

HUNT CENTER NEWS

NOVEMBER 2026 ISSUE #11

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

11:30 A.M. - 12:00 NOON

Suggested Meal Donation \$2.50

Board of Directors

Rob Ludeman

Tim Alley

Mike Johnson

Sally Shaw

Heather Wolford

Angela Castillo

Hunt Center's Staff

Kathryn Tucker

Interim Director

Kay Ketron

Administrative Assistant

Glenna Berres

Education and Activities Coordinator

Denise Amirhamzeh

Senior Advocate

Melvin Jackson

Janitorial/Custodian

Sam Burzynski

Transportation

Activities at the Margaret Hunt Center are partially funded by 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 its programs and services are gratefully accepted.

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

Money Monday Presentation and Free Taco Lunch

Thank you for returning the Money Monday Surveys. If you have not returned yours, please do so as soon as possible. Our presenters will be talking about what you want to hear.



Natika "Nikki" Anderson is a banking and community development executive with 30 years of experience building relationships, strengthening communities, and helping people navigate financial decisions with confidence. Known for her warmth, energy, and ability to connect across generations, Nikki is enthusiastic about financial wellness, community engagement, and helping individuals maintain independence and quality of life through every stage of their journey.



Bryan Harlan is a Personal Banker with PNC Bank in Maumee. He supports clients with consumer and business banking needs, focusing on clarity, trust, and long-term financial stability.

He looks forward to teaching financial wellness and helping participants strengthen their financial confidence.

The first presentation is scheduled for Monday, **November 23, at 11:30 am in the Main Room.**

A taco luncheon with side dishes will be catered for all who wish to attend by Angela Casitllo, a member of the Board. We request that you RSVP to Kay by Thursday, November 19, so that we can tell Angela how much food to prepare.

All our welcome!!

TRIVIA

Please join us for Trivia. Kelly 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 **Thursday, November 19th at 12:00 NOON**
ALL ARE WELCOME
 No Reservation Required!

CRAFT CLASS



Open every Wednesday morning at 9:30 am and afternoons at 12:30 pm. Come join us for a morning and/or afternoon fun and fellowship. If you would like to each lunch, let Heather know or call the Hunt Center at (419) 385-2595.

Breakfast Buddies



Reynolds
Garden Cafe'
GOOD FOOD!

Join us
**Thursday,
 November 5th
 at 9:30 a.m.,**

GOOD CONVERSATION!

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

LET US ENTERTAIN YOU



**NO LUEY FOR
 NOVEMBER
 BECAUSE OF
 THANKSGIVING**

Hunt Center Euchre Group



The Hunt Center would like to form addition Euchre Groups. If you are interested in playing Euchre, or if you have a group that needs space to play, contact the Hunt Center at (419) 385-2595.

NAME THAT TUNE



Next Name That Tune will be **Thursday, November 5, 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.**

The Hunt Center is collecting pop can tabs. We have collected over 14,000 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 TABS.

HUNT CENTER'S ANNUAL CHRISTMAS BASKET DONATIONS

**DONATE
NOW**

It's never too early to start planning. We are currently putting together fantastic baskets for the Christmas Party raffle and would love your support. We are seeking donations, of new, unused items to include in these themed baskets. You can either contribute a complete themed basket or donate individual items that we can group together. Cash donations are also always welcome. If you would like to contribute, please contact Glenna or Kay at the Hunt Center at (419) 385-2595 for the details.

CARDIO DRUMMING



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

WII BOWLING



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. If you don't know how to play, someone will teach you.
ALL ARE WELCOME!!!

BIBLE STUDY



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

Tuesday morning from

10:30 - 11:30 a.m. 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 version can be discussed.

PLEASE COME AND CHECK IT OUT!

Beginning Line Dance Class W/ Lily

We have a beginner's class on **Monday mornings**

at 10:30 a.m. Everyone is welcome!!! For more

information, call the Hunt center

@ (419) 385-2595.

