

MAY & JUNE 2024

THRIVE NEWSLETTER



Carol Russell
Executive Director

Hello members, happy Spring/Summer!



There are lots of exciting events happening this summer. Please see the event listing to see all that's coming up. Donna is getting more and more creative as time goes on and I'm so glad that we have our kitchen license and are able to make the Sunshine Cafe possible for you all.

We do have some events that are non-food related that we will announce soon!
Stay tuned

The Annual Campaign has been sent out and you should be receiving those in the mail soon. Anything that you can contribute will help the center out tremendously.

Many of you know, but Buckeye Charter donated their travel division (Choice Travel) to our center. This will result in more people joining Jacki on the Bucket List Travelers trips, which we are very excited for!

Finally, the Silver Sneakers members will soon only need to swipe in once at the check-in desk. Meaning, you will no longer have to swipe or type in your information on the Silver Sneakers tablet. Instead, we will run a report and send that to Silver Sneakers so we can get paid more accurately and make signing in more convenient for members.

Thank you for your support!
-Carol



**3400 West Elm Street
Lima, OH 45807
419-991-8811**

FACILITY HOURS

**Monday-Thursday
6:00am-7:00pm**

**Friday
6:00am-2:30pm**

**Saturday
8:00am-NOON**

**The Business Office will be open from
8am-2pm Monday-Thursday
and 8am-2:30pm Friday.**

REMINDERS!

**-SCS will be *closed* on Memorial Day
(Monday, May 27th, 2024).**

**-Our next Recovery Week will be
July 1st-July 5th**

**-The *SCS Gardeners* will be starting their
gardening in the beds soon. This is a reminder to
NOT pick out of it. The gardeners will be sure to
pick things when they are ready and will bring
them in to share with the center.
-The same gardeners are participating this year.
Next year we will see if there are other members
that would like to garden here at the center.**

Bucket List

TRAVELERS

BY SCS, INC.



Upcoming 2024 Trips

LA COMEDIA:

\$120 PER PERSON PER TRIP

2024 LA COMEDIA TRIPS:

JULY 25TH - WIZARD OF OZ

SEPTEMBER 5TH - SHEAR MADNESS

OCTOBER 17TH - SATURDAY NIGHT FEVER

DECEMBER 5TH - HOLIDAY INN



Bucket List

TRAVELERS

BY SCS, INC.



Upcoming 2024 Trips Cont.

OTHER DAY TRIPS:

REDS BALL GAME

REDS VS DIAMOND BACKS: MAY 9TH, 2024

REDS VS ROCKIES: JULY 11TH, 2024

\$195

JARSON-KAPLAN THEATRE SEX N' THE CITY

MAY 19TH, 2024

\$195

MILLION DOLLAR QUARTET

SEPTEMBER 11, 2024

\$155

MYSTERY TRIP

SEPTEMBER 26, 2024

\$155

EXTENDED TRIPS:

HENRY FORD MUSEUM/GREENFIELD VILLAGE

MAY 15TH & 16TH, 2024

\$475

FRANKENMUTH - ZENDERS

JUNE 6TH & 7TH

\$290

Bucket List

TRAVELERS

BY SCS, INC.



Upcoming 2024 Trips Cont.

**HENRY FORD MUSEUM/GREENFIELD
VILLAGE**

MAY 15TH & 16TH, 2024

\$475

THE ARK/CREATION MUSEUM

JUNE 10TH & 11TH, 2024

\$550

CAPE COD

JUNE 14TH-21ST

\$2905

TECUMSEH

JULY 18TH-19TH, 2024

\$400

ALASKA LAND & CRUISE TRIP

AUGUST 22ND-SEPTEMBER 2ND, 2024

PRICES VARY BY CABIN STYLE

FRANKEMUTH - ZENDERS

SEPTEMBER 17TH & 18TH

\$290

**POCONO MOUNTAINS RAILS &
RIVERBOATS**

OCTOBER 2ND-6TH, 2024

SOLD OUT!!

