

HUNT CENTER NEWS

JULY 2026 ISSUE #7

WEBSITE:

Like us on Facebook

<https://mlhunt.org>

Days and Hours of Operation

9:00 a.m. - 3:00 p.m.

(Monday - Friday)

Congregate Dining

Monday-Friday

11:30 a.m. - 12:00 NOON

Suggested Meal Donation \$2.50

Board of Directors

Rob Ludeman

Time Alley

Mike Johnson

Sally Shaw

Heather Wolford

Angela Castillo

Hunt Center's Staff

Gordon MacRitchie

Executive Director

Kay Ketron

Administrative Assistant

Glenna Berres

Education & Program Coordinator

Denise Amirhamzeh

Senior Advocate

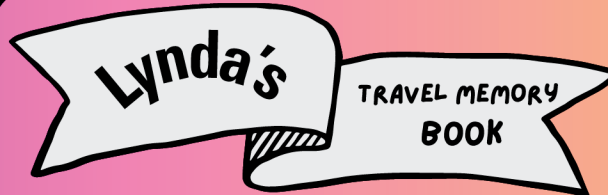
Melvin Jackson

Janitorial/ Custodian

Sam Burzynski

Transportation

Activities at the Margaret Hunt Center are partially funded by a Title III-B grant and the Older Senior Services Levy and other sources. Funds are administered through the Area Office On Aging of N.W. Ohio, Inc. Donations to the center for it's programs and services are gratefully accepted.



Lynda Lisk has a new project. She wants to create a book of travel memories for those

of us who have traveled with the center through the years. If you have a special memory(s) to contribute or comments about what the travel has meant to you, please write or record it and send it to Glenna Berres, 1339 S. Byrne Rd. Unit 28A, Toledo, Ohio 43614. Include pictures from your trips: email to glennaberres@aol.com or include them to the address above. Better yet, bring them to the office and reminisce with us. Please add to the photo which trip and date, if possible. This would be a lovely tribute to Lynda on her retirement. Each of us experienced each trip differently. This book cannot happen without your memories. Please share them with us.

Thanks

SUMMER SERIES

With John Pickle – Friday, July 24th

Dinner at 5:00 p.m. / Entertainment at 6:00 p.m.

Cost: \$20

Not only is John Pickle an accomplished musician, singer, and songwriter – he's a full-blown entertainer and a local personality with a style all of his own. His shows have a way of turning a room of strangers into a crowd of smiling friends in minutes, thanks to his quick wit, musical chops, and that unmistakable Pickle charm. Kick back, relax, and let the seriously lighthearted humor and playful whimsy of The John

Pickle Show put a grin on your face. John is a friend to many, a confidant to a few, and – depending on the day – a pain in the butt to the love of his life, Ellen. But onstage, he brings out the camaraderie, laughter, and good-natured mischief in everyone. Live music & 50/50 Raffle. You must purchase tickets ahead of time. TICKETS REQUIRED FOR THIS EVENT. NO EXCEPTIONS!!!! NO TICKETS SOLD AT THE DOOR.

To register call Kay at (419) 385-2595.



Please Join Us for Trivia

Kelly Scherff from
Right at Home will lead
the group. She will provide
prizes and treats. Trivia is always
the third Thursday of the month.
The next Trivia will be July 16th at
11:30 a.m. ALL ARE WELCOME!!!

No Reservation Required

Hollywood Casino Outing

Do you like to gamble a little?

Here's your chance!!!!



The Hunt Center goes to the
Hollywood Casino the
1st and 3rd Wednesday of
the month. The next trip
will be **July 1st & 15th**. The bus will
leave the center at 10:45 a.m. and return
by 1:30 p.m. Please let Kay know
if you plan to go,
(419) 385-2595, ext. 101.



Breakfast Buddies

Reynolds Garden
Cafe'

**GOOD FOOD!
GOOD CONVERSATION!**

**Join us Thursday,
July 2nd at 9:30 a.m.**

Call Kay at (419) 385-2595
for a reservation so that we
can notify the restaurant the
day before per their request.

MAH JONG

Sue Law will be here on Tuesdays
and Thursdays at 12:00 NOON for
anyone who wants to play or learn
to play Mah Jong. For more
information, call the Hunt Center
at (419) 385-2595

LET US ENTERTAIN YOU



Our next show will be

Thursday, July 23rd at 11:30 a.m.

