

JANUARY & FEBRUARY 2024

THRIVE NEWSLETTER

Senior Citizens Services, Inc.

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 on Friday.



Carol Russell
Executive Director

Winter Weather Reminders

REMINDERS!

*For unexpected closing or delays, please
visit the [Hometown Stations website](#)
and look for "Senior Citizens Services".*

*During snow, slush, or sleet, please bring a
clean pair of shoes for exercising in the center
to help keep the floor and machines slip-free!*

Bucket List

TRAVELERS

BY SCS, INC.



Upcoming 2024 Trips

LA COMEDIA:

\$120 PER PERSON PER TRIP

2024 LA COMEDIA TRIPS:

JANUARY 25TH - THE MARVELOUS WONDERETTES

MARCH 14TH - GUYS & DOLLS

APRIL 18TH - WEST SIDE STORY

MAY 23RD - THE CHURCH BASEMENT LADIES (PLOWIN THRU)

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.

STRANAHAN THEATRE GOLDEN GIRLS

MARCH 7TH, 2024

\$150

TURKEYVILLE, MICHIGAN MY WAY

APRIL 3RD, 2024

\$150

JARSON-KAPLAN THEATRE SEX N' THE CITY

MAY 19TH, 2024

\$ - TBA

TECUMSEH CHILLICOTHE, OHIO - TBA

REDS BALL GAME

REDS VS DIAMOND BACKS: MAY 9TH, 2024

REDS VS ROCKIES: JULY 11TH, 2024

\$195

BRANSON, MISSOURI

APRIL 21ST-26TH, 2024

\$1510

MYSTERY TRIP - TBA

OVERNIGHT MYSTERY TRIP - TBA

Bucket List

TRAVELERS

BY SCS, INC.



Upcoming 2024 Trips Cont.

FRANKENMUTH - ZENDERS

JUNE 6TH & 7TH

\$290

HENRY FORD MUSEUM/GREENFIELD VILLAGE

MAY 15TH & 16TH, 2024

\$475

THE ARK/CREATION MUSEUM

JUNE 10TH & 11TH, 2024

\$550

CAPE COD

JUNE 16TH-22ND

\$2905

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

\$2275

Bucket List

TRAVELERS

BY SCS, INC.



Why You Should Travel With SCS



Jacki Duffly

2024 is here! This month, we will be having a travel meeting on **January 26th at 1pm in the Multi-Purpose Room** to discuss upcoming destinations for 2024. There will be no Open Walking this afternoon. We hope to see you there!

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.

There will be some exciting news to share with you all in the spring!

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

Local Pharmacy Talk

Monday, January 8th at 8:00am

-A local pharmacy will be setting up a table in the lobby and explaining their services and why it is better to go local!

Winter Birds & Bird Feeding

Wednesday, January 17th at 11:30am in Meeting Room 1

-Johnny Appleseed Metro Parks will be presenting information about winter birds, what to expect, how to attract them, and helping build a simple bird feeder!

Call 419-991-8811 to reserve your spot.

CPR Training For Members with the American Red Cross

Wednesday, January 31st at 1:00pm

-This event is free to members and will last about an hour! To participate, you must be able to get on your knees and back up on your own.

Call 419-991-8811 to reserve your spot!

Mardi Gras Celebration - \$15 per person

Friday, February 2nd at 11:30am

Menu: Chicken-Andouille Gumbo, Red Beans & Rice, Shrimp & Grits, King Cakes, Hurricanes.

Wear your Mardi Gras colors (green, purple, and gold)!

60 people max! Call 419-991-8811 to sign up.

Solar Eclipse Talk

Thursday, February 8th at 10:30am in Meeting Room 1

-This will be an informal presentation on what to expect for this year's solar eclipse, how to prepare for it, and interesting facts about it.

Call 419-991-8811 to reserve your spot for the presentation!

Medical Mutual

Monday, February 19th at 9:30am

Come learn about different Medicare options and the requirements for signing up. This will strictly be an educational meeting only! Please call 419-991-8811 to reserve your spot.

