

EAST TOLEDO SENIOR CENTER

SENIOR PAGES

April 2023

Volume 28 Issue 4

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East Toledo Senior Center
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MISSION STATEMENT

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

HISTORICAL SOCIETY

The Historical Society will begin meeting again on Thursday, March 23rd at 6:00p.m. at the East Toledo Senior Center.

They will have regular meetings on the 4th Thursday of every month through October.

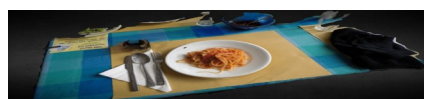
The public is welcome to attend.

JOIN US!

The East Toledo Senior Center no longer offers Grab & Go Meals.

We would like to invite you to come into the center to enjoy your lunch. You can meet people and make new friends. We offer so many activities that we believe you would enjoy being a part of some day.

Feel free to stop in to pick up an April menu and order form and join us to dine-in. We begin serving at 11:45 a.m.



THANK YOU!!!

Thank you to everyone that came to the St. Patrick's Day Party! You helped to make it a huge success! Also, thank you to all of the volunteers that helped with the party! Our candy baskets were provided by Mary S. We hope you all had a good time!



WELCOME NEW STAFF!

Please welcome our two new staff!

Derek Conley is our new Office Clerk! He will take care of the Chore Program, some program planning and implementation.

Shawna Watson is our new PASSPORT Driver! She has had many years experience driving school bus.

We are excited to welcome them both to the ETSC Family!

MARK YOUR CALENDAR

April 3, 10, 17, 24

Trivia
12:30p.m.

April 4

NHA-Nutrition
11:30

April 4, 11, 18, 25

Euchre
12:30p.m.

April 5, 12, 19, 26

Crafting Class
9:00a.m.

April 6

Restaurant of the Month
4:00 p.m.

April 7, 14, 21, 28

Golf the Card game
10:00a.m.

April 7, 14, 21, 28

Oldies Workout
12:30p.m.

April 10, 24

Line Dancing
1:00p.m.

April 10, 24

Bible Study Group
1:30p.m

April 10, 24

Bunco
2:00p.m.

April 12, 18, 20, 24

Well check
10:30a.m.

April 12, 26

Painting Class
1:00 p.m.

April 13

Self-care
12:30p.m.

April 13

Bingo
12:30p.m.

April 17

Diamond Club
11:00a.m.



LIKE AND FOLLOW US
ON FACEBOOK
EAST TOLEDO SENIOR CENTER

DREAM TRAVELERS

This isn't just any kind of Dream Travelers. This is dream traveling at its best with an awesome guest host and food. We might even go to Disney World!! Join us on this trip:

Thursday, April 20
10:45 a.m.

ETSC Staff will be leading us on a journey to:

FLORIDA

The cost is a suggested donation of \$2.50 for the lunch.

Please mark Y for yes, or N for no, for lunch when you sign up.

WANT A SNACK!? THIRSTY!?

We now have a snack cart! We will have chips, pop, water, candy, granola bars and more! The prices will be listed on the cart! All proceeds will benefit ETSC programming and your tummy!!!



LUNCH ORDER OR CANCEL EXT. 9 SNOW OR LAWN CARE EXT. 4



Come join us as Pam Lundy, volunteer through Area Office on Aging Christian Outreach, leads us to study in a way that we may be strengthened and encouraged to face the many challenges each day may bring.

Next dates: April 10 & 24 at 1:30 p.m.

BREAKFAST

We are offering breakfast twice a month! The next one's offered will be on April 7th and 21st from 8:30 a.m.- 9:30 a.m. It is a suggested donation of \$2.50. Please look for sign up sheet.

April 7th- Hash Brown Casserole (includes Sausage & Bacon), oatmeal, muffins, fresh fruit, yogurt w/granola, white/wheat toast and V8 Juice.

April 21st- Veggie Frittata, muffins, oatmeal, fresh fruit, yogurt w/granola, white/wheat toast and V8 Juice.

OLDIES WORKOUT

Come workout to the music of the 50s-70s! Join us every Friday at 12:30. Let's have some fun and keep healthy! Wear comfortable clothes and shoes.

MARK YOUR CALENDAR

(Cont. from page 1)

April 19, 26

Wii Bowling
12:30p.m.

April 20

Dream Travelers
10:30a.m.

April 14, 28

Cooking class
1:00 p.m.

April 27

Red Hats
12:30

May 4

Book club
1:00p.m.

Dates and times are subject to change for reasons that may be out of our control. We will do our best to keep you informed of any changes that may have to be made. Thank you for your understanding.



WELL CHECKS

We now have blood pressure screenings every week, Monday through Thursday to better help you take care of yourself.