COST: \$7

You must purchase tickets ahead of
time. Last day to buy tickets is **Monday,
July 20th by end of day.**

NO EXCEPTIONS!!!

NO TICKETS SOLD AT THE DOOR

For more information, call the Hunt Center at (419) 385-2595.

F.Y.I. There is NO Regular lunch.

You must buy a ticket to receive a meal.

This Is Your Life W/ Val

The group meets at **2:00 p.m. the 1st and 3rd**

Tuesday of each month at the Hunt Center

Val Roshong, a certified teacher, is volunteering
to facilitate this group which involves
reminiscing, discussing, writing, or recording
your memories and stories for the future
generation. **NO NEED TO REGISTER.**



**Fourth
of July**

The Hunt Center will
be closed on Friday,
July 3rd in
observance of the
Fourth of July

Chair Yoga With Courtney

Chair Yoga
is offered
on Friday
mornings at
11:30 a.m.

For more
information
call the Hunt
Center at
(419) 385-2595

NAME THAT TUNE



Next name That
Tune will Be

**Thursday, July 2,
2026 at 12:00 NOON.**

There is no cost for the
program. Lunch can be ordered
from Valley Foods or you can
bring your own. Reservations
for lunch must be made by 12:00
NOON the day before.

For lunch reservations with Valley
Foods, call the Hunt Center the day
before at (419) 385-2595.

**Lunch is a \$2.50 suggested
donation.**

LEGAL AID



The ABLE lawyer, Nat Rodriguez-Steen is here the 2nd Wednesday of every third month. Her next scheduled date will be

Wednesday, October 14, 2026. Her appointments start at 10:00 a.m. with her last appointment at 11:30 a.m. Please call Kay at (419) 385-2595 for an appointment. This is a free service.

JIM HUNT IN THE KNOW

WHERE:

Hunt Center

WHEN:

July 20, 2026

TIME:

1:00 p.m.

TOPIC:

**Dealing
With Adversity**



Join the 70+ Club

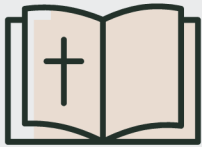


An exclusive fun and relaxing club to keep us socially active and vibrant. (We do not check ID's, but you must be at least 70 years old.) Tina Walker from Garden Springs Healthcare will be sponsoring the pizza. **Cost is always FREE.**

The next meeting for the 70+ Club will be **Monday, July 27th at 12:00 noon.** You must sign up and participate in the program to have the lunch provided. Call Kay at the Hunt Center at (419) 385-2595.

BIBLE STUDY

Pastor Adam McIntosh, from St. Johns's Lutheran Church on Erie Street will be at the Hunt Center every Tuesday morning from



10:30 - 11:30 am to lead the class.

The nature of the class will be general, and everybody is invited to attend. Please bring your own Bible so that different versions can be discussed.

Please come and check it out!

INDOOR WALKING PATH

Have you noticed the green arrows on the floor at the Hunt Center? You can now walk your way to better health. Just follow the arrows.



BLOOD PRESSURES

Angela Castillo, UPMC - BP

Friday, July 17, 2026

10:00 - 11:00 a.m.

Kelly Ballinger, Health Dept - BP

Wednesday, July 29, 2026

9:30 - 11:30 a.m.

Community Health Nurses - BP

Tuesday, July 21, 2026

11:30 a.m. - 1:30 p.m.

HUNT CENTER BINGO TUESDAY



BINGO is every Tuesday starting promptly at 1:15 p.m. Please bring dollar bills vs larger bills for both BINGO and KELLY'S CONCESSION.

We now pass out one FREE Bingo card in addition to the Bingo cards you purchase. Please wait until someone is seated at the table before selecting your cards. We look forward to seeing you.

Don't forget, the HOT BALL keeps growing Kelly's Concession will be the first and third Tuesdays of the month.

The next BINGO dates are:

July 7, 14, 21, 28

TAI CHI W/ ROBERT

Tai Chi Reduces Risk of Falling By 58%

Please join us for Tai Chi with Robert Hendrix.