OVERNIGHT MYSTERY TRIP

OCTOBER 10TH-11TH, 2024

\$460

SMOKY MOUNTAINS CHRISTMAS

DECEMBER 9TH-12TH, 2024

\$1,225

Bucket List

TRAVELERS

BY SCS, INC.



Why You Should Travel With SCS



Jacki Duffy

Hello everyone, if you haven't already heard, we will be merging with Choice Travel effective May 1st. We will have our first meeting with them on May 8th to introduce them to our 2024 Trips. We want to welcome them all to come and explore new places with the Bucket List Travelers.

As you all know, the trips will continue to fill up quickly so please get your spots reserved and deposits put down as soon as you have your 2024 trips picked.

I always welcome suggestions and will look into anything that is requested.

Traveling with The Bucket List travelers is a good way to travel. You meet new people and see interesting things. Everything is taken care of for you, and you are not alone on the road.

I invite you to try a trip with the Bucket List Travelers and enjoy a new experience.

Come grab any available itineraries for 2024 trips to learn more!

For additional questions, please call the SCS business office at 419-991-8811 and ask for Jacki or email jacki@scslima.com.

Upcoming Events



Cinco De Mayo Fiesta

Friday, May 3rd, 2024 - @ 11:30am
Taco & Fajita Bar / \$7 Per Person
Please see Carol to sign up!

Rotary Blood Day

Saturday, May 4th, 2024 - 6:30am to 9:30am
Please enter through the back Multi-Purpose Room doors.

Sunshine Cafe (Lunch)

Wednesday, May 8th, 2024 - @ 11:30am
Chicken or Tuna Salad Sandwich & Caprese Salad / \$7 Per Person
Please see Carol to sign up!

Skin & Wellness Event

Friday, May 10th, 2024 - @ 10am - \$3 Per Person
Come get a sampling of Lima's Central District.



- Ev'Dera will present and display their products and offer a door prize. They make soaps, candles, bath salts, body washes, and more! Ev'Dera will have a table set up for samples and items for sale.
- Touch of Europe will provide sweet treats for everyone to enjoy!
Tea and coffee will be provided as well. Please see Carol to sign up.

Sunshine Cafe (Breakfast)

Thursday, May 16th, 2024 - @ 9am
Scrambled Eggs & Biscuits N' Gravy / \$7 Per Person
Please see Carol to sign up!



Spring Session with Dan Hodges from Johnny Appleseed

Wednesday, May 29th, 2024 - Time is TBA

This event will include a fun and informational presentation on frogs, fireflies, and much more! You will also have the chance to participate in a fun activity. Please call 419-991-8811 to sign up.



Upcoming Events Cont.



Summer Kick-Off Grilling

Thursday, May 30th, 2024 - @ 11:30am - \$7 Per Person

SCS will provide brats, hotdogs, and burgers. Please bring your favorite summer dish to share!
Sign up and pay with Carol.

Diamond Dot Class

Friday, May 31st, 2024 - 12pm to 2pm

BEGINNERS ARE WELCOME! Price varies on the size of the project.

Text Mary at 419-204-0570 to sign up.

Ladies Belly Fat Seminar

Every Monday in June @ 3pm

(June 3rd, 10th, 17th, & 24th)

Sunshine Cafe (Lunch) *Legacy Hospice & Home Health Joins Us!

Wednesday, June 12th, 2024 - @ 11:30am

Homemade Pizza & Member Salad Station / \$7

Sunshine Cafe (Breakfast)

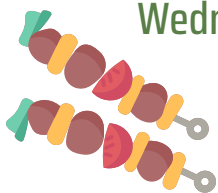
Thursday, June 20th, 2024 - @ 9am

Egg Casserole & Air Fried Hashbrowns / \$7

Hawaiian Luau Grilling

Wednesday, June 26th, 2024 - @ 11:30am - \$10 Per Person

Chicken Skewers, Fruit Skewers, & More!