Wed., April 12th; Tues., April 18; Thur., April 20th; Mon April 24th. Please check the activity calendar for times.



SPEAKERS

In order to provide you with quality programs and services, we invite guest speakers to our center. These speakers are hand picked, and the topics they present are geared towards those aged 60 and better.

When a speaker is scheduled, please be considerate. Discontinue your activity and give them your full attention.

FREE BINGO

Landings of Oregon and Majestic Care will be sponsoring Bingo on Thursday, April 13th and Thursday, April 20th at 12:30 p.m. at the Center.

While this is a drop-in activity we recommend signing up so we know how many to set up for.



WII BOWLING

Wii Bowling will begin Wed., April 19th with the banquet on June 14th. The price to bowl for the 8 weeks is \$7.00 due to increased prices of food for the banquet.

We can have a total of 8 people. We also welcome viewers. All bowlers need an audience for support and encouragement.

!ATTENTION!

We have a new ice machine in the McCloskey Room. Please do not take ice from it. There will be an ice bucket on the table every day for participants. If that is empty, alert a staff member to fill it. Thank You!

WISH LIST

Frying Pans
Commercial Utensils
72" Round Plastic Table
Coverings in various colors
Large Igloo Coolers
Tissues
6" folding resin tables

BASKETBALL

We offer Basketball on Friday evenings beginning at 7 p.m. at the Family Center, located at 1020 Varland. This is for everyone aged 50 and better. This is a great way to stay in shape. Basketball will run through April 2023.

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 first serve basis.

NURSE KELLY

Nurse Kelly will be here on Tuesday April 18, 2023 from 9:00-12:30 for well checks consisting of blood pressures and weight. She will also check your sugar upon request.

STAY HEALTHY

Please, while at the senior center, wash your hands often and use sanitizer (located throughout the building).



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!

VOLLEYBALL

We have year-round Volleyball on Mondays beginning at 9:30 a.m. at the Family Center, located at 1020 Varland (corner of E. Broadway). This is for everyone aged 50 and better.



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 East Toledo Senior Center.

EARTH DAY

Our staff member, Steve Smith, who is also a rep from Toledo Trees, will be giving a presentation for Earth Day. He will discuss the importance of recycling and the options to recycle many different items.



OUTREACH SERVICES

Are you or someone you know a senior who needs help filling out insurance, HEAP or other forms? Do you need information on services that are available to you in the community? Are you having troubles paying your utilities? Call the office clerk at 419-691-2254 extension 204.

CHORE SERVICES

When the snow begins to fall, you **MUST** call each time you need snow removal. We will only come out once the snow has ended and it is at least 2".

As in the past, if you want lawn service for the 2023 season **you will need to call** as well. Don't wait too long because our allotted slots are filling up quickly. Once the slots are filled, you will be placed on a waiting list.

Before mowing begins, we will be sending out paperwork that **NEEDS** to be completed and returned to center.

Chore suggested donation will be based on your household income and a sliding scale fee. To determine what your cost will be for Chore and/or get on the list, call the office clerk 419-691- 2254 ext. 204.

RED HAT SOCIETY

We have our very own registered chapter of the National Red Hat Society, the RED HOT MAMAS!

On April 27, 2023 at 12:30 p.m., the "Red Hot Mamas" will be having a Tea at the East Toledo Senior Center. Please look for the sign up sheet to sign up and see if there is a cost.

This isn't just for those 60+, any adult woman can join. Those 59 and under wear pink and lavender while those 60+ wear red and purple. If you are interested in becoming one of our beloved RED HOT MAMAS, contact us and we will get you signed up.

SENIOR SOFTBALL SPONSORS

East Point Physical Therapy
Hartkopf DDS
Bull Moose Retirement Planning Co.
NDS Payroll & HR
Tabula Rasa Software
Arthur C Ingram, Attorney LLC
Navarre Carryout

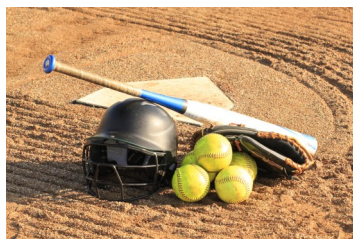
2023 SENIOR SOFTBALL

Registration forms for 2023 Senior Softball are out and we are getting them back!

We are accepting more registrations for only a short time! The late fee has been waived this year!

We have several convenient ways to pay your registration fees: Check, Cash, Money Order, Credit Card. If paying with a credit card, please use the enclosed form and mail in with your registration form. You may also use the option of registering on our website at <http://HTOsports.com/etsacsoftball> and paying with PayPal. There is a \$2 bank fee for all PayPal transactions.

If you did not receive one in the mail, please notify us ASAP! Let's make this a great season!



