

SENIOR PAGES

January 2026

Volume 31 Issue 1

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A.B.L.E

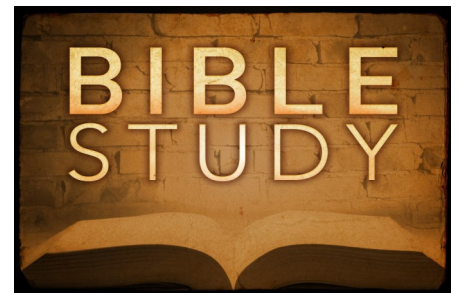
A lawyer with Legal Aid of Western Ohio will be here on the 2nd Thursday of the month. Appointments are 30 minutes each. This is a free service.

Most of the cases they can handle for seniors are the following: drafting a will/financial power of attorney, living will, healthcare power of attorney; collection defense/bankruptcy; landlord-tenant issues; simple probate issues; and avoiding probate advise (drafting a transfer on death for a house) We are now taking appointments for March 13th from 9:00 a.m.-12:30 p.m. Appointments are required and can be made by calling 419-691-2254 ext. 207.



BIBLE STUDY

Ken Leese, a local minister, will begin a bi-weekly Bible Study beginning Friday, January 16, 2026. He will be here starting at 12:30 P.M. Ken loves to discuss the Bible and talk about the Lord. If you are interested in attending or would like more information, please call Patty at 419-691-2254 ext.207 or email her at pattyd@etfc.org. There is a sign up sheet on the table if you would like to sign up early to let Ken know you are interested.



MISSION STATEMENT

In the community, for
the community,
strengthening one life
at a time.

MARK YOUR CALENDAR

Jan. 6,13,20,27
Euchre 12:15 p.m.

Jan. 6,13,20,27
Art Class 10 a.m.

Jan. 5,12,26
Trivia
12:30 p.m.

Jan. 5,12,26
Line Dancing
1:00p.m.

Jan. 8, 22
Bunco
12:30 p.m.

Jan. 2,9,16,23,30
Golf, Card game
9:30 a.m.

Jan. 20
Nurse Kelly
9:15 a.m.-12:15p.m.

Jan. 9,23
Breakfast
8:30 am– 9:30 am

Jan. 8,26
Well Check
Various (see inside)

Jan. 7,21
Bingo
12:30

Jan. 9,29
Movie of the Month
Noon

Jan. 28
Birthday Bingo
Birthday Treats

Jan. 23
Book Club
1:00 p.m.

Jan 1, 29
Center Closed
For New Years &
MLK Jr. Day

BALANCE BUILDER

Tony, with Silver Sneakers will be at the East Toledo Senior Center on Thursday, January 15, 2026 at 10:30 a.m. He will be offering some balance strengthening tips to help us be safer in all we do. This is sponsored by Aetna Insurance.



It's all about balance!



Balance is key to staying healthy!

MOVIE OF THE MONTH

The East Toledo Senior Center will be having Movie of the Month on **Friday, Jan. 9th & Thursday, Jan. 29th** at Noon. Watch for flyers or call Patty for more information. We will provide free popcorn and lemonade.



COLLABORATIVE PARTNERS

Area Office on Aging of NWO
Compass Care
Eggleston-Meinert-Pavley
Funeral Home
Enpuzzlement
Food for Thought
Walker Funeral Home
Majestic Care
Orchard Villa
Seagate Food Bank
St. Charles Mercy Hospital
Toledo Refining
Toledo Health Dept.
Ayden Healthcare
Landings of Oregon
Aetna

TRANSPORTATION

For those that use our transportation to go to medical appts., grocery shopping, etc., it is now required that you schedule at least 2 weeks before your appointment. If it is non-medical, please have a few options in case we are booked. Please remember there is a \$20 cost for all transportations now.

BIRTHDAY BINGO

Austin from CoreWealth, will be sponsoring a free birthday bingo on Wednesday, January 28th, the 4th Wednesday of the month, at 12:30 p.m. This is for everyone; we are celebrating with the people that had birthdays that month!



EUCHRE

Euchre is every Tuesday beginning at 12:15 p.m. The cost is \$1 per person. Why not join us for lunch before Euchre starts? Just call and sign up for lunch at least 24 hrs. in advance.

LINE DANCING

Join Jo Kandik as she teaches you Country Line Dancing. This is a FREE program! Classes are every Monday beginning at 1:00 p.m.

REMINDER ABOUT TRANSPORTATION

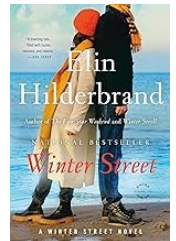
Just a notice that it is very important to make sure you sign up for transportation when you need it to come the center for lunch.