Diamond Dot Class

Friday, June 28th, 2024 - 12pm to 2pm

BEGINNERS ARE WELCOME! Price varies on the size of the project.

Text Mary at 419-204-0570 to sign up.



Light & Healthy Lunches!

Good news, the SCS kitchen is officially licensed as a Restaurant, and I am officially a Certified Food Service Manager! We selected the name "Sunshine Café" for our kitchen operation. Please, sign up and pay for lunch with Carol by the Monday before lunch. Contact me with suggestions for our Sunshine Café, cooking classes, and events.

-Donna Heckler

Prices Per Lunch May Vary

**Join us for lunch every second Wednesday of the month from 11:30 am-12:30 pm
& for breakfast every third Thursday of the month from 9:00am-10:00am**

May 8th (Lunch) /\$7

Chicken or Tuna Salad Sandwich & Caprese Salad

May 16th (Breakfast) /\$7

Scrambled Eggs & Biscuits N' Gravy

Summer Kick-Off Grilling (Thur, May 30th) @ 11:30am /\$7

We will provide Brauts, Hotdogs, and Hamburgers.

Members are asked to bring their favorite summer side dish to share!

June 12th (Lunch) /\$7

Legacy Hospice & Heritage Home Health Joins Us!
Homemade Pizza & Member Salad Station

June 20th (Breakfast) /\$7

Egg Casserole & Air Fried Hashbrowns

Hawaiian Luau Grilling (Wed, June 26th) @11:30am /\$10

Chicken Skewers, Fruit Skewers, & More!

Hog Wild Grilling (Fri, July 26th) @11:30am /\$10

Details to come!

(Sign up and pay with Carol)

Wellness News



Donna Heckler

Exercise Specialist & Food Service Manager



The response from members who participated in the “Food Is Medicine” Series has been very positive. The success of this series was due to the informative research and has provided “educational food for thought” on Polyphenols, Flavonoids, 100+ Most Nutritional Foods, Unclog Arteries, Anti-Inflammatory Food, Lower LDL/Improve HDL, Decrease Diabetes and Blood sugar, Auto Immune Foods, Improve Cholesterol, and Increase Bone Density (Osteopenia/Osteoporosis). Feel free to contact me if you have any questions or need more information on any of these subjects.

I am so grateful to everyone who has participated in the events at the Sunshine Café and extend a special THANK YOU to the entire SCS Staff and kitchen helpers for your assistance and support!

Well, it is not summer yet, but it feels like summer and summer is for grilling! Our 1st grilling event is scheduled for lunch on Thursday, May 30th at 11:30 for only \$7.00 and the menu includes Burgers, Brats and Hotdogs, buns, fixings, and condiments, and participants are asked to bring a side dish to share. The 2nd grilling event on June 26th is a participatory Hawaiian Luau Lunch and we will prepare and grill Hawaiian Chicken, Veggie Kababs, Fruit Kababs, and Ice Cream for only \$10.00. We are going to have three additional grilling events in July, August, and September.

I am going to offer an Educational Series for women to address losing fat gained during and post menopause at 3:00 every Monday in June.



Thank you for your continued support!

-Donna

Wellness News Continued



Molly Scott
Wellness Manager



For May and June, the Wellness Department is switching a few class formats for our next session. Please refer to the updated May/June Wellness Class schedule for those changes. We will continue to run in 8-week sessions with our 9th week being "Recovery Week". Recovery week is a much-needed rest period for our instructors as well as time for us to deep clean, reorganize equipment, and study up on new exercise ideas. We still offer content this week that everyone can benefit from: balance, posture, stretching, fall prevention, etc... If you aren't a fan of recovery classes, enjoy your week off!

We have had several new members join SCS this past few months: Welcome! Please refer to our class schedules for classes and times. We have several morning options for classes and even a few evening class options: Tuesday – (pool) Aqua Zumba 5:30pm, Wednesday – (pool) Suspended & Fit 4:15pm and (pool) Cardio Core and More at 5:30pm, Thursday – (land) Cardio Drumming at 5:30pm. Also if you are new, you are welcome to schedule an appointment with a trainer on land OR in the pool!