Robert teaches Tai Chi **every Tuesday and Thursday at 11:00 a.m.** Just drop in.

If you are unable to stand, we encourage you to be seated. **NOTE: Tai Chi will be at 10:00 a.m. on the 4th Thursday of the month for**

LUEY

New Line Dance Class W/ Lily

Line dancing is a low-impact, weight-bearing exercise that strengthens muscles and bones, helping to prevent osteoporosis and maintain mobility. The repetitive steps engage leg muscles and the core, improving balance, coordination, and posture, which reduces the risk of falls. It also provides a cardiovascular workout, enhancing heart, health and circulation, while promoting flexibility and joint mobility. Regular session can aid in weight management, improve lung capacity, and support overall endurance, (healthanddietblog.com) We have a new beginner's class on **Monday mornings at 10:30 a.m.** Everyone is welcome!!! For more information, call the center @ (419) 385-2595.



Birthday Celebration

Come to the Hunt Center and enjoy cake and ice cream.

Come celebrate all the people who have July birthdays on

Wednesday, July 15th at

12:00 NOON. You must sign up with Kay. This event is sponsored by Heatherdowns Rehabilitation Center



The Hunt Center is collecting can tabs.

The proceeds will be used to benefit the families who need the services offered at one of the Ronald McDonald Houses. Keep saving those can tabs!

Speaker: Margo Hertzfeld, Clinical Aromatherapist at Hunt Center



Aromatherapy involves the use of essential oils, which are concentrated extracts from flowers, herbs, or trees, to improve health and well-being. These oils can be inhaled through diffusers or

facial steam, or applied topically to the skin when properly diluted, often via massage or in carrier oils. The therapy is considered holistic because it aims to support the mind, body, and spirit simultaneously.

When inhaled, essential oils activate olfactory receptors in the nose, which send signals to the limbic system, the part of the brain involved in emotion, memory, and certain body functions. This may promote the release of chemicals such as serotonin, dopamine, and endorphins, which can help support mood, sleep, digestion, and pain relief. When applied to the skin, diluted essential oils may be absorbed locally and influence nearby tissues. Aromatherapy is often used to: -Lessen stress and anxiety -Improve sleep quality -Support emotional well-being and general wellness -Complement treatments for conditions like dementia or pain management -Popular essential oils include lavender, chamomile, tea tree, lemon, and geranium.

On **Monday, July 27th at 1:00 p.m.**, Margo Hertzfeld, CCAP of Rosy Glow Wellness Therapies, will be at the Hunt Center to talk about Aroma Therapy. She will give an overview of how your sense of smell and essential oils work beautifully together to bring balance to your life in many ways, with sleep, mood, pain response, and much more! Attendees will take home an informational handout and an uplift essential blend of oils. Cost of the program is \$15.00 (which includes a container of blended oil). If you wish to attend, you must register and pay Kay. No reservations will be made without payment. If you wish to attend, don't wait because the number of participants is limited.

The Hunt Centers Movie Matinee

**Friday, July 10th & 24th
12:00 NOON**

The first movie (**July 10th**) will be Netflix's "Nonnas" (2025.)



After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual nonnas

and grandmothers, as the chefs.

The second movie (**July 24th**)

will be Netflix's "Jay Kelly" (2025.)



Famous movie star Jay Kelly and his devoted manager, Ron, embark on an unexpectedly profound journey

through Europe. Along the way, both men confront the choices they've made, relationships with loved ones, and the legacies they'll leave behind.

