

SENIOR PAGES

October 2025

Volume 30 Issue 10

Brenda Holdren
Director

Gail Broeker
Advisory
Board President

1001 White St.
Toledo OH 43605

Phone
419-691-2254
Brenda Holdren ext. 2
Derek Conley/PASSPORT/Chore
ext. 5
Patty Downing/Activities ext. 7
Steve Smith/Home Repair ext. 6
Senior Athletics ext. 8
Lunch RSVP/Cancellations ext. 9

Fax
419-691-2282

e-mail
brendah_etsac@yahoo.com

Website:
easttoledoseniorcenter.org

MISSION STATEMENT

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

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 December 11th from 9:00 a.m.-12:30 p.m. Appointments are required and can be made by calling 419-691-2254 ext. 207.



LUNCH AND LEARN: UNDERSTANDING MEDICARE

Thursday, October 16th. 11:30 a.m. You **MUST** R.S.V.P. by Wednesday, October 8th!

Join us for a complimentary presentation where we'd cover the basics of Medicare and provide important updates for 2026. Hosted by Austin Rehberg, Licensed Insurance Broker/Agent CoreWealth Benefits. Sponsored by Devoted Health.

What you'll Learn:

- Medicare 101: The parts of Medicare and how they work together.
- What's new for 2026 and how changes may affect you.
- Tips for making informed decisions about your Medicare coverage.

Event Includes:

- Complimentary lunch provided by Devoted Health.
- Time for Q & A to get your Medicare questions answered.

Disclaimer: Event is for educational purposes only.

MARK YOUR CALENDAR

Oct. 7,14,21,28
Euchre 12:15 p.m.
Art Class 10 a.m.

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

Oct. 6,13,20,27
Line Dancing
1:00p.m.

Oct. 23
Bunco
12:30 p.m.

Oct. 3,17,24,31
Golf, Card game
9:30 a.m.

Oct. 21
Nurse Kelly
9:00 a.m.-12:00p.m.

Oct. 24
Breakfast
8:30 am– 9:30 am

Oct. 23,27
Well Check
Various (see inside)

Oct. 1,15
Bingo
12:30

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

Oct. 31
Halloween Party
11:45 a.m.
(lunch included)

Oct 9 & 10
Center Closed for
Cleaning



MEDICARE with Melinda Shinaver

Melinda Shinaver will be here on Monday, October 13th at 11:30 a.m. with an educational presentation on Medicare.



MOVIE OF THE MONTH

The East Toledo Senior Center will be having Movie of the Month on Friday, Oct. 17th at 12:00 p.m. 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, October 22nd, 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? **WE DO NOT EXCLUDE ANYONE DUE TO AGE, ABILITY, ETC.**

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 to the center for lunch.

If you call early enough before 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, October 24th 1:00 p.m.

Happy Harbor by Rachel Hanna

Josie Campbell has spent her entire adult life distancing herself from her childhood in the small Southern town of Happy Harbor.

Growing up with an alcoholic mother who was either absent or scandalizing the town with her antics, all Josie ever wanted was to escape to somewhere no one knew her. She finally has it, great job, condo, successful fiancé, and her teenage daughter, Kendra, enrolled at a top-rated school. But when life falls apart, and her nana dies, Josie is forced to return to the one place she never wanted to visit again. Soon, she finds herself stepping into Nana's shoes in Happy Harbor; running her restaurant, living in her family's historic home and bumping into Walker Jackson, the handsome man who lives in the guest house. Things are going well...until her mother shows up.

**See Patty for a book

BINGO**NEW TIME**

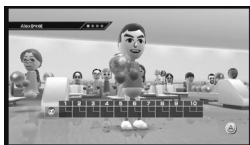
Bingo will be on 1st & 3rd Wednesday at **12:30 p.m.** While this is a drop-in activity we recommend signing up in advance. Sponsored by Amy with Humana.

**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 first serve basis.

NURSE KELLY

Nurse Kelly will be here on Tuesday, October 21st from 9 -12. She will be doing flu shots!

