

EAST TOLEDO SENIOR CENTER

SENIOR PAGES

March 2023

Volume 28 Issue 3

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Facebook
East Toledo Senior Center
Like and Follow

HISTORICAL SOCIETY

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

They will then have regular monthly meetings on the 4th Thursday of every month through Oct.

The public is welcomed 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 a March 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 Valentine's Day Party! You helped to make it a huge success! Also, thank you to the volunteers that helped: Beverly, Diane, Nancy and Sue! Thank you to Chelsea and Brenda (the great Bingo caller). Our donations were provided from Doreen (Pretzel sticks), Crystal from Aetna (her children made valentines) and Navarre School (Valentine's and Valentine plaques). 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 programming planning and implementation.

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

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

MISSION STATEMENT

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

MARK YOUR CALENDAR

March 1, 8, 15, 22, 29
Sewing/Craft
9:00a.m.

March 3, 10, 24, 31
Golf the Card game
10:00a.m.

March 3, 10, 24, 31
Oldies Workout
12:30p.m.

March 6, 13, 20, 27
Trivia
12:30p.m.

March 7, 14, 21, 28
Euchre
12:30p.m.

March 8, 16, 21, 27
Well check
10:30a.m.

March 8
Speaker for NHA
12:30p.m.

March 9
Self-care/Brain Games
12:30p.m.

March 9, 16
Bingo
12:30p.m.

March 9
Restaurant/month
4:30 p.m.

March 16, 30
Cooking class
4:30p.m.

March 13, 27
Line Dancing
1:00p.m.

March 13, 27
Bible Study Group
1:30p.m.

March 13, 27
Bunco
2:00p.m.

March 16
Dream Travelers
10:30a.m.

(continued on page 7)

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!

SEWING CLASS

Sewing/Craft class is each Wednesday beginning at 9:00 a.m.—11:00 a.m. Pauline invites you to come join her in fun sewing and 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!

March 15, 2023 1:00 p.m.
RSVP by March 10

Wed, March 22, 1:00 p.m.
RSVP by March 17

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.

FREE BINGO

Landings of Oregon and Majestic Care will be sponsoring Bingo on Thursdays, March 9 and 16th 16, 2023 at 12:30 p.m.

While this is a drop-in activity we recommend signing up so we know how many are coming.



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.

!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 is 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 March 21, 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 from 7-8 p.m. with weigh-ins from 6-6:45 p.m. at the Senior Center. Everyone is welcome!

FRIDAY, MARCH 17, 2023

11:45 A.M.

ST. PATRICK'S DAY PARTY

Lunch
Choice of:
Grilled
Reuben
or
Fish
Sandwich

\$5.00
Per Person

Includes:
Lunch, Games,
Prizes,
Snacks



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 fill up quickly. Once the slots are filled up, 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!

Throughout the year there are several activities that are planned for the ladies from lunches, to trips, and local shows. The ladies also do community service volunteer hours helping with many of the ETSC's special events.

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!

Registration deadline is March 10, 2023. Registrations postmarked after this date will be assessed a \$10 late fee. This fee must be paid before player is placed on a roster.

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.

Karen Wilhelm

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

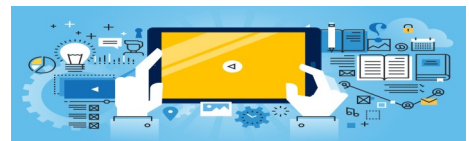


WEBSITE

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



2023 Day Trips

Sauder's Village

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

Transportation, admission,
lunch at The Barn Restaurant

Mudhen's Game

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

U of M Museum of Art

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)
Leave Center at 8:30 a.m.
Lunch at Debbie's Restaurant
\$10/person

Transportation, Everyone is on
their own for lunch.

Erie Orchards

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.

**Day Trips are first pay, first
go!**

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**

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:

**Lunch at Clay High School
11:00a.m.**

Be at the East Toledo Senior
Center by 10:45 to take the
bus. You can meet us there if
you wish.

