



# PROGRAM GUIDE

**419.885.3913**

Fax: 419.882.0770

[www.sylvaniaseniorcenter.org](http://www.sylvaniaseniorcenter.org)

email: [info@sylvaniaseniorcenter.org](mailto:info@sylvaniaseniorcenter.org)

#### Hours of Operation:

Monday: 8:00 a.m. - 5:00 p.m.

Tuesday: 8:00 a.m. - 7:30 p.m.

Wed-Fri: 8:00 a.m. - 5:00 p.m.

 Find us on  
Facebook

Accredited by   
National Institute of  
Senior Centers

Use this guide along with our monthly newsletter and website for up-to-date, accurate information on our classes, health and fitness information and special events.

Sylvania Senior Center has been bringing seniors together since 1978, enriching lives and building a community.

**We are Nationally  
Accredited and Locally  
Committed.**

**This booklet includes information on:**

**Art Classes**  
**Booster Club**  
**Cards & Game Groups**  
**Computer Classes**  
**Events**  
**Follies Performance**  
**Gift Shop**  
**Health & Fitness Programs**  
**Health & Wellness Programs**  
**Home Maintenance Program**  
**Outreach Programs/Senior Services**  
**Participant Council**  
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**Current Volunteer Information**  
**Senior Nutrition Meals**  
**Special Interest/Social Groups**  
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**Transportation Services**  
**Volunteer Opportunities**

**As our participants say...**

**“We Love This Place”!**



## ART CLASSES

**Art Studio** - Tuesdays & Fridays from 9 - 11:00 a.m. **\$30/4 sessions or \$16.00 for 2 sessions. Cards Expire monthly.**

Work on your own project and bring your creative ideas to life on canvas or paper with Elaine Scarvelis, Instructor

**Special Art/Craft Classes** - Check the monthly newsletter for special art and craft classes offered throughout the year.

**Ceramics Group** - Wednesdays from 9 - 11:00 a.m.

Cost: \$10 per month. Beginner and advanced ceramicists welcome. Participant's work on their own projects, not instructor lead.

**Wood Carving** - Tuesdays, 3 - 6:00 p.m. March - December.

Tuesdays, 3 - 5:00 p.m. January - February

## BOOSTER CLUB

The Booster Club members are the backbone of our senior center. Participants, their families and community members are encouraged to become a Sylvania Senior Center Booster Club Member. The nominal annual membership (January–January) donations are used to defray operating costs. Members enjoy a quarterly Booster Club Breakfast meeting that includes prize drawings and center updates.

## CARDS & GAMES GROUPS

**Bingo**-Monday and Thursday from 1 - 3:00 p.m.

**Bunco**-1st & 3rd Tuesday of the month 1 - 3:00 p.m.

**Contract Bridge**-Tuesday 12:30 - 3:30 p.m. in the River Birch Room.

**Duplicate Bridge**-Thursday 1 - 4:00 p.m. in the Great Room.

**Mahjongg**-Monday 12:30 - 4:00 p.m. in the Art Studio.

**Party Bridge**-Thursday from 1 - 3:30 p.m.

**Party Euchre**-Wednesday 10:00 a.m. - 12:00 p.m. in the River Birch Room.

**Pinochle**-Wednesday from 12:30 - 3:30 p.m. in the River Birch Room.

**Poker**-Thursday 12:00 - 4:00 p.m., in the Willow Room.

**Pool Room**-Monday-Friday, 8:00 a.m. - 5:00 p.m.

**Scrabble**-Friday 1:30 - 4:30 p.m. in the Art Studio.

**Table Tennis**-during Open Gym times, schedule on page 6.

**Timed Euchre**-Monday & Friday from 12:30 - 2:30 p.m. River Birch Room.

## COMPUTER CLASSES

**Computer Classes** - available for every skill level.  
Check the newsletter for current class information.

- Computer Basics
- Genealogy
- iPad/iPhone
- Windows 10
- One-on-One Instruction

**Computer Club** - Wednesdays 3:45 - 4:45 p.m. Discuss technology, problems and how to get the most out of your computer.

## EVENTS

Due to strong business community support our Center is able to host many events such as:

- Spring and Fall "Here's To Your Health" Fair
- SSC Anniversary Celebration in March
- Volunteer Appreciation Event
- "Celebrate Women Tea" in May
- Red Cross Blood Drives - July & November
- Volunteer Fair in August
- "Oktoberfest" Dance in the Fall
- Flag Box Ceremony in November
- New Year Celebration in December

## GOING GREEN PROGRAM

We have made many "Green" changes at the Center. Those interested in participating in the Going Green program are urged to watch for ways you can support it at the Center and at home. Our newsletter offers tips and solutions to common green practices.