**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

Keep emergency numbers handy
Always keep a list of emergency numbers by each phone. Write this information in large enough print that you can read it easily if you are in a hurry or frightened. Be sure to list numbers for:

- 911
 - Poison Control: 1-800-222-1222
 - Family member or friend to call in case of emergency
- Healthcare provider's office

NUTRITION/SNAP-ED

Sarah Schmitt, from the Ohio State University will be coming to lead nutrition classes on the 2nd & 4th Friday's at 12:30 p.m. through November. With the price of groceries this may be a great way to learn different recipes and different ways to keep our food fresh longer.

HUMANA INSURANCE

Humana agent Amy will be here on Tuesday, October 21st to meet with you and discuss any questions you may have.

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.



VOLUNTEERS NEEDED

We are in need of volunteers that are able to get down on the ground and install bricks in the Memorial Walkway. We have a small staff and have a difficult time having the time to install them. We would like to have it done before the cold weather returns. Please contact Derek to volunteer so we can have enough tools.



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

Kacey will be leading a new class on Mosaics beginning Sept. 30th-Nov. 18th. Due to prior commitment, there will be no class on Nov. 11th

Class is for those 60+ 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.

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.

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

BASKETBALL

There will be open gym for seniors 48+ on Tuesday's and Thursday'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!



DREAM TRAVELERS

We will not be having Dream Travelers until further notice.

Thank you for all the support for the past years.



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:

Oct. 10— NO BREAKFAST

Oct. 24— French Toast, scrambles eggs, potato, 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 continue, warnings will be given and then possibly asked to leave.

HALLOWEEN PARTY

The ETSC will be having its annual Halloween Party on Friday, October 31, 2025. The theme is The Adams Family. The cost will be \$5 and includes: lunch, games, prizes, and snacks. Costumes are optional but for those wearing costumes we will vote for best costume!! Please watch for sign up sheet. Last day to sign up and pay is Oct. 17th.



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.

VETERAN'S BREAKFAST

We will once again have our Veteran's Breakfast on Tuesday, November 11, 2025 from 8 a.m.– 10 a.m. This is free and includes: Omelets to order, pancakes, sausage, hash browns, juice and coffee. We look forward to this event every year to be able to recognize our veteran's.



CLOSED FOR CLEANING

The East Toledo Senior Center will be closed to programming on Thursday, October 9th and Friday, October 10th.

The staff will be purging old files, and other items in the building as well as doing some major cleaning around the building.

We apologize for the inconvenience, but it really needs to be done due to lack of storage.



WELL CHECKS

Landings of Oregon will be here Thursday, Oct. 23rd from 11:15 am.– 12:15 p.m.

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

CHORE

Our 2025 list is full. Spaces are limited as people began calling in on January 2, 2025!

When calling about any issues/questions please only call once, someone will call you back.

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. This can result from you being removed from the list. You must call the center.

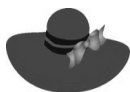


RED HAT SOCIETY

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

On Friday, October 3rd at 12:30 p.m. we will be attending a Spooky Tea at the Manor House. The cost is \$15 and the attire is Black, Orange and Purple.

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



SENIOR SOFTBALL

Congratulations to the champs this year!

Regular Season

48+- Hartkopf Dentistry
56+- Navarre Carry-Out

Tournament

48+- Hartkopf Dentistry
56+- Rick Frame- Elec Blue

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

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

October birthday treats will be on October 22nd.



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
Rich McGee
Ron Ohm
Eddie Stripling

Sympathy for the family of:
Joseph Wohlgamuth

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.



Charleston, SC

Charleston, SC Trip has been cancelled due to not enough people signing up.

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

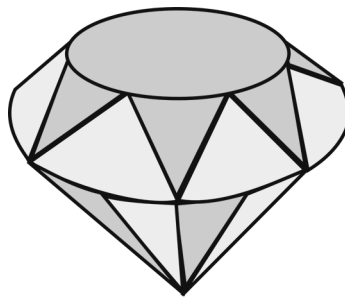
\$75 per person deposit due by June 1, 2026 to save you spot on the trip.



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.

East Toledo Senior Center

DIAMOND CLUB Registration Form

Name: _____

Address: _____

City/State/Zip: _____

Phone Number: _____



**food
for thought**

East Toledo Senior Center
1001 White St. Toledo, OH 43605
12:00 P.M. To 2:00 P.M.
Thursday, October 2, 2025

ALL AGES WELCOME!



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

SENIOR PAGES