Chili Cook-Off

Wednesday, February 28th at 11:30am

There will be 3 categories (beef, vegetarian, and other). Those who sign up will need to bring at least 2 qts of their chili. We will have 2 judges to taste test and vote! There will be a prize for the 1st, 2nd, and 3rd place winners. We will have limited seats for those who wish to attend the event, but not participate in the cook-off.

Call 419-991-8811 to sign up and pick your category!

Financial Services with Metzger

Monday, March 4th at 10:00am in Meeting Room 1

-This will be a discussion about investing, taxes, and other useful tips about your finances.

Call 419-991-8811 to reserve your spot!

Apollo Does Manicures & Hand Massages

Monday, March 11th

-This event will be FREE and by appointment only. More details to come!

Magic Show with Krendl

Friday, March 22nd at noon in the MPR

Food will be provided.

More details to come!

Other Updates

Coping with Grief-

This program will take a break and resume in March 2024.

The Golden Aires Choir-

They are always accepting new voices! Please contact Gina if interested.

Gina Vondrell - Choir Director

419-303-9040





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

NEW DATES!

Prices Per Lunch May Vary

Join us for lunch every second Wednesday of the month from 11:30 am-12:30 pm

January 10th - \$6

Chili or White Chicken Chili
& Mexican Cornbread

February 14th (Cookie Exchange) - \$7

Italian Wedding Soup or Vegetable Beef Stew
& Focaccia Bread

Exchange: Bring 2 dozen cookies to exchange and 1 dozen to share!

When you sign up and pay, please let us know if you will be participating in the cookie exchange.

March 13th - \$7

Turkey Club Sandwich or Ham Club Sandwich
& Chopped Salad

April 10th - \$7

Chicken Salad Sandwich or Tuna Salad Sandwich
& Tomato Cucumber Salad

May 8th - TBA

Cuban Sandwich
& Cuban Coleslaw

June 12th - TBA

Homemade Pizza
& Tossed Salad

July 10th - TBA

Hamburger or Brats
& German Potato Salad

(Sign up and pay with Carol by the Monday before Lunch)

Wellness News



Donna Heckler

Exercise Specialist & Food Service Manager



Family Day was a great way to finish the year at SCS. Staff, Members, and their families had a blast playing in the pool and gym, making new friends, and enjoying holiday snacks from the SCS Sunshine Café! I look forward to the events scheduled for 2024 including monthly lunches scheduled on the second Wednesday of each month from 11:30-12:30.

Members and non-members are invited to take a culinary trip to New Orleans to celebrate Mardi Gras without leaving SCS on Friday, February 2nd starting at 11:30 for only \$15.00! Participants will enjoy Dixieland Jazz, beads, hurricanes, and door prizes for those who dress for this Mardi Gras party; Mardi Gras colors are green, purple, and gold. The menu includes chicken & andouille gumbo, red beans and rice, shrimp and grits, and king cakes. Join in the fun and sign-up now as space is limited to 60!

In conjunction with lunch on February 14th we are going to have a Valentine Cookie Exchange. Participants need to bring 2 dozen cookies for the exchange and 1 dozen to share.

Winter is a good time for chili so we are going to have a Chili Cookoff on Wednesday, February 28th from 11:30-12:30. This event is free for members that sign up to compete in one or more of the three categories: Beef, Vegetarian and Other. If you do not want to compete, you can sign up to sample the chili for only \$3.00. Competitors need to bring 2 quarts of Chili on the 28th by 11:15am; there will be prizes for first place and runner-up in each category.

I am excited for our journey in 2024 to learn something new, try new things, see new places, and improve or maintain our health, fitness, and wellness!

Thank you for your continued support!

-Donna

Wellness News Continued



Molly Scott
Wellness Manager



Thank you to all the class members who filled out Instructor surveys in November. We are using your feedback to help improve the classes and programs that we offer. We will be adding class descriptions on the backside of the class schedules for both Aquatic and Wellness classes. You can pick up these schedules by the greeter's desk in the pool lobby or on the table outside of the business office. Class members: please show up to class on time. As an instructor, it can be difficult to try and start class according to the schedule when members show up throughout warm-up. Being late is distracting to your fellow classmates as well as the instructors.