HUNT CENTER BOOK CLUB

**Our November meeting will take place on
the 18th at 1:00 p.m.** We will be discussing

"The Taming of the Queen" by Phillippa Gregory.

Our November selection is "Ship of Dreams"

by Donna Alwood. Summary: Aboard the

Titanic where opulence knows no bounds and
the horizon seems limitless, two women fight for
the futures they dream of, fraught with secrets
that could change everything. Hannah Martin

is clinging to the hope that six days on this
grand ship will heal the wounds in her
marriage to Charles. Louisa Phillips, spirited
and uncompromising, is escaping her family's

insistence on a passionless marriage. In the
face of impending doom, what dreams will
Hannah and Lou decide are worth saving and

at what cost?

HUNT CENTER BINGO



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:

OCTOBER 6, 13, 20, 27

**The Hunt Center will be
closed on November
11th for Veteran's Day
and November
26th & 27th for
Thanksgiving**

TOPS (Take Off Pounds Sensibly)

The TOPS group at the Hunt Center is thriving!

We swap healthy recipes and weight-loss tips, hold
contests, and discuss weekly handouts. New
members are always welcome to join our journey.

We meet every Thursday, with weigh-ins held before
our 10:00 meeting begins. Dues are just \$1.00 a

week, and for an extra quarter, you can enter our
weekly drawing if you'd like. Keeping a daily journal

helps us stay on track, and our success shows on
the scale! You can do it, too. Come check us

out—we hope to see you on Thursday!

HUNT CENTER'S MOVIE MATINEE

Fridays, November 6, 13, 20

The Hunt Center will be showing free Netflix movies every Friday at 12:15 P.M. Free popcorn and beverages



will be provided. The first movie (**Nov. 6th**) will be "Don't Say Good Luck" The story follows Sophie Birenbaum, a 16-year-old high school theatre student who lands the lead role in her school musical, Waitress. Her excitement is overshadowed when her mother, Elizabeth, played by Melanie Lynskey, faces a return of terminal cancer. Sophie must balance rehearsal, friendship, and the emotional weight of her family crisis, exploring themes of grief, resilience and the power of art to process difficult emotions.



The second movie (**Nov. 13th**) will be "Kinda Pregnant." "Kinda Pregnant" follows Lainy Newton, played by Amy Schumer, whose plan to settle down and start a family falls apart. Feeling jealous when her best friend becomes pregnant, Lainy puts on a fake baby bump, tells a lie, and

unexpectedly falls for her dream guy. The third movie (**Nov. 20th**) will be "Set It Up". The story revolves around two overworked assistants, played by Deutch and Powell, who decide to set up their demanding bosses on dates in New York City. As the assistants hatch their play, they find themselves navigating through the complexities of love and work-life balance.



ATTENTION!!!!!!



I need scraps of fancy fabrics, silks, velvets, etc. to make a Crazy Quilt.

If you have any, please place them in plastic bag(s) and bring them to

the center for me. Color and pattern do not matter. If you can help me out, I will appreciate it. Thank you. I will include a picture when the quilt is done.

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

Birthday Celebration

Come to the Hunt Center and enjoy cake and ice cream. Come celebrate all the people who have October birthdays on **Wednesday, November 18th at 12:00 NOON**. You must sign up with Kay. This event is sponsored by Heatherdowns Rehabilitation Center

Join the 70+ Club



An exclusive fun and relaxing club to keep us socially active and vibrant (We don't check ID's but you must be at least 70 years old.) Cost is always FREE. The next meeting for the 70+ Club will be **Monday, November 30th at 12:00 NOON**. You must sign up and participate in the program to have the lunch provided. Call Kay at the Hunt Center to register at (419) 385-2595.

BLOOD PRESSURES W/ ANGELA CASITILLO, UTMIC



Angela will be here to take Blood Pressures on **Friday, November 6th from 10:00 - 11:00 a.m.** As always, Blood Pressure Screenings are FREE?