BUNCO

Bunco is every 2nd and 4th Monday of the month at 2:00p.m. You will have your very own dice while here so no sharing needed.

Cost to play is \$1.00; no experience necessary, we will teach you.



PRAYER CORNER

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

Gene Horvath

The family of for the loss of:
Norma Dickson

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

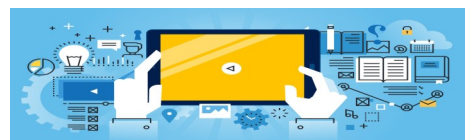


WEBSITE

Our new website is complete! Come check it out. 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



TRANSPORTATION

We provide transportation to and from the Senior Center for lunches and activities. We also provide scheduled trips to the grocery store, bank, pharmacy, post office, etc. To schedule transportation, call 419-691-2254 and ask for Chelsea at ext. 205. There is a suggested \$1.00 donation for a one-way trip.

BOOK MOBILE

The Toledo Lucas County Public Library book mobile will be here on the

1st & 3rd Thursdays
11:15-12:15.

Come check out what they have.

Please be careful of traffic, this is the same time people will be coming for lunch.

This is open to the community.



GOLF: THE CARD GAME

We offer the card game GOLF from 10:00-11:30 a.m. every Friday. Everyone is welcome to join us. No experience is necessary. We will teach you!

CRAFT CLASS

Craft class is each Wednesday beginning at 9:00 a.m.—11:00 a.m. Pauline invites you to come join her in fun doing craft projects. No experience required.

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

THE ARTIST IN YOU

with **Mary Jane**
Make up class!

April 12, 2023 1:00 p.m.
RSVP by April 10th

Wed, April 26 , 1:00 p.m.
RSVP by April 24

This class is designed to paint a complete picture in approximately 2 hours. Even if you don't think you have the skill, we promise your painting will be beautiful!

This class is free for residents who live in Toledo and \$5 for all others. This class is being funded through a grant. **We are required to have a copy of your proof of income. This information is kept confidential. (needed to Toledo residents only). Supplies will be furnished.**

Watch for the sign-up sheet or the post on our website and Facebook for the painting we will be doing.

To view Mary Jane's works of art, visit her website at: art-bymjerard.com

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.

CAFÉ DAY

The ETSC nutrition program offers Café Day once a month, usually the 4th Tuesday. We offer three entrées, sides, and fruit selections for you to choose from. This is only offered to those who Dine In.

Simply fill out the order form, which is on the sign up sheet table, and give to a staff. Orders must be turned in on the Friday before the Café Day.

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.

If you do not have transportation to come to the center for lunch, call Chelsea, 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.

SELF-CARE W/ CRYSTAL

Crystal, with Aetna Ins., will be leading a session, once a month on Self-care at 12:30p.m..

Our next session is for ALZHEIMER'S on April 13th. Please plan on coming to these monthly meetings to learn how to better care for yourself without the cost of a doctor visit.

COOKING CLASS

Our cooking classes for this month will be held on Friday, April 14th @ 1:00 p.m. We will be making an appetizer and April 28th @ 1:00 p.m. and we will be making a dessert!

Look for flyer on sign up table for actual menu. Cost is \$5 for those living outside of the City of Toledo. See Chelsea to sign up and pay.

OHIO DEPT. ON AGING

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

COLLABORATIVE PARTNERS

Area Office on Aging of NW Ohio
Arbors of Oregon & The Willows
Eggleston-Meinert-Pavley Funeral Home
Walker Funeral Home
Hope Community Church
Lutheran Homes
Orchard Villa
Seagate Food Bank
St. Charles Mercy Hospital
Toledo Refining
Toledo Police Department

SPEAKERS

Larry Sykes from Neighborhood Health will be speaking about what they have to offer on April 4th at 11:30 a.m.

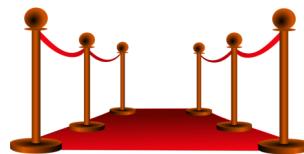
We encourage you to attend. We will make every attempt to offer transportation home to those that we transport here for lunch that day.

FASION SHOW & TEA

We will once again be having a Fashion Show & Tea, partnering with the Oregon Senior Center! It will be on May 10th and held at the Oregon Senior Center this year!

We are looking for models for the show. The Director of the Oregon Sr. Center may be getting us the opportunity to model clothes from Walmart!

Please let Patty know if you would like to "walk the runway"!



EUCHRE

Euchre is every Tuesday beginning at 12:30 p.m. The cost is \$1 per person. Why not join us for lunch before Euchre starts? Grab the current month's menu the next time you are here.

LINE DANCING

Join Jo Kandik as she teaches you Country Line Dancing. This is a FREE program! Classes are the 2nd and 4th Monday beginning at 1:00 p.m.

