

SENIOR PAGES

January 2025

Volume 30 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 Jan. 2025. 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 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.

Medical Conditions and Cold Weather

If you have the following medical conditions or are caring for someone with these conditions, take extra precautions during cold weather.

- Diabetes can prevent blood from flowing normally to provide warmth.
- Thyroid problems can impact the body's ability to maintain an average body temperature.
- Parkinson's disease and arthritis can make it challenging to put on more clothes, use a blanket or get out of the cold.
- Memory problems can cause a person to forget to take precautions for staying weather-safe, such as wearing appropriate attire. Some medications can affect body heat, too. These include prescription medications and those bought over the counter, such as some cold medicines. Ask your doctor if your medications may impact body heat and what you can do.

MISSION STATEMENT

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

MARK YOUR CALENDAR

Jan. 7,14,21,28
Euchre
12:15 p.m.

Jan. 6,13,27
Trivia
12:30 p.m.

Jan. 6,13,27
Line Dancing
1:00p.m.

Jan. 9,23
Bunco
12:30

Jan. 9
Dream Travelers
10:30 a.m.

Jan. 3,17
Coffee & Sweets
9:00 a.m.

Jan. 3,10,17,24,31
Golf, Card game
9:30 a.m. (Note change
in time.

Jan. 14
Nurse Kelly
9:00 a.m.-12:00p.m.

Jan. 10,24
Breakfast
8:30 am- 9:30 am

Jan 9, 27
Well Check
Various (see inside)

Jan. 2,16
Bingo
12:30

Jan. 24
Book Club
1:00 p.m.

Dec. 24 & 25
Center Closed

Jan. 1, 2025
Center Closed

UNITED HEALTH CARE

United Health Care will be coming to the center on Tuesday, January 6, 2025 at 11:00 a.m.

They will help people understand their health insurance and to answer questions they may have.



PARKING

We understand that our parking lot is small and very tore up. This of course, is beyond our control.

Please be considerate of others and make sure you park between the lines and straight. This is also to protect your own vehicle. If you are not parked straight there is a chance of it being hit. Thank you.

COLLABORATIVE PARTNERS

Area Office on Aging of NW Ohio
Cleveland Cliffs
Eggleston-Meinert-Pavley Funeral Home
Walker Funeral Home
Hope Community Church
Majestic Care
Orchard Villa
Seagate Food Bank
St. Charles Mercy Hospital
Toledo Refining
Toledo Police Department
Toledo Health Dept.

TRANSPORTATION

For those that use our transportation to go to medical appts., grocery shopping, etc., it is imperative that you make every attempt to schedule it at least 2 weeks before. We are filling up quickly. If it is non-medical, please have a few options in case we are booked. <https://easttoledoseniorcenter.org/transportation-services>

TRIVIA CONTEST!

We will be holding a Trivia Contest on Monday, January 6, 2025 at 12:30 p.m. at the East Toledo Senior Center. This is to celebrate National Trivia Day. If we have enough people, we will play in teams; otherwise, everyone will be competing as individuals. There will be refreshments and prizes sponsored by Devoted Health plans!!! To sign up email Patty at pattyd@etfc.org for call 419-691-2254. This is a free event.



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? 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 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 off 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

"Winter By the Sea"

by Julie Klassen
Friday, January
24, 2025 @1:00 p.m.



When the Duke and Duchess of Kent and the daughter-the future Queen Victoria-rent neighboring Woolbrook Cottage for the winter, the Summers sisters are called upon to host 3 of the royal couples male staff in their seaside house. But they soon realize they've invited secrets and intrigue into their home. Meanwhile, Emily Summers longs to become an author. A local publisher offers to consider her novel if she will first write a Sidmouth guidebook for him. Emily agrees and begins researching the area with help from the Duke of Kent's handsome private secretary. But a surprise visitor from her past shows up, leaving Emily torn between the desires she's long held dear and her budding dreams for the future.