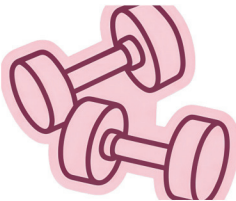
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November 2 9:00 - Wii Bowling 9:30 - Exercise W/ Courtney 10:30 - Beginning Line Dance	November 3 10:30 - Bible Study 11:00 - Tai Chi 12:00 - Mah Jong 12:15 - Euchre 12:45 - Kelley's Concession 1:15 - Bingo	November 4 9:30 - Craft Class 9:30 - Exercise W/ Courtney 10:30 - Cardio Drumming 10:45 - Hollywood Casino 12:30 - Craft Class 1:00 - Line Dance Class	November 5 9:30 - Breakfast Buddies 10:00 - TOPS Mtg 11:00 - Tai Chi 12:00 - Name That Tune 112:00 - Mah Jong 12:15 - Euchre	November 6 9:30 - Exercise W/ Courtney 10:00 - Nurse Angela - BPS 10:30 - Cardio Drumming 11:30 - Chair Yoga 12:00 - Pinochle 12:15 - Movie Matinee (Don't Ssy Good Luck)
November 9 9:00 - Wii Bowling 9:30 - Exercise W/ Courtney 10:30 - Beginning Line Dance 11:00 - Timber's Bowling Outing	November 10 10:30 - Bible Study 11:00 - Tai Chi 12:0 - Mah Jong 12:15 - Euchre 1:15 - Bingo	November 11 	November 12 10:00 - TOPS Mtg 11:00 - Tai Chi 112:00 - Mah Jong 12:15 - Euchre	November 13 9:30 - Exercise W/ Courtney 10:30 - Cardio Drumming 11:30 - Chair Yoga 12:00 - Pinochle 12:15 - Movie Matinee (Kinda Pregnant)
November 16 9:00 - Wii Bowling 9:30 - Exercise W/ Courtney 10:30 - Beginning Line Dance	November 17 10:30 - Bible Study 11:00 - Tai Chi 11:00 - Community Health Nurses (BP) 12:45 - Kelley's Concession 12:00 - Mah Jong 12:15 - Euchre 1:15 - Bingo	November 18 9:30 - Craft Class 9:30 - Exercise W/ Courtney 10:30 - Cardio Drumming 10:45 - Hollywood Casino 12:00 - Birthday Celebration 12:30 - Craft Class 1:00 - Book Club 1:00 - Line Dance Class	November 19 10:00 - TOPS Mtg 11:00 - Tai Chi 12:00 - Trivia NO LUEY 12:00 - Mah Jong 12:15 - Euchre 1:00 - Commodities	November 20 9:30 - Exercise W/ Courtney 10:30- Cardio Drumming 11:30 - Chair Yoga 11:30 - Bus Leaves for "Old Bag of Nails" 12:00 - Pinochle 12:15 - Movie Matinee (Set It Up)
November 23 9:00 - Wii Bowling 9:30 Exercise W/ Courtney 10:30 - Beginning Line Dance 11:30 - Money Monday Presentation 11:00 - Timber's Bowling Outing	November 24 10:30 - Bible Study 11:00 - Tai Chi 12:0 - Mah Jong 12:15 - Euchre 1:15 - Bingo	November 25 9:30 - Craft Class 9:30 - Exercise W/ Courtney 10:30 - Cardio Drumming 12:30 - Craft Class 1:00 - Line Dance Class	November 26 CLOSED FOR THANKSGIVING 	November 27 CLOSED FOR THANKSGIVING 
Novmeber 30 9:00 - Wii Bowling 9:30 Exercise W/ Courtney 10:30 - Beginning Line Dance 12:00 - 70+ Club				HAPPY <i>Thanksgiving</i>



Senior Services Offered through Mercy Hospital Community Health Nurses

will be here on Tuesday,
**November 17th from
11:00 a.m. - 1:30 p.m.** for
blood pressures and blood sugars.