## GIFT SHOP

Our gift shop is full of items that are handmade by our seniors. When an items sells, 10% of the selling price goes to the Center. Stop in the Dining Room and see the wonderful items on display.

## HEALTH & FITNESS CLASSES

### Body Recall Legacy

Pain free rhythmical movement to maintain and enhance flexibility and range of motion; [Sheila Johnson, Certified Instructor](#)

**Monday, Tuesday, Thursday, 11:30 - 12:30 p.m.**

**Monthly Unlimited Class Card: \$30.00**

**3 Session Class Card: \$10.50; cards expire monthly.**

### Hatha Yoga

Breathing techniques, relaxation, proper alignment in yoga postures and mental focus; with [Sheila Johnson, Certified Instructor](#)

**March - October**

**Tuesdays 6 - 7:00 p.m.; \$30.00 month. \$8.00 drop-in rate.**

**Cards expire monthly.**

### Restorative Yoga

Active relaxation, providing a supportive environment to reduce chronic stress; [Sheila Johnson, Certified Instructor](#)

**Wednesdays 2:30 - 4:00 p.m.**

**Monthly Unlimited Class Card: \$30.00.**

**1 session Class Card: \$8.00; cards expire monthly.**

### Strength & Balance

Increase muscle and bone density to improve flexibility, balance & strength for the whole body; [Cara Jones, Certified Instructor](#)

**Wednesday 1 - 2:00 p.m., Friday 10:30 - 11:30 a.m.**

**Monthly Unlimited Class Card: \$35.00**

**2 Session Class Card: \$10.75; cards expire monthly.**

### Strength Training

Improve strength and bone density through weight bearing exercises. [Connie Nuzum, Bachelor of Science in Physical Education.](#)

**Monday and Thursday, 10 - 11:00 a.m.**

**Monthly Unlimited Class Card: \$33.00.**

**2 Session Class Card: \$10.30; cards expire monthly.**

### Dr. Lam's Tai Chi for Health

Strengthen core muscles that support and strengthen the spine, help prevent falls with better balance...

[Dianne Jagielski, Certified Instructor.](#)

**Tuesdays 3 - 4:00 p.m.; \$30.00 month. \$8.00 drop-in rate.**

**Cards expire monthly.**

## HEALTH & FITNESS CLASSES, Con't.

### Jazzercise

Invigorating aerobic workout.

Christy Owed, Certified Instructor 419.460.1734

Monday, Wednesday, Friday, 9 - 10:00 a.m.;

Tuesday and Thursday 8:30-9:30 a.m.

\$30.00/14 classes; Monthly Unlimited: \$35.00.

### Line Dancing - 55+

All are welcome! \$3.00 per person at the door. Let's dance! Have fun and boot scoot boogie! Art & Cora Shaffer, Instructors

Fridays, 2:30 - 4:00 p.m. No class from Thanksgiving until after the new year.

## HEALTH & WELLNESS

### Franciscan Care Center Blood Pressure/Blood Sugar Clinics:

Tuesdays, 9 - 11:30 a.m. in the Wellness Clinic.

### Sunset Retirement Communities Blood Pressure Clinic:

Alternate Monday,s 11:00 a.m. - 12:30 p.m.

**Podiatrist** - *Toenails, bunions, heel spurs*. Dr. Thomas McCabe accepts most medical cards and referrals. New clients please call Dr. Thomas McCabe's office (419-472-6946). 4th Thursday of the month.

**Please call the Center for appointment. 419-885-3913.**

## OPEN GYM SCHEDULE (time of usage subject to change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
8:00 - 8:45 am	8:00 - 9:30 am	8:00 - 8:45 am	8:00 - 9:45 am	8:00 - 8:45 am
10:15 - 11:15 am	12:45 - 2:45 pm	10:15 am - 12:45 pm	4:15 - 5:00 pm	11:45 am - 1:45 pm
12:45 - 5:00 pm	FLOOR SPACE	FLOOR SPACE	FLOOR SPACE	FLOOR SPACE
October-March 1:00 - 5:00 pm	8:00 - 8:15 am 12:45 - 2:45 pm	8:00 - 8:45 am 10:15 am - 12:45 pm	8:00 - 8:15 am 4:15 - 5:00 pm	8:00 - 8:45 am 11:45 - 1:45 pm
FLOOR SPACE	OPEN GYM = stationary bikes, free weights, treadmills, etc.			
8:00 - 8:45 am	FLOOR SPACE = table tennis, ballroom dancing, etc.			
3:00 - 5:00 pm				