**See Patty for a book

BINGO

Bingo is on the first and third Thursdays at 12:30 p.m. For Dec. we will only have Bingo on Dec. 5th.

While this is a drop-in activity we recommend signing up in advance. **The month of January will be free as it is being sponsored by Krystin, with Aetna.**

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 is now offered every week unless an event is planned. This is a FREE activity with lots of fun and camaraderie that begins at 12:30 p.m. We could always use a fill-in bowler or two. There will be free popcorn and beverage for those participating or just watching!



WISH LIST

50" New Smart TV
Kitchen Aid 7 qt. Professional mixer

BUNCO

Bunco is the 2nd & 4th Thursday's at 12:30 p.m. **Please note change of day and time!**

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

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, January 14th from 9 -12. She will check weight and blood pressures.



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!

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.

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

NUTRITION/SNAP-ED

Sarah Schmitt, from the Ohio State University will be coming to lead nutrition classes on Friday, Jan. 10th and 24th from 12:30 p.m.-1:30 p.m. With the price of groceries this may be a great way to learn different recipes and different ways to keep our food fresh longer. This a FREE class!

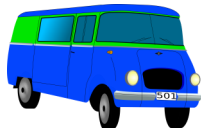


REFUNDS

Just a quick reminder that if you pay for a party/day trip you may get a refund UNLESS we have shopped for the party or purchased tickets for the trip. I am sorry for this inconvenience.

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.



BOOK MOBILE

The Toledo Lucas County Public Library book mobile will be here on the following dates in December:

TBD

2:30 p.m.– 3:00 p.m.

Come check out what they have.

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!

COFFEE & SWEETS

We will enjoy coffee & sweets on Friday, January 3rd & 17th

You can enjoy & music and mingling with friends until lunch time! Voluntary donations will be accepted.

We must have at least 5 signed up by the Wednesday before to have this event.



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 next session will be January 21—March 11. on Tuesdays starting at 10 a.m.-11:30 a.m.

Kasey Leads 'Nostalgia in Glass'

Class is for those 60 and better and limited to 15 students.

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.

During Fall and Winter we will be doing soup on Tuesdays as often as possible!

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

YWCA

Rep. Jill will be here Tuesday, Jan 21st at 11:00 a.m. to help us keep aware of Breast Cancer and let us know services available through the YWCA.

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

OHIO DEPT. ON AGING

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

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.

CENTER CLOSED

Center will be closed Wednesday, Jan 1st in observance of New Year's and Monday, January 20th in observance of MLK Day.

**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 for a trip to:

A Dilly Dali Day & Italian Adventure
Thursday,
January 9, 2025
10:30 a.m.

With Judy Pfaffenberger leading the tour.

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.

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. 10- Sausage Gravy & biscuits, Potatoes, Eggs, juice and coffee.

Jan. 24- Cornbeef hash, eggs, toast, juice and coffee.



**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 without 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. Thank you.

TECHNOLOGY CLASS

TBD

She will help with your phones, tablets, etc.

**HISTORICAL SOCIETY**

The Historical Society hosts regular meetings here at the Senior Center.

The regular meetings are on the 4th Thursday of every month at 6 p.m. through October and begin again in March.

The public is encouraged and welcome to attend.



*Happy
 New Year*

NOON YEAR'S EVE PARTY

The East Toledo Senior Center will be having its Annual "Noon" Year's Eve party on Tuesday, December 31st at 11:45 a.m. The cost is \$5 per person and includes lunch, games, prizes, refreshments, photo opportunities and....**KARAOKE!!!** Must sign up and pay by Monday, Dec. 23rd.

**BASKETBALL**

We offer basketball at the East Toledo Family Center on Tuesday's and Thursday's at 7 p.m. beginning October 1st.

This is a drop in FREE program.

WELL CHECKS

Landings of Oregon will be here Thursday, Jan. 9th from 11:15 am.- 12:15 p.m.