A few other reminders: Whenever instructors are sick/ off work, substituted classes can be shortened to 30 minutes so that we can still provide coverage for all classes. Please show up to class on time or a few minutes before class starts. It is distracting to your fellow classmates and the instructor to come in late and start setting up for your workout. Please be mindful of your conversations during class. Talking through class makes it hard for your classmates to hear what the instructor is saying. Instructors reserve the right to end class if members are talking during class.

Please don't hesitate to ask any questions about your workouts or exercise programs, we are always happy to help! However, if you would like to work with us for a full program or workout, please schedule an appointment in advance; this ensures that we have adequate time to work through a program with you.

Rock Steady Boxing at SCS Lima

If you have Parkinson's Disease, don't fight alone! Fight back with Rock Steady Boxing! Please ask me with any questions about Rock Steady or Parkinson's Disease.





MEET THE TEAM



Carol
Executive Director



Jacki
Office Manager/
Travel Director



Debbie
Office Assistant



Lily
Administrative Assistant



Donna
Exercise Specialist & Food Service Manager



Valli
Facility & Maint. Director



Molly
Wellness Manager



Steve
Exercise Specialist



Jesse
Exercise Specialist



Fred C.
Pool Operator/
Massage Therapist



Kambrie
Wellness Intern



Rita
Greeter



Karon
Greeter



Fred T.
Janitor



Stacy
Group Fitness Instructor/
RYT



Jana
Group Fitness Instructor



LIKE SCS ON FACEBOOK!



SCHEDULE

WELLNESS



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|--|--|---|--|--|--|
| 6:00am | Pickleball 6:00-8:00am | Open Walking 6:00am- 7:30am MPR | Pickleball 6:00-8:00am | Open Walking 6:00am- 7:30am MPR | | Wellness Center Opens at 8am |
| 7:00am | | | | | | |
| 8:00am | Early Bird Stretch 8:00-8:30am Classroom 2 | Pickleball Courts 1 & 2 7:30-8:30am | Early Bird Stretch 8:00-8:30am Classroom 2 | Pickleball Courts 1 & 2 7:30-8:30am | Pickleball 6:00-9:00am | Pickleball 8:00- 11:30am Courts 1 & 2 during Cardio Drumming |
| | | Pound (Drumming) 8:30-9:00am MPR | Cardio Strength Circuit 8:30-9:15am MPR | New Format! Cardio Class 8:30-9:00am MPR | | |
| 9:00am | Yoga 9-9:45am MPR | Gentle Yoga 9:30-10:15 am Classroom 2 | New Format! Stretch and Mobility 9-9:45am MPR or 2 | Chair Stretch 9:30-10:00am Classroom 2 | New Format! Beginner Weightlifting 9:30-10:15am MPR | Cardio Drumming 10:00am With Jana See Jana's Schedule for dates |
| 10:00am | | | | | | |
| 11:00am | Senior Fitness Strength Training 10:45-11:30am MPR | Beginner Weightlifting 10:30-11:15am MPR | Senior Fitness Cardio Drumming and Balance 10:45-11:30am MPR | Line Dancing 10:00-11:30am MPR | Senior Fitness Strength and More 10:45-11:30am MPR | SCS Closes at noon on Saturdays |
| | | | | | | |
| 12:00pm | Weightlifting 12-12:45pm MPR | Rock Steady Boxing 12:00-2:20 See RSB Schedule for details | Weightlifting 12-12:45pm MPR | Rock Steady Boxing 12:00-2:20 See RSB Schedule for details | Weightlifting 12-12:45pm MPR | |
| 1:00pm | Pickleball 1:00-4:00pm | | Pickleball 1:00-3:00pm | | | |
| 2:00pm | | Open Walking 2:30-3:30pm MPR | | Open Walking 2:30-3:30pm MPR | | |
| 3:00pm | | Table Tennis 3:30-5:00pm | | Table Tennis 3:30-5:00pm | | |
| 4:00pm | | | | | CLASS LEGEND Level 3- High intensity Level 2- Medium intensity Level 1- Low intensity/ Stretch Class Activity/Sport Rock Steady Boxing - Parkinson's Class Contract Class - Free for SCS Members, \$6 for non-members Ask our Exercise Specialists what class level is best for you! | |
| 5:00pm | Rock Steady Boxing 5:15-6:30pm | Open Walking 5pm-6:45pm MPR | Rock Steady Boxing 5:15-6:30pm | Dance Cardio 5:30pm With Jana | | |
| | | | | | | |
| 6:00pm | Center Closes at 7:00pm | | | | | |