## SILVER SCHOLARS PRESENTATIONS

*\*All events are subject to changes and may be by reservation as space might be limited. Additional information can be found in the monthly newsletters.*

**Tuesday Night Dinner** (\$7) served 4:30 - 5:15 p.m. Please reserve by 2:00 p.m. the Friday before.

**Silver Scholars are Arts and Sciences** educational presentations given after Tuesday 4:30 dinners starting at 5:30 pm. The various series included in the Silver Scholars presentations are Nat Geo, PBS, The Classic Cinema and presentations by our local artisans and professionals.

- **Classic Cinema Study Series** presented by Cinematic Historian Dr. Jan (Yon) Wahl, features classic films with commentary and background notes from his own rich film experiences and his published works. Jan invites discussion after each film is shown.
- **Nat Geo Presentations** "National Geographic is a global nonprofit membership organization driven by a passionate belief in the power of science, exploration and storytelling to change the world." – Nat Geo Seniors can stay up-to-date on global scientific issues by learning from these periodic Nat Geo programs.
- **PBS** - Since reading that a part of the "PBS' mission is to create content that educates, informs and inspires...(with) documentaries that expose us to the worlds of music, theater, dance and art," we have been eagerly enjoying their programs.
- **Movie Day** Free Movie, Root Beer Floats and Prizes every 3rd Wednesday, 1:00 p.m. Movie background notes are included. Please sign up for Movie Day in the office.

Current Silver Scholar topic listings can be found in our newsletter on page 4 or go online to <http://www.scsionline.org/seniorcenter/> and look for the newsletter button.

Suggestions for presentations are always welcome. Please contact Karen Underwood at 419-885-3139 10:30-5:00 pm (Tues. 1 - 7:30 pm) or [karen@sylvaniaseniorcenter.org](mailto:karen@sylvaniaseniorcenter.org).

