters 11:30am Yoga w/Chair 1pm Current Events 1pm Bingo 1pm Open Woodshop 1pm Bingocize - NEW! 2pm Tai Chi 2:30pm Book Review 3pm Advanced Tai Chi 3pm Sound Bath</p>	<p>20</p> <p>Farmers Market Assistance 9am Cardio Drumming 11am Morning Fit On Zoom 11:30am Lunch Bunch 12:30pm Timed Euchre 1pm Coping with Loss 1pm Social Security Presentation 1:30pm Scrabble 2pm Knitting & Crocheting 2pm Bonus Line Dancing 2:30pm Line Dancing</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>Book Mobile 9am Art Studio Group 9:30am Senior Chorus 9:30am Senior Stroll 11am Morning Fit On Zoom 12pm Open Game Time 1pm Connect Group 1pm Open Woodshop 2pm Tai Chi 3pm Advanced Tai Chi SSC at Sylvania Summer Market at Olander Park 5pm - 7pm</p>	<p>25</p> <p>9am Cardio Drumming 9am Ceramics Group 9am Knitting & Crocheting 10am Party Euchre 11am Morning Fit On Zoom 12pm Beginner Mahjong 1pm Band Practice - Come Listen! 1pm Pinochle 1pm Strength & Balance 2:30pm Yoga</p>	<p>26</p> <p>10am Strength Training 11am Morning Fit On Zoom 11:30am Yoga w/Chair 1pm Current Events 1pm Bingo 1pm Open Woodshop 2pm Tai Chi 3pm Advanced Tai Chi</p>	<p>27</p> <p>Farmers Market Assistance 9am Cardio Drumming 11am Morning Fit On Zoom 11am Last Friday Bridge 12:30pm Timed Euchre 1:30pm Scrabble 2pm Knitting & Crocheting 2pm Bonus Line Dancing 2:30pm Line Dancing</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>	<div>  <p>with Harbor, Inc.</p> <p>June 18 & June 19 Wednesday 10:30am - 11:30am Thursday 1:00pm - 2:00pm with Charlene Toska, your favorite WISE Instructor!</p> <p>Bingocize® combines exercise and health information with the familiar game of Bingo! RSVP in the office or call 419-885-3913.</p> </div> 			

7140 W Sylvania Avenue
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Mission Statement:

To promote healthy aging

Vision Statement:

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

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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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*All programs and events are
subject to change.*