Mercy Health will be here with flu vaccines Monday, Jan. 27th from 10:00-1:00.

CHORE

We are done with fall clean up and mowing!

Next up will be snow! **Reminder, you must call in each and every time you need snow removal. Must be 2 inches or more according to the airport reading and they will not come out until snow stops. There is NO LIST for snow.**

To get on mowing season for next summer you must call every year beginning January 2nd to be put on list. You are not automatically put on the list! 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.

Do not call contractors with problems or questions. You must call the center.

RED HAT SOCIETY

We have our very own Red Hat Society, the RED HOT MAMAS!

We will be having lunch at Luckies on Thursday, January 23rd at 12:30p.m.

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



SENIOR SOFTBALL

I am pleased to announce that **there will be a 2025 Season.**

Games will be played in Walbridge, OH at either Railway Park or Loop Park.

Registrations will go out soon so watch your mail. If you could call 419-691-2254 and leaves us your name and whether you will be playing this year, it would be very helpful.

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!!!!

On Thursday, January 23rd we will have Birthday Treats sponsored by Ayden Healthcare.

It's not just for those January birthday's either!!!



SHUFFLEBOARD

We will once again offer Shuffleboard, games start at 12:30 p.m. We can have as many as two teams of four players. So find a friend or two and come have lunch (not required) and stay to play, or watch a game or two. This a FREE activity!!!

Not on Jan. 8th.

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:

Gina Duris

Kate Perrin

Charles (Skip) McLane

The families of

Debbie Bauman

Jim Henderson for the loss of his son

Ed Blankenship for the loss of his brother,

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

WATCH FOR THE 2025 DAYTRIPS! SUGGESTIONS ACCEPTED!



2025 MULTI DAY TRIPS

Branson Show Trip

6 days 5 nights

June 16-21, 2025

\$835 per person (Double Occupancy:

Includes: Motor coach Transportation, 5 night lodging including 3 consecutive nights in the Branson area.

8 meals: 5 breakfasts, 3 dinners

Admission to 6 shows!

Including 3 morning shows:
Jersey Nights Show, Doug Gabriel Morning Show *

Beach Boys: California Dreamin'

3 Evening shows:

The Haygood's Show, Edge of Illusion featuring Reza & "David" Show at the Sight & Sounds Theatre.

\$75 per person deposit due by February 7, 2025 to save you spot on the trip.

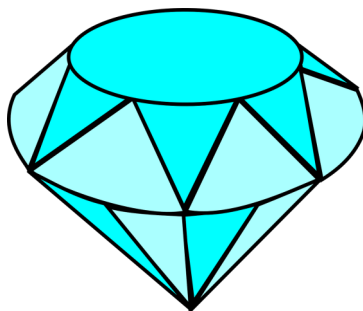


DIAMOND CLUB

"Diamond Club" is for all participants aged 75 and over.

will be going to Woodville Diner, Watch for the sign up sheet for the date and time.

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 are going to begin having Diamond Club every other month. We will not have an activity for January.

In February, the Diamond Club

Charleston, SC

7 days 6 nights

October 12-18, 2025

\$979 per person (Double Occupancy)

Includes: Motor coach transportation

6 nights lodging including 4 consecutive nights in the Charleston area.

10 meals: 6 breakfasts and 4 dinners,

Visit the Historic Charleston City Market

Relaxing Harbor Cruise in Charleston

Visit to Famous and Historic Middleton Place

Guided tour of Charleston

Tour of a Historic

Charleston Home,

Guided tour of a Historic Charleston Plantation

\$75 per person deposit due by May 29, 2025 to save you spot on the trip.

East Toledo Senior Center

DIAMOND CLUB

Registration Form

Name: _____

Address: _____

City/State/Zip: _____

Phone Number: _____



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

SENIOR PAGES

EAST TOLEDO FAMILY CENTER
1020 Varland Ave.
TOLEDO OH 43605