If you call early enough before a staff has left the building we could still add you. If the staff has already picked everyone up and came back here, they will not go back out to pick others up. So please make sure you sign up for transportation after ordering your meals so you do not miss out on lunch.

BOOK CLUB

Friday, Jan. 23rd at 1:00 p.m.

"Winter Street" by Elin Hilderbrand



Kelley Quinn is the owner of Nantucket's Winter Street Inn and the proud father of four, all of them grown and living in varying states of disarray. Patrick, the eldest, is a hedge fund manager with a guilty conscience. Kevin, a bartender, is secretly sleeping with a French housekeeper named Isabelle. Ava, a school teacher, is finally dating the perfect guy but can't seem to commit. And Bart, the youngest and Kelley's only child of his second marriage to Mitzi, has recently shocked everyone by joining the marines. As Christmas approaches, Kelley is looking forward to getting the family together for some quality time. But when he walks in on Mitzi kissing the guy playing Santa, utter chaos descends. And everyone with their own dramas, it might be up to his ex-wife to save Christmas.

**See Patty for a book

BINGO

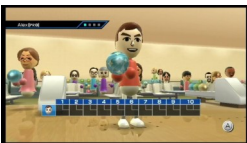
Bingo will be on 1st & 3rd Wednesday at **12:30 p.m.** While this is a drop-in activity we recommend signing up in advance.

**CANCELLATIONS!**

If you are signed up for lunch and cannot make it, PLEASE call the food line and cancel. We, have wasted a lot of food due to making meals for those not coming after signing up. If you are going to be out more than one day, leave that on the message also. **If you are signed up and miss 3 days without calling, you will be removed for the rest of the month and have to fill out a new menu.**

WII BOWLING

Wii Bowling will now be held on the 2nd and 4th Wednesday of the month at 12:30 p.m. This is a drop in program and you can join and play at any time. It is FREE! This can be done standing or sitting.

**WISH LIST**

Kitchen Aid 7 qt. Professional mixer
4 ft. x 3 ft. White Board (for softball)
Decent shape used pick up truck

BUNCO

Bunco is the 2nd & 4th Thursday's at 12:30 p.m. **Bunco is a fun, luck-based dice game** **No experience needed. We can teach you in a matter of minutes!**
Cost to play is \$1.00.

FOOD COMMODITIES

Our food commodities are distributed on the second Tuesday of the month beginning at 9:00 a.m.

The income guideline is 185% below poverty. Bags of food are available on a first come

NURSE KELLY

Nurse Kelly will be here on Tuesday, January 20th from 9:15 a.m.-12:15 p.m.

**TOPS**

TOPS (Taking Off Pounds Sensibly) welcomes new members who want to lose weight and make new friends. Join them on Mondays. Weigh ins from 5:45 p.m.– 6:15 p.m. Meetings begin at 6:30 p.m. at the Senior Center.

TRIVIA

The East Toledo Senior Center does Trivia every Monday at 12:30. This is a FREE, drop-in activity. All participants have fun and sometimes surprised at how much they know. Come join us for fun and make new friends!

SENIOR SAFETY TIPS**Medications**

Keep all medications in their original containers so you don't mix up medicines.

- Ask your pharmacist to put large-print labels on your medications to make them easier to read.
- Take your medications in a well-lit room, so you can see the labels.
- Bring all of your pill bottles with you to your healthcare provider's appointments so he or she can look at them and make sure you are taking them correctly.

SHUFFLEBOARD

We will have Shuffleboard beginning Thursday, January 8, 2026 at 12:30 p.m. This will be every week except the first Thursday of each month. We have equipment for 4 teams, 2 players each team OR 2 team 2 teams of 4 players. Two people can play also, one on each team. We can teach you to play.

CENTER CLOSED

Center will be closed on January 1, 2026 & January 19, 2026 in observance of New Year's. and Martin Luther King Jr. Day.

TRANSPORTATION

We provide transportation to and from the Senior Center for lunches and activities. To schedule transportation, call 419-691-2254 and ask for a staff member. There is a suggested \$1.00 donation for a one-way trip.

The Beauty of Elderly Hands

By Kelly Roper

Although the hands of the elderly
may not be
Smooth, supple, and unblemished,
They have a beauty all their own.
Each line, each spot, each scar
Has its own tale to tell.
Some are tales of tragedy, others
are tales of triumph,
But they all combine to tell the
unique story
Of that treasured person's life.
So the next time you're with an
elder,
Gently take that person's hands
within your own,
And look with wonder at a life
truly lived.

GOLF: THE CARD GAME

We offer the card game GOLF from 10:00-11:30 a.m. every Friday. The objective is to achieve the lowest possible score by strategically managing a hand of cards. Players aim to swap high-value cards for lower-value cards. Everyone is welcome to join us. No experience is necessary. We will teach you! This is a drop in program and it is not necessary to be here every Friday.