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Billiards are open all day, all week   Daily Lunch 11:30 a.m. - 12:15 p.m.</b>				
<b>W e e k 1</b>	<p>China Painting 8 - 12:30 p.m. Jazzercise 9 - 10:00 a.m. Quilt Fan Attics 9 - 11:00 a.m. Strength Training 10 - 11:00 a.m. Body Recall Legacy 11:30 a.m.- 12:30 p.m. Euchre 12:30 - 2:30 p.m. Mahjongg 12:30 - 4:00 p.m. Penny Bingo 1 - 3:00 p.m.</p> <p>We also have a blood pressure clinic every other Monday, 11:00 a.m. - 12:30 p.m. Please check the newsletter or call for monthly dates.</p>	<p>Quilters 8:00 a.m. - 12:00 p.m. Jazzercise 8:30 - 9:30 a.m. BP/BS Clinic 9:00 - 11:30 a.m. Art Studio 9 - 11:00 a.m. Choral Group 9:45 - 11:15 a.m. Body Recall Legacy 11:30 a.m. - 12:30 p.m. Contract Bridge 12:30 - 3:30 p.m. Woodshop 1 - 3:00 p.m. Bunco 1 - 3:00 p.m. Dr. Lam's Tai Chi for Health 3 - 4:00 p.m. Woodcarving 3 - 6:00 p.m. Tuesday Evening Dinner 4:30 - 5:15 p.m. Silver Scholars (after dinner) 5:30 p.m. Hatha Yoga 6 - 7:00 (March - October)</p>	<p>Ceramics 9 - 11:00 a.m. Party Euchre 10:00 a.m. - 12:00 p.m. Jazzercise 9 - 10:00 a.m. Knit/Crochet 9 - 11:00 a.m. Pinochle 12:30 - 3:30 p.m. Band Practice 1 - 3:00 p.m. Strength/Balance 1 - 2:00 p.m. Restorative Yoga 2:30 - 4:00 p.m. Computer Club 3:45 - 4:45 p.m.</p>	<p>Quilters 8:00 a.m. - 12:00 p.m. Jazzercise 8:30 - 9:30 a.m. Strength Training 10 - 11:00 a.m. Body Recall Legacy 11:30 a.m. - 12:30 p.m. Poker 12 - 4:00 p.m. Duplicate Bridge 1 - 4:00 p.m. Party Bridge 1 - 3:30 p.m. Penny Bingo 1 - 3:00 p.m. Woodshop 1 - 3:00 p.m. Spanish Club - 1:30 - 3:00 p.m.</p>	<p>Jazzercise 9 - 10:00 a.m. Art Studio 9 - 11:00 a.m. Strength/Balance 10:30 - 11:30 a.m. Euchre 12:30 - 2:30 p.m. Woodshop 1 - 3:00 p.m. Scrabble 1:30 - 4:30 p.m. Knitting/Crochet 2 - 4:00 p.m. Line Dancing 2:30-4:00 p.m.</p>
<b>W e e k 2</b>	<p>China Painting 8 - 12:30 p.m. Jazzercise 9 - 10:00 a.m. Quilt Fan Attics 9 - 11:00 a.m. Strength Training 10 - 11:00 a.m. Body Recall Legacy 11:30 a.m. - 12:30 p.m. Euchre 12:30 - 2:30 p.m. Mahjongg 12:30 - 4:00 p.m. Penny Bingo 1 - 3:00 p.m.</p> <p>We also have a blood pressure clinic every other Monday, 11:00 a.m. - 12:30 p.m. Please check the newsletter or call for monthly dates.</p>	<p>Quilters 8:00 a.m. - 12:00 p.m. Jazzercise 8:30 - 9:30 a.m. BP/BS Clinic 9:00 - 11:30 a.m. Art Studio 9 - 11:00 a.m. Insurance Specialist 1:30 p.m. Learn to Knit - 10 - 11:00 a.m. Choral Group 9:45 - 11:15 a.m. Body Recall Legacy 11:30 a.m. - 12:30 p.m. Contract Bridge 12:30 - 3:30 p.m. Legal Outreach 12:00 Adult Coloring Group - 1 - 3:00 p.m. Woodshop 1 - 3:00 p.m. Dr. Lam's Tai Chi for Health 3 - 4:00 p.m. Current Events/Discussion Group 2 - 4:00 p.m. Woodcarving 3 - 6:00 p.m. Tuesday Evening Dinner 4:30 - 5:15 p.m. Silver Scholars (after dinner) 5:30 p.m. Hatha Yoga 6 - 7:00 (March - October)</p>	<p>Ceramics 9 - 11:00 a.m. Party Euchre 10:00 a.m. - 12:00 p.m. Jazzercise 9 - 10:00 a.m. Knit/Crochet 9 - 11:00 a.m. Pinochle 12:30 - 3:30 p.m. Strength/Balance 1 - 2:00 p.m. Restorative Yoga 2:30 - 4:00 p.m. Computer Club 3:45 - 4:45 p.m.</p>	<p>Quilters 8:00 a.m. - 12:00 p.m. Jazzercise 8:30 - 9:30 a.m. Strength Training 10 - 11:00 a.m. Body Recall Legacy 11:30 a.m. - 12:30 p.m. Poker 12 - 4:00 p.m. Penny Bingo 1 - 3:00 p.m. Duplicate Bridge 1 - 4:00 p.m. Party Bridge 1 - 3:30 p.m. Woodshop 1 - 3:00 p.m.</p>	<p>Jazzercise 9 - 10:00 a.m. Art Studio 9 - 11:00 a.m. Strength/Balance 10:30 - 11:30 p.m. Euchre 12:30 - 2:30 p.m. Woodshop 1 - 3:00 p.m. Scrabble 1:30 - 4:30 p.m. Knitting/Crochet 2 - 4:00 p.m. Line Dancing 2:30-4:00 p.m.</p>