SCHEDULE

AQUATIC

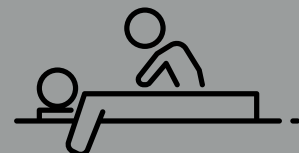
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|--|---|--|--|---|--|
| 6:00am | 3 Lanes Available | 6:00-9:00*am Open Pool 2 Laps Available | 3 Lanes Available | 6:00-9:00am Open Pool 2 Laps Available | 3 Lanes Available | Center Opens 8:00am |
| 7:00am | 7:00-9:00*am Open Pool 2 Laps Available | | 7:00-9:00*am Open Pool 2 Laps Available | | 7-9:00*am Open Pool 2 Laps Available | |
| 8:00am | | | | | | |
| 9:00am | Cardio Strength 9:00-9:45am | Cardio Strength 9:00-9:45am | Cardio Strength 9:00-9:45am | HIIT 9:00-9:30am High Intensity Interval Training class (Cardio) | Cardio Strength 9:00-9:45am | 8:00am- 11:30am Open Pool 2 Laps Available |
| 10:00am | Aqua Range of Motion 10:00-10:45am | Aqua Range of Motion 10:00-10:45am | Aqua Range of Motion 10:00-10:45am | Aqua Range of Motion 10:00-10:45am | Aqua Range of Motion 10:00-10:45am | |
| 11:00am | 11am-3:00pm Open Pool 2 Laps Available | 11am-1:30*pm Open Pool 2 Laps Available | 11am-3:00pm Open Pool 2 Laps AvailableOpen | 11am-1:30*pm Open Pool 2 Laps Available | 11am-2:00pm Open Pool 2 Laps Available | Pool Closes 11:30am |
| 12:00pm | | Joints In Motion 1:30-2:15pm | | Joints In Motion 1:30-2:15pm | | |
| 1:00pm | | Open Pool | | Open Pool | | |
| 2:00pm | | Pool Closes at 2:00pm | | | | |
| 3:00pm | | | | | | |
| 4:00pm | Suspended & Fit 4:15-5:00pm One Lap Available | Water Volleyball 3:30-5:00pm One Lap Available | Suspended & Fit 4:15-5:00pm One Lap Available | Water Volleyball 3:30-5:00pm One Lap Available | CLASS LEGEND Level 3- High intensity Level 2- Medium intensity Level 1- Low intensity Activity/Sport Contractor Class - Free to SCS members \$6 for non-members Ask our Exercise Specialists what class level is best for you! | |
| 5:00pm | Pool 2 Laps Available | Aqua Zumba 5:30-6:30pm | Cardio, Core & More 5:30-6:15pm 1 Lap Available | Open Pool 2 Laps Available | | |
| 6:00pm | Pool Closes at 6:30 | | Pool Closes at 6:30 | | | |

SENIOR CITIZENS SERVICES, INC.



Lima Memorial HEALTH SYSTEM

Affiliate of ProMedica



MASSAGE THERAPY WITH FRED!

Wednesdays & Thursdays

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Half-hour \$40.00, One hour \$60.00

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- Healthcare
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allen211.org



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by  UnitedHealthcare



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