RESTAURANT OF THE MONTH



Ralphie's
2759 Seaman Rd
Oregon

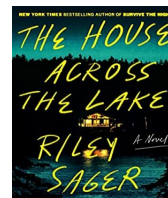
**Thursday, April 6, 2023
4:00 PM**

Please be at the Center by 3:45p.m. if riding the bus. We leave promptly at 4:00p.m. Please save bus seats for those that do not drive.

Please put your name on the sign-up sheet so we can give the restaurant an accurate count of diners.

Everyone is responsible for their own dinner.

BOOK CLUB



Thurs., May 4,
2023
1:00 p.m.

"Casey Fletcher, a recently widowed actress trying to escape a streak of bad press, has retreated to the peace and quiet of her family's lake house in Vermont. Armed with a pair of binoculars and several bottles of bourbon, she passes the time watching Tom and Katherine Royce, the glamorous couple living in the house across the lake. When Katherine suddenly vanishes, Casey immediately suspects Tom of foul play. What she doesn't realize is that there more to the story than meets the eye."

See Patty for a book

Designer Purse Party Bingo

FUNDRAISER

East Toledo Senior Center

\$30 Per Person

**Thursday
July 13, 2023
6:00 PM to 8:30 PM**

Must be 21+ to participate in our event.
10 rounds, plus one Cover-All Round.
Refreshments will be available. Including soft drinks, snacks, beer and sangria. Limit of 2 drink tickets per person. Tickets are available at the East Toledo Senior Center.



The East Toledo Senior Center is sponsored in part by



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EAST TOLEDO SENIOR CENTER
1001 WHITE STREET
TOLEDO OH 43605

SENIOR PAGES

2023 Day Trips

Sauder's Village

Thursday, May 18, 2023
10 am– 4 p.m.
\$50/person

Transportation, admission,
lunch at The Barn Restaurant

Mudhen's Game

Wednesday, June 21, 2023
Leave Center at 11:00 a.m.
\$15/person

Transportation, ticket , lunch

U of M Museum of Art

Thursday, July 20, 2023
Leave Center at 9:30 a.m.
Lunch at Dominick's
\$5/person

Transportation, Everyone is on
their own for lunch.

Wright Patterson Air Force
Base Museum (Dayton, OH)

Thursday, August 18, 2023
Leave Center at 8:30 a.m.

Lunch at Debbie's Restaurant
\$10/person

Transportation, Everyone is on
their own for lunch.

Erie Orchards

Thurs., September 21, 2023
Leave Center at 10 a.m.
(MUST have 12 people to go)
Lunch at Erie Restaurant
\$15/person

Transportation and tour, every-
one is on own for lunch.

MULTI-DAYTRIPS

**CAPE COD, MARTHA'S
VINEYARD & PLYMOUTH**

June 11-17, 2023
\$849 per person (double)
6 nights of lodging
10 meals

- *Plymouth Rock
 - *Tour of Martha's Vineyard
 - *Tour of Hyannis & Sandwich
 - *JFK Museum
 - *Sandwich Glass Museum
 - *Tour of Provincetown
 - *Tour of Chatham
- \$75 deposit due by at sign up.**

MACKINAC ISLAND

October 9-13, 2023
\$639 per person (double)

4 nights of lodging
8 meals

- *Tour of Mackinaw City
- *Carriage tour Mackinac Is.
- *Boat ride through Soo Locks
- *Tour of Sault Sainte Marie
- *Visit Mackinaw Crossings
- *Admission to Colonial Michillimackinac
- *Kewadin Sault Casino

**\$75 deposit due by 6/2/2023
Don't hesitate, trips fill up**

DIAMOND CLUB

"Diamond Club" is for all par-
ticipants aged 75
and over.



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
Chelsea.

Upcoming activities for the
Diamond Club: If you have any
suggestions on activities,
please share with us. We
would love to hear your ideas!

**BRANDVILLE SCHOOL
MUSEUM
March 30, 2023**

Be at the East Toledo Senior
Center by 10:45 to take the
bus or you can meet us there if
you wish. The tour will be an
hour and a half long. We will
then go to **LUCKIE'S** for
lunch. Everyone is on their
own for lunch.

Join in the fun!



MEALS

We cannot provide to go con-
tainers for any food you may
have at lunch. You must
bring your own. We cannot
put the food in your contain-
ers either. You must do that
on your own. Please do not
get angry at a staff if they tell
you we cannot give you a to
go container or foil/saran
wrap for your
food. They are following in-
structions.



East Toledo Senior Center

**DIAMOND CLUB
Registration Form**

Name: _____

Address: _____

City/State/Zip: _____

Phone Number: _____

Birthday (month, day & year): _____