<b>W e e k 3</b>	<p>China Painting 8 - 12:30 p.m. Jazzercise 9 - 10:00 a.m. Quilt Fan Attics 9 - 11:00 a.m. Strength Training 10 - 11:00 a.m. Body Recall Legacy 11:30 a.m. - 12:30 p.m. Euchre 12:30 - 2:30 p.m. Mahjongg 12:30 - 4:00 p.m. Penny Bingo 1 - 3:00 p.m.</p> <p>We also have a blood pressure clinic every other Monday, 11:00 a.m. - 12:30 p.m. Please check the newsletter or call for monthly dates.</p>	<p>Quilters 8:00 a.m. - 12:00 p.m. Jazzercise 8:30 - 9:30 a.m. BP/BS Clinic 9:00 - 11:30 a.m. Art Studio 9 - 11:00 a.m. Choral Group 9:45 - 11:15 a.m. Body Recall Legacy 11:30 a.m. - 12:30 p.m. Contract Bridge 12:30 - 3:30 p.m. Bunco 1 - 3:00 p.m. Woodshop 1 - 3:00 p.m. Dr. Lam's Tai Chi for Health 3 - 4:00 p.m. Woodcarving 3 - 6:00 p.m. Tuesday Evening Dinner 4:30 - 5:15 p.m. Silver Scholars (after dinner) 5:30 p.m. Medicare &amp; You 5:30 - 6:30 p.m. Hatha Yoga 6 - 7:00 (March - October)</p>	<p>Ceramics 9 - 11:00 a.m. Party Euchre 10:00 a.m. - 12:00 p.m. Jazzercise 9 - 10:00 a.m. Knit/Crochet 9 - 11:00 a.m. Pinochle 12:30 - 3:30 p.m. Strength/Balance 1 - 2:00 p.m. Restorative Yoga 2:30 - 4:00 p.m. Movie Day 1 - 3:00 p.m. Computer Club 3:45 - 4:45 p.m.</p>	<p>Quilters 8:00 a.m. - 12:00 p.m. Jazzercise 8:30-9:30 Strength Training 10-11:00 a.m. Body Recall Legacy 11:30-12:30 Poker 12-4:00 p.m. Penny Bingo 1-3:00 p.m. Book Review Club 2 - 3:00 p.m. Duplicate Bridge 1-4:00 p.m. Party Bridge 1-3:30 Woodshop 1-3:00 p.m.</p>	<p>Jazzercise 9 - 10:00 a.m. Art Studio 9 - 11:00 a.m. Strength/Balance 10:30 - 11:30 p.m. Euchre 12:30 - 2:30 p.m. Woodshop 1 - 3:00 p.m. Scrabble 1:30 - 4:30 p.m. Knitting/Crochet 2 - 4:00 p.m. Line Dancing 2:30-4:00 p.m.</p>
<b>W e e k 4</b>	<p>China Painting 8 - 12:30 p.m. Jazzercise 9 - 10:00 a.m. Quilt Fan Attics 9 - 11:00 a.m. Strength Training 10 - 11:00 a.m. Body Recall Legacy 11:30 a.m. - 12:30 p.m. Euchre 12:30 - 2:30 p.m. Mahjongg 12:30 - 4:00 p.m. Penny Bingo 1-3 p.m.</p> <p>We also have a blood pressure clinic every other Monday, 11:00 a.m. - 12:30 p.m. Please check the newsletter or call for monthly dates.</p>	<p>Quilters 8:00 a.m. - 12:00 p.m. Jazzercise 8:30 - 9:30 a.m. BP/BS Clinic 9:00 - 11:30 a.m. Art Studio 9 - 11:00 a.m. Learn to Knit - 10 - 11:00 a.m. Choral Group 9:45 - 11:15 a.m. Body Recall Legacy 11:30 a.m. - 12:30 p.m. Contract Bridge 12:30 - 3:30 p.m. Dr. Lam's Tai Chi for Health 3 - 4:00 p.m. Adult Coloring Group - 1 - 3:00 p.m. Woodshop 1 - 3:00 p.m. Current Events/Discussion Group 2 - 4:00 p.m. Woodcarving 3 - 6:00 p.m. Tuesday Evening Dinner 4:30 - 5:15 p.m. Silver Scholars (after dinner) 5:30 p.m. Hatha Yoga 6 - 7:00 (March - October)</p>	<p>Ceramics 9 - 11:00 a.m. Party Euchre 10:00 a.m. - 12:00 p.m. Jazzercise 9 - 10:00 a.m. Knit/Crochet 9 - 11:00 a.m. Pinochle 12:30 - 3:30 p.m. Strength/Balance 1 - 2:00 p.m. Restorative Yoga 2:30 - 4:00 p.m. Computer Club 3:45 - 4:45 p.m.</p>	<p>Quilters 8:00 a.m. - 12:00 p.m. Jazzercise 8:30 - 9:30 a.m. Podiatrist 9:30 - 11:30 a.m. (4th Thu) Strength Training 10 - 11:00 a.m. Body Recall Legacy 11:30 a.m. - 12:30 p.m. Poker 12 - 4:00 p.m. Penny Bingo 1-3:00 p.m. Duplicate Bridge 1-4:00 p.m. Party Bridge 1-3:30 Woodshop 1-3:00 p.m.</p>	<p>Jazzercise 9 - 10:00 a.m. Art Studio 9 - 11:00 a.m. Strength/Balance 10:30 - 11:30 a.m. Euchre 12:30 - 2:30 p.m. Woodshop 1 - 3:00 p.m. Scrabble 1:30 - 4:30 p.m. Knitting/Crochet 2 - 4:00 p.m. Line Dancing 2:30-4:00 p.m.</p>