Exercise w/ Courtney



This group meets
Monday, Wednesday,
and Friday mornings
at 9:30 a.m. at the
Hunt Center.

PLEASE COME JOIN US!

Hollywood Casino Outing

Do you like to gamble a little?

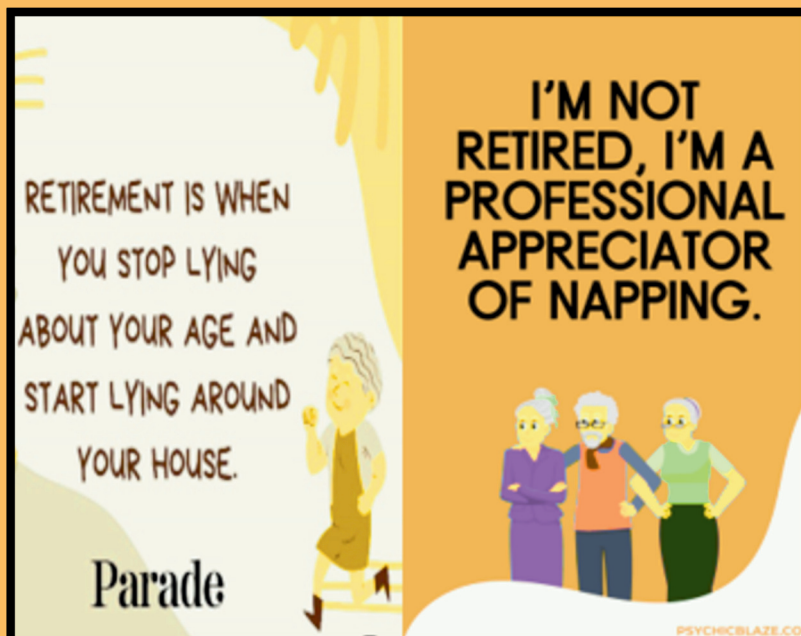
Here's your chance!!



The Hunt Center goes to
the Hollywood Casino the
1st and 3rd Wednesday of
the month. The next trip
will be **November 4th
and 18th**. We 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.

FUNNY BONE

1. Why aren't koalas' actual bears?
They don't meet the koalafication
2. What do an old person's teeth and the stars have in common?
They come out at night.
3. How do you increase the heart rate of your 70-year-old husband?
Tell him you're pregnant.
4. What's the best thing about being 103?
No peer pressure.
5. Why did the senior stare at the orange juice?
It said concentrate, and they took it too seriously.
6. What do you call someone with no body and nose?
Nobody knows.
7. What do an old person's knees, back, and neck have in common?
They all click more than the TV remote



Out to Lunch Bunch

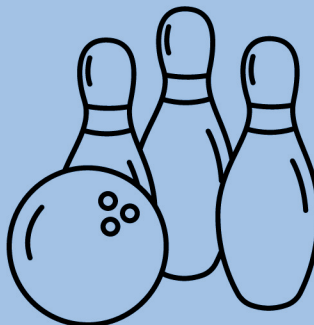
On **Friday November 20 at 12:00 pm**, the Out to Lunch Bunch will meet at Old Bag of Nails, 615 Riverside Drive, Toledo, Ohio. If you plan to ride the bus, please let Kay know early because space is limited. Whether you drive or ride the bus, please RSVP to Kay so that we may let the restaurant know the number of who will be there.



Thanksgiving offers a perfect blend of comfort and creativity. It's a chance to cook up family favorites — from turkey and yams to pies — and pass them down as cherished traditions. It's also a moment to photograph your loved ones, creating a visual record that can later be compiled into a custom book for friends and family. The Hunt Center would like to wish all of family and friends at the center a happy and safe Thanksgiving.