See Patty for menu.

If you have any suggestions
on activities, please share with
us. We would love to hear
your ideas!

For future Diamond Club ex-
clusive events, check out the
table with the sign-up sheets
and next month's newsletter.
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 is 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): _____

SELF-CARE W/ CRYSTAL

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

Our next session is BRAIN GAMES! 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:

Thursday, March 16th &
Thursday, March 30th

Time is 4:30 p.m.

Watch for menu on the sign up table. This is a prepay class.

OHIO DEPT. ON AGING

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

COLLABORATIVE PARTNERS

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

SPEAKERS

Larry Sykes from Neighbor-
hood Health will be speaking
about what they have to offer
on March 8th at 12:30.

Matt Krause with Lucas Co
Emergency Preparedness will
be speaking on how to be pre-
pared for disasters on March
20th at 12:30.

Gary Lenhart for One Voice
will be speaking about oppor-
tunities available for our
homes and more on March
29th at 12:30.

These are some very im-
portant speaking engage-
ments. We encourage you to
attend. We will make every
attempt to offer transportation
home to those that we
transport here for lunch that
day.

EUCHRE

Euchre is every Tuesday be-
ginning 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! Clas-
ses are the 2nd and 4th Mon-
day beginning at 1:00 p.m.

RESTAURANT OF THE MONTH



BAYSIDE
BANQUET
HALL
2759 Seaman
Rd
Oregon

**Thurs, March 9th
4:00PM**

If you want to ride the bus,
please be at the Center by
3:45p.m.

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

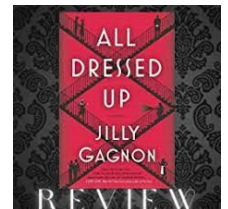
***Everyone is responsible for
their own dinner.***

If we can print a menu, we will
post it by the sign up sheets.

BOOK CLUB

ALL DRESSED
UP
by Jilly Gagnon

March 23, 2023
1:00 p.m.



The weekend getaway at the
gorgeous manor hotel should
have been perfect. But Becca is
freshly smarting from her hus-
band Blake's betrayal and
knows this is just an expensive
attempt at an apology. She may
not be ready to forgive him, but
the drinks are strong, the estate
is stunning, and the weekend
has an elaborate 1920s murder
mystery theme. She decides to
get into the spirit of things and
enjoy their stay. What could go
wrong?

See Patty for a book



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. Join us on this trip:

Thursday, March 16
10:45 a.m.

Our Guide, ETSC Staff will be leading us on a journey to:

IRELAND

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 are not selling chips and candy bars for \$1/each.

We also have cans of pop for 75¢.

Items are in the director's office or ask a staff member.



LUNCH ORDER OR CANCEL EXT. 9

SNOW OR LAWN CARE EXT. 4

LET'S SEE YOUR

As of December 1st, those riding our bus can forgo wearing a mask if they chose to do so!



GRIEF SUPPORT

Thursday, Feb 16, 2023
12:30p.m.

Kelly Beattie, Social Worker and Counselor from Hospice of Northwest Ohio, accepting appointments for individual counseling here at the Senior Center. If interested in making an appointment call her directly at 419-931-5657.



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

(continued from page

March 16
Cooking Class
4:30p.m.

March 30
Diamond Club
12:30p.m.

Speaker for EMA
March 20
12:30p.m.

March 30
Cooking Class
4:30p.m.

March 22
Painting Class
1:00 p.m.

March 23
Book club
1:00p.m.

March 29
Speaker One Voice
12:30p.m.

Although we make every attempt to adhere to posted calendar dates and times, life happens and we may have to make changes. Thanks for your cooperation!

WELL CHECKS

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

Wed., March 8th; Thur., March 16th; Tues., March 21, Mon March 27

HEALTH



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.



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



EAST TOLEDO SENIOR CENTER
1001 WHITE STREET
TOLEDO OH 43605

SENIOR PAGES

Non-Profit Org.
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Toledo OH