## SPONSORS AND COMMUNITY PARTNERSHIPS

The Sylvania Senior Center relies on the support of its community partners and sponsors to provide instruction for presentations, health care needs and services for individuals, financial support for events and groups, as well as educational opportunities.

Your attendance to Educational, Informational and Wellness programs, demonstrates your support of our community collaborators! These local professionals generously contribute their time, talents and professionalism to bring services to your Center!

## VOLUNTEERS

See the Volunteer Coordinator in the office to inquire about volunteering. We have volunteer opportunities in-house and within the community.

## ONGOING COLLECTIONS

Items for use as Door Prizes:

- Used Cell Phones for the Area Office on Aging 911 Cell Phone Program.
- Used Eyeglasses for Lions for Sight.
- Aluminum Beverage Tabs for Ronald McDonald House.
- Coupons.
- Flags for Disposal by the American Legion Post #468.
- Box Tops for Education.
- Prize items for gift baskets, special events, raffles and fundraising.
- Food and Pantry items for local charities.
- Toiletry/Hygiene items for various local charities.
- Handmade Blankets of all sizes.
- Lap pads, shawls, afghans, hats, scarves, mittens, slippers, layette sets & baby blankets, etc. for local charities.
- Clean yarn and fabric.
- New Ohio/Michigan items for our annual Chili Dinner.
- School supplies for Sylvania Area Family Services.

**Collections are taken in the office.**

## ANNUAL FUNDRAISING PROJECTS

See our newsletter or website for specific dates and times for the events listed below.

Booster Club Membership (Jan-Jan) Kickoff

Spring and Fall Health Fairs

Bake Sales– Spring and Fall

Senior Follies

Oktoberfest

Chili Dinner (OSU & UM Tailgate) wiith Chinese Auction, 50/50 & Games.

Quilt/Afghan Raffles

Bridge Game Fundraiser

## HOME MAINTENANCE PROGRAM

Available to 60+ residents within the Sylvania school district. Referrals are given to independent contractors from the community to do non-professional chores. Services provided are seasonal yard maintenance, household cleaning, small repair jobs and interior/exterior painting. The prospective providers are interviewed and have gone through a federal criminal background check before being brought onto the program. For more information or assistance please call 419-885-3913.

## OUTREACH PROGRAMS/SENIOR SERVICES

The Center has information about numerous programs and services available to seniors in our community. We can help determine eligibility, help with paperwork and other requirements needed for seniors to be able to take advantage of these services.

**AARP Smart Driver** - Learn the current rules of the road, defensive driving techniques and how to operate your vehicle safely in today's increasingly challenging driving environment.

AARP Member: \$15.00, non-member: \$20.00

Pre-registration required, no walk-ins accepted.

**AARP Income Tax Service** - From the beginning of February through end of tax season, seniors and low income people can have their income taxes e-filed by trained AARP volunteers. This is a free service. Appointments are required, no walk-ins accepted.

## OUTREACH PROGRAMS/SENIOR SERVICES, Con't.

**Estate Planning Review** - Facilitated by the Law Offices of Jennifer Antonini, LTD. One-on-one consultation to review the last will and testament and other related estate planning documents. Find out if changes or updates are required, tips to avoid probate. No appointment necessary. 2nd Friday monthly, February through September

**Forward Focus** - Opportunity for confidential consultation with a Licensed Independent Social Worker. Please call Susan at 419-885-3913 to arrange an appointment.

**Golden Buckeye** - Ohio residents 60+ and 18 - 59 years of age with a permanent disability are unable to work are eligible. Applications available in the office.

**Home Energy Assistance Program (H.E.A.P.)** - a federally funded program to assist eligible Ohioans with heating costs.