Timber's Bowling Outing

Twice a month the Hunt Center will go to Timber's Bowling Alley for an afternoon of fun and fellowship. Please join in the fun at Timber's Bowling Lanes at 1246 Conant St., Maumee at



11:00 a.m. on the 2nd & 4th Monday of the month. This month the dates for bowling are November 9th & 23rd. Don't miss out!

The cost is \$4.00 per game and shoe rental is \$4.00. Even if you don't bowl, come to eat from their menu (or bring your lunch or snacks), and watch the others bowl. We love cheering each other on! Please sign up with Kay as to whether you are driving or taking the bus. The bus will leave at 10:45 a.m.

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 because of LUEY**

Line Dance W/ Melanie

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

Benefits Counseling

Denise, the Hunt Center Senior Advocate (Denise) is available for Benefits Counseling, to help you apply or recertify for benefits such as SNAP food assistance, Medicaid, HEAP, PIPP, Medicare, Social Security, etc. She can fax or scan documents. 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 or Senior Farmer Market coupons.

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.

Thank you to All Veterans

Veterans Day is a federal holiday in the United States observed annually on November 11, honoring military veterans of the United States Armed Forces. Major hostilities of World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918 when the Armistice with Germany went into effect.

At the urging of major U.S. veteran organizations, Armistice Day was renamed Veterans Day in 1954. Veterans Day is distinct from Memorial Day, a U.S. public holiday in May: Veterans Day commemorates the service of all U.S. veterans, while the older Memorial Day, which grew out of Civil War commemorations, specifically honors those who have died while in military service. Another military holiday that also occurs in May, Armed Forces Day, honors those currently serving in the U.S. military. Additionally, Women Veterans Day is recognized by a growing number of U.S. states that specifically honor women who have served in the U.S. military. To us in America the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service, and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of nations. The United States Congress adopted a resolution on June 4, 1926,

requesting that President Calvin Coolidge issue annual proclamations calling for the observance of November 11 with appropriate ceremonies. A Congressional Act (52 Stat. 351; 5 U.S. Code, Sec. 87a) approved May 13, 1938, made November 11 in each year a legal holiday: "a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as 'Armistice Day.'" In 1945, World War II veteran Raymond Weeks from Birmingham, Alabama, had the idea of a national holiday that would honor all war veterans, living and dead, to be celebrated on Armistice Day. Weeks led a delegation to Gen.

Dwight Eisenhower, who supported the idea of National Veterans Day. Weeks led the first national celebration in 1947 in Alabama and annually until his death in 1985. President Reagan honored Weeks at the White House with the Presidential Citizenship Medal in 1982 as the driving force for the national holiday.

Elizabeth Dole, who prepared the briefing for President Reagan, determined Weeks as the "Father of Veterans Day". Congress amended the bill on June 1, 1954, replacing "Armistice" with "Veterans", and it has been known as Veterans Day since. The National Veterans Award was also created in 1954. Congressman Rees of Kansas received the first National Veterans Award in Birmingham, Alabama, for his support in offering legislation to make Veterans Day a federal holiday.

Thank you for your service!

What is diabetes?

Diabetes is a condition that happens when your blood sugar (glucose) is too high. It develops when your pancreas doesn't make enough insulin or any at all, or when your body isn't responding to the effects of insulin properly. Diabetes affects people of all ages. Most forms of diabetes are chronic (lifelong), and all forms are manageable with medications and/or lifestyle changes. Glucose (sugar) comes from carbohydrates in your food and drinks. It's your body's go-to source of energy. Your blood carries glucose to all your body's cells to use for energy. When glucose is in your bloodstream, it needs help — a "key" — to reach its destination. This key is insulin (a hormone). If your pancreas isn't making enough insulin or your body isn't using it properly, glucose builds up in your bloodstream, causing high blood sugar (hyperglycemia). Over time, having consistently high blood glucose can cause health problems, such as heart disease, nerve damage and eye issues.

The technical name for diabetes is diabetes mellitus. Another condition shares the term "diabetes" — diabetes insipidus — but they're distinct. They share the name "diabetes" because they both cause increased thirst and frequent urination. Diabetes insipidus is much rarer than diabetes mellitus.