**Popcorn and Beverage
Provided**

JULY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
6 9:00 - Wii Bowling 9:30 - Exercise W / Courtney 10:30 - Beginners Line Dance	7 10:30 - Bible Study 11:00 - Tai Chi 12:00 - Mah Jong 12:45 - Kelly's Concession 12:15 - Euchre 1:15 - Bingo	1 9:00 - Craft Class 9:30 - Exercise W/ Courtney 10:30 - Cardio Drumming 10:45 - Hollywood Casino Outing 12:30 - Craft Class 1:00 - Line Dance Class 2:00 - This Is Your Life	2 9:30 - Breakfast Buddies 11:00 - Tai Chi 12:00 - Mah Jong 12:00 - Name That Tune 12:15 - Euchre	
13 9:00 - Wii Bowling 9:30 - Exercise W / Courtney 10:30 - Beginners Line Dance	14 10:30 - Bible Study 11:00 - Tai Chi 12:00 - Mah Jong 12:15 - Euchre 1:15 - Bingo	8 9:00 - Craft Class 9:30 - Legal Aid 9:30 - Exercise W Courtney 10:30 - Cardio Drumming 12:30 - Craft Class 1:00 - Line Dance	9 11:00 - Tai Chi 12:00 - Mah Jong 12:15 - Euchre	10 9:30 - Exercise W/ Courtney 11:00 - Cardio Drumming 11:30 - Chair Yoga 12:00 - Movie Matinee (Nonnas)
20 9:00 - Wii Bowling 9:30 - Exercise W / Courtney 10:30 - Beginners Line Dance 10:30 - Brie Hobbs Long Term Insurance 12:00 - LUEY Rehearsal 1:00 - Jim Hunt In The Know (Dealing With Adversity)	21 10:30 - Bible Study 11:00 - Tai Chi 11:30 - Community Health Nurses 12:00 - Mah Jong 12:15 - Euchre 12:45 - Kelly's Concession 1:15 - Bingo	15 9:00 - Craft Class 9:30 - Exercise W Courtney 10:30 - Cardio Drumming 10:45 - Hollywood Casino Outing 12:00 - Birthday Celebration 12:30 - Craft Class 1:00 - Line Dance 1:00 - Book Club 2:00 - This Is Your Life	16 11:00 - Tai Chi 11:30 - Trivia 12:00 - Mah Jong 12:15 - Euchre	17 9:30 - Exercise W/ Courtney 10:00 - Nurse Angela 11:00 - Cardio Drumming 11:30 - Chair Yoga 12:00 - Out-To-Lunch-Bunch (Marblehead, Jolly Roger, Tofts)
27 9:00 - Wii Bowling 9:30 - Exercise W / Courtney 10:30 - Beginners Line Dance 12:00 - 70+ Club 1:00 - Aroma Therapy Speaker	28 10:30 - Bible Study 11:00 - Tai Chi 12:00 - Mah Jong 12:15 - Euchre 1:15 - Bingo	22 NO CRAFT CLASS 9:30 - Exercise W Courtney 10:30 - Cardio Drumming 1:00 - Line Dance	23 10:00 - Tai Chi 10:00 - Pam Rybka Better Business Bureau 11:30 - LUEY 12:00 - Mah Jong 12:15 - Euchre	24 9:30 - Exercise W/ Courtney 11:00 - Cardio Drumming 11:30 - Chair Yoga 12:00 - Movie Matinee (Jay Kelly) 5:00 - Summer Series
		29 9:30 - Nurse Kelly 9:00 - Craft Class 9:30 - Exercise W Courtney 10:30 - Cardio Drumming 12:30 - Craft Class 1:00 - Line Dance	30 11:00 - Tai Chi 12:00 - Mah Jong 12:15 - Euchre 1:00 - First Aid W/ Robert	31 9:30 - Exercise W/ Courtney 11:00 - Cardio Drumming 11:30 - Chair Yoga

Senior Services Offered through Mercy Hospital

Community Health Nurses



will be here the 3rd Tuesday of each month. Please mark your calendar for their next visit, which is Tuesday, July 21st from 11:30 a.m.- 1:00 p.m. for senior screening services. Senior screenings including blood pressure, blood sugar, and cholesterol readings to compliment area senior center lunch and activity schedules. The cholesterol check is on a yearly basis.

NO NEED TO REGISTER!!!!

CARDIO DRUMMING



Join Courtney for Cardio Drumming every Wednesday & Friday mornings at 10:30 a.m. Class is FREE!!! For more information, call (419) 385-2595.



Exercise w/ Courtney

What a fun way to get some exercise! This group meets Monday, Wednesday, and Friday mornings at 9:30 a.m. here at the Hunt Center. Start your day with this motivated, animated, and energy-filled gal. Courtney makes it fun as she explains and demonstrates each of the movements in a safe way.

PLEASE COME JOIN US!!!!

Glenna's Gleanings

What Does Freedom Mean in America?