**Insurance Specialist** - Jodi Hansen, Elite Senior Insurance Solutions, LLC Licensed representative specializing in Medicare Insurance. 2nd Tuesday, monthly, by appointment. Call 419-885-3913 to schedule appointment. Whether you're deciding on your first Medicare plan or switching to a new one. Medicare can be confusing. This is where Jodi can help. She will discover your needs, explain options and help choose the best Medicare plan for you.

**Legal Outreach** - Free elder care legal services, sponsored by Gallon, Takacs, Boissoneault & Schaffer Co., L.P.A. The second Tuesday of the month, by appointment, 419-885-3913.

### **Ohio Senior Health Insurance Information Program**

Free health insurance information and services for people on Medicare. 1-800-686-1578 [www.insurance.ohio.gov](http://www.insurance.ohio.gov)

**Ohio Living Will and Healthcare Power of Attorney** - "Advance Directive" is a general term referring to a person's verbal and written instructions about future medical care in the event that the person becomes unable to speak for him or herself.

**Ombudsman** - assistance with complaints about long term care. For More info call the ABLE Long Term Ombudsman Program. 419-259-2891 or 1-800-543-1874

## **Supplemental Nutrition Assistance Program**

Toll free SNAP info line: 1-800-221-5689 | State of Ohio: 1-866-244-0071

## **Sylvania Senior Center Fee Assistance Program** - Offered to 60+

Sylvania residents to help with payment for classes that benefit overall well-being.

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## **SENIOR NUTRITION PROGRAM**

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Valley Services contracts with the Area Office on Aging of Northwest Ohio to provide a meal on a daily basis at the Sylvania Senior Center. This subsidized program provides a meal to persons 60+ for a requested donation of \$2.50. Those under 60 years of age pay \$5.62 per meal. Lunch is served 11:30 a.m. - 12:15 p.m. You must sign up by noon the business day before you will be eating to reserve a meal. The monthly menu is available at the Center and online.

The Sylvania Senior Center also provides a Tuesday evening meal from 4:30 - 5:15 p.m. Reservations are required and must be made by the Friday prior, no later than 2:00 p.m. The cost for this meal is \$7.00 per person and the menu is posted at the Center, online and on page 8 of our newsletter. Food is prepared by Ida's Catering.

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## **SPECIAL INTEREST/SOCIAL GROUPS**

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**Adult Coloring Group** - 2nd and 4th Tuesdays, 1 - 3:00 p.m. in the dining room. For adults who love to color from simple to more detailed pictures; using crayons, colored pencils or markers. This is an activity for any skill level, any gender! Bring your own supplies: coloring book or page, crayons, pencils and markers.

**Book Review Club** - 3rd Thursday of each month, 2 - 3:00 p.m. Join this group in the Art Studio and discover the world of literature. Each month a new book is chosen and discussed.

**Current Events** - 2nd & 4th Tuesday of the month from 2 - 4:00 p.m. in the Conference Room. Join this group if you enjoy a healthy exchange of ideas and opinions.

**Knitting & Crocheting** - Wednesdays, 9 - 11:00 a.m. and Fridays 2 - 4:00 p.m. Along with their own projects, the group knits and crochets blankets and other items that are donated to various, local charities.

**Learn to Knit** - 2nd and 4th Tuesdays, 10 - 11:00 a.m. (Details in Newsletter).

**Medicare & You** - 3rd Tuesday of the month in the Art Studio, 5:30-6:30 p.m., facilitated by Ron Myers.

**Quilting** - Devoted group of quilters meet from 8:00 a.m. - 12:00 p.m. Monday, Tuesday and Thursday. Much of the hand-stitched workmanship is on quilts brought in from the community.

## SPECIAL INTEREST/SOCIAL GROUPS, Con't.

**Quilt Fan-Attics** - Dedicated group of quilters meet from 9 - 11:00 a.m. each Monday in the Willow room.

**Spanish Club** - First Thursday, from 1:30 - 3:00 p.m. monthly, in the Conference Room. Learning and sharing about the Hispanic world.

**Woodshop** - Tuesdays, Thursdays and Fridays 1 - 3:00 p.m. Woodcarvers meet every Tuesday 3 - 6:00 p.m. Monetary donations are accepted for work done for the community. (See pg. 3 for Woodcarving)

**Writer's Critique:** 2nd & 4th Friday, 1:30-3:30 p.m. in the Conf. Room.

## PARTICIPANT COUNCIL

The Participant Council is an organized group of Sylvania Senior Center participants who help to serve the participants as a whole by assisting the Senior Center in achieving its goals. Anyone who participates at the senior center is automatically a member of the Participant Council and has voting rights. Officers are elected annually. Quarterly meetings are held on the 4th Friday in January, April, July and October in conjunction with the Booster Club Breakfast. Participant Council activities are varied and help raise funds for the Center.