There are several types of diabetes. The most common forms include:

- **Type 2 diabetes:** With this type, your body doesn't make enough insulin and/or your body's cells don't respond normally to the insulin (insulin resistance). This is the most common type of diabetes. It affects adults, but children can have it as well.
- **Prediabetes:** This type is the stage before Type 2 diabetes. Your blood glucose levels are higher than normal but not high enough to be officially diagnosed with Type 2 diabetes.
- **Type 1 diabetes:** This type is an autoimmune disease in which your immune system attacks and destroys insulin-producing cells in your pancreas for unknown reasons. Up to 10% of people who have diabetes have Type 1. It's usually diagnosed in children and young adults, but it can develop at any age.

Approximately 37.3 million people in the United States have diabetes, which is about 11% of the population. Type 2 diabetes is the most common form, representing 90% to 95% of all diabetes cases. Have you been checked for Diabetes? (from the internet)

Glenna's Gleanings: Thanksgiving



Thanksgiving is a harvest festival and national holiday which is celebrated on the fourth Thursday of November every year. It has been celebrated as a national holiday on and off under different presidents of the United States.

The holiday is also celebrated in Canada as well as many other countries.

Although it has its roots in religious and cultural traditions, it is also celebrated as a secular holiday. During the reign of Henry VIII, many English reforms came. Around this time, Thanksgiving religious services also gained importance and popularity in reaction to Catholic holidays.

The 1536 reforms reduced the number of Catholic holidays greatly, many of which were replaced by other religious holidays like Days of Fasting and Days of Thanksgiving. Thanksgiving was celebrated to thank God for war victories and other blessings given by the Father. Thanksgiving was first celebrated in North America by the English settlers known as Pilgrims. They first celebrated the festival in October 1621. The Pilgrims feasted for three days as a part of the celebrations. As accounted by Edward Winslow who attended the festival, 53 pilgrims and 90 Native Americans attended it. English colonists were accustomed to celebrating Thanksgiving and thanking God for ending a drought or giving a war victory. In this way, Thanksgiving gradually became a proper festival in the United States of America. Thanksgiving was not celebrated as a national holiday until the Presidency of Abraham Lincoln. During the American Civil War in 1863, Lincoln announced Thanksgiving as a Federal holiday. At the height of Civil War and unrest in America, President Abraham Lincoln formally announced the Thanksgiving Day to encourage the Americans with these words. "in every part of the United States, and also those who are at sea, and those who are sojourning in foreign lands, to set apart and observe the last Thursday of November next as a Day of Thanksgiving and Prayer to our beneficent Father who dwelleth in the heavens." Thanksgiving has been officially celebrated in the United States ever since. The date of Thanksgiving has evolved a little during its history as the first Thanksgiving was celebrated in October. It is celebrated as a harvest festival. Today, it is celebrated in many countries around the world on this day each year. Thanksgiving celebrations include many traditions like giving food and charity to poor people, organized Thanksgiving parades, sports matches and more. People cook traditional dishes like stuffed turkey, mashed potatoes with gravy, sweet potatoes, sweet corn, and green bean casserole on the occasion. People also pray and thank God for all the blessings they have, mealtime prayers are said, and churches also arrange prayer services to thank God. (Internet)

Happy Thanksgiving from My House to Yours!

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

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Who is it?

The person
featured was
Mary Gustwiller.

When you see her,
mention that you saw her baby
picture. If you would like your baby
picture used, please submit it to
Glenna and promise to keep it a
secret. I would like to do a monthly
contest. Please help by submitting
your picture. It will be returned to you.

The Hunt Center is in search of
a **volunteer** Bingo caller. If you



would like to
donate two hours
of your time once a
week, we would greatly
appreciate it. Bingo is every
Tuesday afternoon from 1:15
until 3:00 p.m. If you are
interested, please call Glenna
at (419) 385-2595