MINOR HOME REPAIR PROGRAM

The East Toledo Senior Center, in conjunction with the Area Office on Aging, provides minor home repair to Lucas County residents who qualify with little or no cost to the senior. The purpose of this program is to ensure that area seniors have a safe home in which to live in. All applicants must own the home in which they are living and that requires repairs and be current on their real estate taxes. If you or someone you

know is in need of repairs, not limited to, but including window, gutters, plumbing, furnace, railings, tubs, etc. Call the Senior Center and ask for the Home Repair Coordinator at (419) 691-2254.

You will be asked to fill out an application and provide proof of income. You will be placed on a waiting list in order of most pressing needs.

ART EXPLORATION Toledo Museum of Art

The Art Class is changing their schedule for the rest of the year. Classes will resume on Tuesday, Jan 6, 2026 with a Printmaking Class with Adrienne. Only 15 per people per session. Make sure to sign up on sheet.

ILLNESS

There MANY illnesses going around right now. For the safety of other seniors and staff, **if you don't feel well or even have a cold, PLEASE STAY HOME!** We all need to protect each other right now. Even if you don't have it bad, others could get it worse than you. **Also, wash your hands regularly.**

OHIO DEPT. ON AGING

50 W. Broad St./9th Floor
Columbus OH 43215
(614) 466-5500
www.goldenbuckeye.com

LUNCH PROGRAM



We offer lunches Monday-Friday at 11:45 a.m. (Dine-In Only). Stop in and get a menu and order form or call and **ask for the lunch line (ext. 9).** There is a \$2.50 suggested donation for lunch.

We are no longer able to allow you to take your food out.

If you do not have transportation to come to the center for lunch, call the center at 419-691-2254 to schedule a ride.

PLEASE NOTE:

If you sign up for an activity that includes lunch, make sure that you turn in an order form for the date of the activity.

Also, if you miss 3 meals that you signed up for and don't call to cancel, your order for the remainder of the month will be deleted.

BASKETBALL

There will be open gym for seniors 48+ on Tuesday's beginning October 2nd from 7 p.m.- 8:30 p.m. It is at the East Toledo Family Center, 1020 Varland, Toledo OH 43605 in the gym. This is a drop-in program and is FREE. No registration required. Great way for our softball players to stay in shape in the off-season!



Seniors in Need?

Coming Soon! If you are a senior citizen 60 or better, in need of food or hygiene items, please let either Brenda or Derek know. We are working on resources for those in need. All requests will remain anonymous, and will be handled discretely.

BREAKFAST

We offer breakfast a couple of times a month! It's a \$2 voluntary donation. We serve from 8:30 a.m.-9:30 a.m. The dates and menus are as follows:

Jan. 9-French toast, Hash Brown, Juice & Coffee.

Jan. 23- Ham, Egg & Cheese bake, Cinnamon roll, Juice & Coffee.



Menu subject to change!

LUNCH ORDER OR CANCEL EXT. 9

REMINDER!!

Please remember to watch your language when you are in this building/on our vehicles. Fun can be had with out all of the curse words being said. This can be offensive to some people, If you continues, warnings will be given and then possibly asked to leave.

MEMBERSHIP

I realize we have not sent out membership renewals in a couple of years. We have decided to do a mass mailing for membership after the first of the year. Doing this helps us to remember to do it every year after the first of the year rather than several a year.

Reminder, this is a Supporting Membership and you do not need to be a member to participate at the East Toledo Senior Center.

HISTORICAL SOCIETY

The Historical Society hosts regular meetings here at the Senior Center on the 4th Thursday of every month March- October at 6 pm.

Meetings have ended for the season! Keep and eye out for when they will begin again!

WEATHER CLOSINGS

Please note that our weather closing policy is as follows: Watch your local news stations to make sure we are open on days of inclement weather. We will close if LUCAS COUNTY is under a level 2 or 3 Snow Emergency. If you are a PASSPORT client, the driver will notify you as to whether or not they will be able to transport you to your appointment due to road conditions.

Also, even if the weather is bad, please watch the local tv stations in case we close without a snow emergency.

RED ROBIN FUNDRAISER

The East Toledo Senior Center will be having a fundraiser on Thursday, February 19, 2026 at the Red Robin Restaurant in Rossford. You can go for either lunch or dinner (OR BOTH) and show the enclosed flyer (or on your phone), and the center will receive 20 % of sales!



WELL CHECKS

Landings of Oregon will be here Thursday, Jan. 8th from 11:15 am.- 12:15 p.m.

Mercy Health will be here Monday, Jan. 26th from 10:00-1:00.