American freedom isn't just an idea — it's a set of constitutional guarantees that shape how you live, speak, and seek justice every day. Freedom in America is a legal concept defined primarily by what the government cannot do to you. The Constitution and its amendments set hard boundaries on government power, protecting your right to speak, worship, own property, and live without arbitrary interference. Courts have spent over two centuries interpreting where those boundaries fall, and the answers keep evolving. What follows is the legal framework that gives the word “freedom” its teeth in American law. Before the Constitution existed, the Declaration of Independence laid out the theory behind American freedom: people have inherent rights that no government creates or grants. The Declaration calls these “unalienable Rights,” specifically naming “Life, Liberty and the pursuit of Happiness,” and asserts that governments exist only because people consent to be governed. When a government stops protecting those rights, the Declaration argues that the people have the right to change or replace it. The Constitution itself picks up this thread. Its Preamble declares that the entire document exists, in part, to “secure the Blessings of Liberty to ourselves and our Posterity.” That language matters because it frames liberty not as a privilege the government hands out, but as a pre-existing condition the government is built to protect. The pursuit of happiness is not an enforceable legal right in court, but it reflects the broader idea that government should leave individuals room to seek their own fulfillment. Legal freedom in America is maintained partly by the people who exercise it. Voting is the most direct form of civic participation, and federal law protects the right to vote from discrimination based on race, color, sex, and age. Jury service is another civic duty that connects individual citizens to the justice system. Serving on a jury is not just an obligation; it is the mechanism through which the Sixth Amendment's guarantee of an impartial jury is made real. Freedom of speech means little if no one uses it, and the right to assemble loses its force when no one shows up. The legal architecture of American freedom creates the space; what people do with it is up to them.

(Internet: Legal Clarity Team)



The Hunt Center would like to thank Bill Lark for his generous donation every month to the coffee fund, and to Glenna Berres and Yolanda Lopez for their donation to the Summer Series. All donations are greatly appreciated.

The Hunt Center's Book Club

Our next meeting will take place on **Wednesday, July 15th @ 1:00 p.m.** Our next



book is "dirty Laundry" by Disha Bose. Here's a synopsis: She was the perfect wife, with the perfect life. You would

kill to have it. Ciarra Dunphy has it all-loving-husband, well-behaved children, and a beautiful home. Her circle of friends in their small Irish village go to her for tips about mothering, style, and influencer success-a picture-perfect life is easy money on instagram. But behind the filters, reality is less polished. In this dazzling debut novel, Disha Bose revolutionizes age-old ideas of love and decit. What ensues is the delicious unspooling of a group of women desperate to preserve themselves.



The importance of First Aid

"In emergencies, your knowledge can be someone's miracle."

A reminder that even basic first aid skills can make a profound difference.

- **First Aid Can Save Lives**

Quick and proper administration of first aid can mean life or death to those involved. Thus, more people must know what to do in case of accidents or medical emergencies.

- **Accidents Can Happen at Any Time**

That said, no one can predict when or where disaster may strike. These accidents can happen at home, at work, or while in transit. That's why basic first aid skills like CPR, disinfecting wounds and learning to stop bleeding can go a long way.

- **Every Second Counts**

The first few minutes are the most critical in the case of a medical emergency. It's a vital step that prevents injuries from worsening until full medical help arrives. Calling an ambulance is your priority. However, if you can administer CPR, it could mitigate the damage and significantly increase the victim's chances of survival.

- **First Aid Reduces Victim's Recovery Time**

First aid is important because it can save lives, but it does more than that. It can also significantly reduce the time the victim spends in healing.

- **It Relieves Pain and Discomfort**

Most injuries and accidents involve a lot of pain. Even incidents that aren't necessarily life-threatening can bring a lot of discomfort. Alleviating this pain and discomfort is another primary reason prompt aid is important.

- **It Can Save Your Own Life**

One of the most compelling reasons you should master first aid is that it can save your life (or that of a friend or a family member), especially if your line of work comes with significant health risks. It's particularly crucial for people with illnesses like diabetes, epilepsy, or narcolepsy. Educating themselves and the people around them is vital to avoid situations that endanger their lives. **On Thursday, July 30, at 1:00 pm, the center will offer a free class featuring Basic First Aid, How to Apply CPR, and How to use an ADE.** The class will be taught by Robert Hendrix, who is a retired EMT. The class cannot be used for certification but will give you enough information to help in a health emergency or accident. All of you are encouraged to attend this class. You never know when your first aid skills will be needed.