**The Follies is a major fundraiser for the Participant Council.**

### Participant Problem Resolution

Senior Center participants are encouraged to bring questions, suggestions and any issues of concern to the appropriate program coordinator. If the senior participant does not feel satisfactory resolution has been reached, they may meet with the Senior Center Director, then the Executive Director if needed.

## PERFORMING ARTS

**Chorus** - Tuesday from 9:45 - 11:15 a.m., this group practices in the Great Room for community performances. There is always a need for more singers, especially male voices. The only requirement for joining is that you enjoy singing and sharing music.

**Follies** - The Senior Follies is a talent showcase. With six months of preparation, a group of our participants come together to write, direct, and perform a wonderful comedic, singing and dancing production. This is the major annual fundraising event for the Participant Council. Check your newsletter to find out how to get involved on stage and behind the scenes and for dates and times of the performances.

## SPECIAL INTEREST/SOCIAL GROUPS, Con't.

**Joe LaConey Band** - Rehearsal 1st Wednesday of the month, from 1 - 3:00 p.m. in the Dining Room. New members are always needed and welcomed. You don't have to be the best, you just have to love music.

## TRANSPORTATION SERVICES

**Daily Transportation** - Monday, Tuesday & Thursday, transportation to and from the Senior Center is available to anyone 60 years and older who lives in the Sylvania School District. There are weekly grocery shopping trips and stops at local banks.

**Transportation Services for Seniors** - This service is through Black and White Cab and is for Lucas County residents 60 years and older. Transportation is provided to two doctor and/or dentist appointments a month within Lucas County. Applications are available in the office or online at: [www.blackwhitecab.com/AOoA](http://www.blackwhitecab.com/AOoA).



## VOLUNTEER OPPORTUNITIES

The Sylvania Senior Center has various opportunities available to those willing to donate their time and talents. Some of the areas of opportunity are: **Greeters, Office, Receptionist, Special Events, Kitchen Helpers, Community Needs, Collections, Dining Room, Campaigning, Special Sales, Knitting/Crocheting, Bingo Callers, Committees, Gardening, Sewing Arts and many more areas.** Be sure to check the volunteer board in the hall for current volunteer needs and sign up in the green folder in the office if interested. We have in-house opportunities and community opportunity referrals available. The monthly newsletter has a current listing of volunteer opportunities on page 6. A Volunteer Appreciation Event is held every April.

# MISSION STATEMENT

To Promote Healthy Aging.

# VISION STATEMENT

For Sylvania's Senior Citizens to thrive and be successfully engaged in their community.

## Funding Sources

Activities and facility expenses of Sylvania Senior Center are funded through a combination of program fees, the local Sylvania City and Township Senior Levy, a grant from the Area Office on Aging and the Lucas County Senior Services Levy.

In addition, the Sylvania Community Services Foundation, established in 2004, exists as a support organization to help meet the growing needs of Senior Center programs now and in the future. Private donations to the

Foundation on behalf of the Senior Center help fund Center programs and facility maintenance, and may be tax deductible depending on the donor's circumstances.

Questions about how to give may be directed to Claire A Proctor, Executive Director, by phone at 419-885-4126 or by email at: [claire@scsonline.org](mailto:claire@scsonline.org)

## Staff

### Claire A. Proctor

Executive Director

### Julie Graf

Senior Center Director

### Susan Jennelle

Program Coordinator

### Deb Rozek

Office Manager | Transportation Coordinator

### Karen Underwood

Events | Volunteer Coordinator

### Kelly Willets

Data Entry/Office Assistant

### Heather Rohrs

### Chuck Townsend

Transportation

### KJ Petiniot

Environmental Services Coordinator

### Ron Carroll

Environmental Services

### Lois Ford

Rental Hostess

### Beverly Mitchell

Valley Services Nutrition Site Supervisor

Hours: Mon. - Fri. 8:00 a.m. - 5:00 p.m.\*

\*Open Tuesday evenings until 7:30 p.m. March through December.

Winter Hours: Mon. - Fri. 8:00 a.m. - 5:00 p.m. January - February