CHORE

Reminder! To get on list for 2026, make sure to call 419-691-2254 EXT 205, beginning January 2, 2026! If you leave a message, make sure you leave your name, number and address. We will record them in the order they are received.

Chore is a suggested donation and will be based on your household income and a sliding scale fee. Remember, the fee is just a suggested donation and it goes back into the program. We DO NOT stop service for non-payment.

SNOW REMOVAL

We will do snow removal when it snows 2 inches or more. You must call each time. You call 419-691-2254 ext 205. **Call only once please.** You can leave a message if we are closed.

RED HAT SOCIETY

The Red Hats will be meeting for lunch at Moe's in Rossford on January 8, 2026 at 12:30 p.m. 620 Dixie Hwy. Watch for sign up sheet.

Please contact Gail with any questions or to check on any other plans.



SENIOR SOFTBALL

2026 Registrations will go out the end of December. Watch for them in the mail. If you don't receive it, please call!

As of January 1st, you can also register online! If you have interested friends, call Brenda with their names and address and she will make sure a registration goes out to them. To be eligible for the Wednesday league, they must turn 48 by December 31, 2026.
www.etseniorsoftball.com

SPEAKERS

Everyone needs to remember that we have speakers come to our center to offer information and help to our seniors.

We need to be respectful and not talk, laugh, etc. while they are here. Being loud is not acceptable. Even if it is something that does not affect you, it may others who would like to listen.

If you do not want to listen, you need to quietly move into the other room until they are done speaking.



Birthday Treats

January Birthday Treats will be on Wednesday, Jan. 28th.



BOOK DONATIONS

The East Toledo Senior Center is no longer accepting book donations. We have more than we can put out and no place to store extras.

We apologize for this inconvenience.



PRAYER CORNER

Please say a special prayer for all of our friends who are ill, recuperating or have lost loved ones:

Get Well Wishes for:

Russ Doerr
Jean Donofrio
Ron Ohm
Shirley Ritter
Jean Schweitzer
Eddie Stripling
Dave Toth

Let us know if you or someone you know are in need of prayer.



WEBSITE

Check out our Website!!

We would like feedback from you to ensure that it is easy to navigate and find the information you are looking for.

The address is:

easttoledoseniorcenter.org

DAY TRIPS & MULTI-DAY TRIPS

2026 DAY TRIPS

Keep your eyes open! We are working on planning our day trips for 2026! Feel free to write down any suggestions although there are no guarantees that we will plan all the trips that are suggested.



2026 MULTI DAY TRIP

New Orleans

7 days 6 nights

October 11-17, 2026

\$954 per person (Double Occupancy)

Includes: Motor coach transportation

6 nights lodging including 4 consecutive nights in the New Orleans area.

10 meals: 6 breakfasts and 4 dinners,

Guided tour of New Orleans
Admission to the National World War II Museum
Gaming at fabulous

New Orleans' Casino
Admission to Mardi Gras World

Relaxing Riverboat Cruise on the Mississippi River
Enjoy Historic New Orleans French Quarter

\$75 per person deposit due by June 1, 2026 to save you spot on the trip.



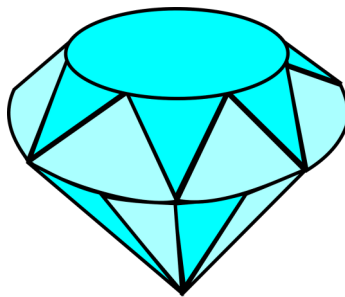
DIAMOND CLUB

"Diamond Club" is for all participants aged 75 and over. sometime after the first of the year.

Membership to the Diamond Club is FREE. **If you are not a member and are aged 75 and over,** simply fill out the form below and give to a staff member.

We will not be planning any events for the upcoming future due to lack of interest.

Maybe we will bring it back



FOOD FOR THOUGHT

We have a Food for Thought Food Pantry here every 1st Thursday of the month from Noon-2:00 p.m. There are no income or age requirements so you can tell your family members about this amazing program. We also accept volunteers to help at the pantry, especially at around 2 p.m. to help tear down. This is a great program and we are very excited to host this at the East Toledo Senior Center. Next pantry will be on Feb. 5, 2026.

THERE WILL NO PANTRY IN JANUARY, 2026!

East Toledo Senior Center

DIAMOND CLUB Registration Form

Name: _____

Address: _____

City/State/Zip: _____

Phone Number: _____

Happy NEW YEAR

Happy New Year! May the next 365 days be filled with love, laughter, and abundant blessings.



The East Toledo Senior Center is sponsored in part by
Area Office on Aging of NW Ohio



Non-Profit Org.
US. Postage
PAID
Permit No. 661
Toledo OH

EAST TOLEDO FAMILY CENTER
1020 Varland Ave.
TOLEDO OH 43605

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