Out-To-Lunch-Bunch

The Marblehead Lighthouse is one of Lake Erie's best known and most-photographed landmarks. It is the oldest lighthouse in continuous operation on the Great Lakes. Visitors can climb to the top of the lighthouse during the summer season for spectacular views of the lake and its islands in the distance.

History buffs will enjoy stopping by the replica lifesaving station with museum of US Coast Guard activities and visiting the gift shop. **On Friday, July 17**, the Out-to-Lunch-Bunch will go to Marblehead Lighthouse

(110 Lighthouse Dr, Marblehead, OH). ETA will be 11:00 am. Then we will go to the Jolly Roger (1715 E Perry Street, Port Clinton, OH) for lunch.

ETA will be 12:30 pm. We will finish the day with ice cream at Toft's (4016 E. Harbor Rd. Port Clinton, OH) ETA will be 2:00 pm. The van (holds 12 people) will leave the center at 9:30 am. Please RSVP to Kay for reservations whether you drive or ride the van.

We need a count for each of these places.

Each person will be responsible for any entry fee at the lighthouse and/or museum, lunch, and dessert at Toft's.

Benefits Counseling

The Hunt Center Senior Advocate (Denise) is available for Benefits Counseling, to help you with paper work or to use Ohio Benefit Bank to help you to apply or recertify for benefits such as SNAP food assistance, Medicaid, HEAP, PIPP, Medicare, Social security, etc. or if you need something faxed or scanned. If she doesn't know the answer to your question, she will find out for you from "the experts." She is also a notary public and does POA's and Living Wills and she can help you register for Senior Farmer Market Coupons. See

Denise at the center, her office hours are

T-W, 9:30 am to 2:30 p.m. or call

419-385-2595 ext. 103 to make

an appointment.

BBB Speaker

A scam is a deceitful scheme designed to steal money, personal information, or account access, often using manipulation, urgency, or impersonation to trick victims. A scam is a form of deception where someone tricks you into giving up something valuable, such as money, personal information, or access to accounts. Scammers often impersonate trusted individuals, companies, or government agencies and use fear, urgency, or emotional appeals to pressure victims into acting quickly. Modern scams are increasingly sophisticated, using AI-generated voices, fake websites, and realistic messages to appear real. New scams are created every day. Pam Rybka from the Better Business Bureau will be at the Hunt center on **Wednesday, July 23, at 10:00 am** to discuss the newest scams so that we are aware of them and can avoid losing money or information that we can never recover.

Long Term Care Insurance

Long-term care insurance (LTCI) is a type of insurance policy designed to cover the costs associated with long-term care services, which may include in-home care, assisted living, and nursing home care. Long-term care insurance helps individuals pay for care that traditional health insurance, Medicare, or Medicaid typically do not cover. It is particularly beneficial for older adults or those with chronic illnesses who may need assistance with daily activities such as bathing, dressing, and eating. On Monday, July 20, Brie Hobbs from Amada Senior Care will be at the Hunt

Center to explain the importance of Long-term Care Insurance. **The program will begin at 10:30 am in the Multipurpose Room.**

Margaret Hunt Senior Center
1339 S. Byrne Rd. #28A
Toledo, Ohio 43614

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Mission Statement:

To positively impact our community by creating opportunities for healthy aging through social engagement, physical well-being, civic involvement, creativity, and lifelong learning

Line Dance W/ Melanie

Line Dance with Melanie is an advanced line dance class Wednesday afternoons at 1:00 p.m. All Are Welcome.



Were you aware we have Wii bowling at the Hunt Center? Every Monday at 9:00 am, a group of people join in for this fun time. Please stop in to either play or watch the others get spares or strikes.



CRAFT CLASS

Open every Wednesday morning at 9:30 am and afternnons at 12:30 pm.

Come join us for a morning or afternoon fun and fellowship. If you would like to each lunch, let Heather know or call the Hunt Center at (419) 385-2595.

Fitness Room

The Hunt Center's Fitness Room is open daily. We have treadmills, bikes, ellipticals and more. Come in and exercise. It is good for you. You might even shed a couple pounds.