We are adding a "Beginning Weightlifting" class on Tuesday mornings. Don't let lifting weights intimidate you, we will start at the very basics and work our way up. We are also adding an "Open Walking" time in the MPR. If you want to get extra steps in your day but aren't a fan of the treadmill, check out the schedule for the listed walking times!

Wellness Tip: Don't let your 2024 goals overwhelm you! The best way to set a goal is to set a S.M.A.R.T. goal. This stands for "Specific, Measurable, Attainable, Relevant, Time-bound". It is also easier to set smaller goals that help you reach a larger achievement. If you would like the Wellness staff to help you reach a fitness goal(s), please see us to set up an appointment. Happy New Year!

Rock Steady Boxing at SCS Lima

We officially launched our Rock Steady Boxing Program on January 22, 2019. That means we will be celebrating our **5-year anniversary!** Hoo-Rah! What a five year journey this has been. Those of you who know me know that Rock Steady Boxing is my absolute favorite class to teach. I have learned so much working with the Parkinson's Population over the past several years. We've learned to work our bodies and our brains while incorporating boxing fitness, PD symptom management, and having a heck of a fun time! If you know anyone with Parkinson's Disease, please send them our way!

Molly will be presenting Rock Steady Boxing at SCS Lima at the Allen Lima Leadership Adult Impact Tour in January! Molly will also be traveling to Toledo, OH, to represent SCS and Rock Steady at the Parkinson's Foundation Resource Fair in February!



MEET THE TEAM



Carol
Executive
Director



Jacki
Office Manager/
Travel Director



Debbie
Office
Assistant



Lily
Administrative
Assistant



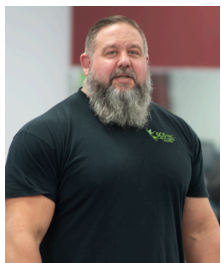
Donna
Exercise
Specialist & Food
Service Manager



Valli
Facility & Maint.
Director



Molly
Wellness
Manager



Steve
Exercise
Specialist



Jesse
Exercise
Specialist



Fred C.
Pool Operator/
Massage Therapist



Avery
Wellness
Assistant



Kambrie
Wellness
Intern



Rita
Greeter



Karon
Greeter



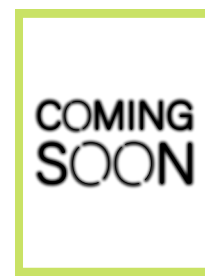
Fred T.
Janitor



Stacy
Group Fitness
Instructor/ RYT



Jana
Group Fitness
Instructor



Ronda
Group Fitness
Instructor



LIKE SCS ON FACEBOOK!



SCHEDULE

WELLNESS



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Pickleball 6:00-8:00am	NEW! Open Walking MPR 6:00am- 8:00am	Pickleball 6:00-8:00am	NEW! Open Walking MPR 6:00am- 8:00am	Pickleball 6:00-9:00am	Wellness Center Opens at 8am
7:00am						
8:00am	Early Bird Stretch 8:00-8:45am Classroom 2	Pickleball Courts 1 2 8:00-8:30am	Early Bird Stretch 8:00-8:45am Classroom 2	Pickleball Courts 1 & 2 8:00-8:30am		
	Instructor's Choice 8:30-9:00am MPR	Cardio Strength Circuit 8:30-9:15am MPR	Instructor's Choice 8:30-9:00am MPR	Cardio Strength Circuit 8:30-9:15am MPR		
9:00am	Yoga 9-9:45am New location: MPR	Gentle Yoga 9:30-10:15 am Classroom 2	Yoga 9-9:45am New location: MPR	Chair Stretch 9:30-10:00am Classroom 2	Cardio Strength Circuit 9:30-10:15am MPR	Cardio Drumming 10:00am TBD With Jana
10:00am		NEW! Beginner Weightlifting 10:30-11:15am MPR		Line Dancing 10:00-11:30am MPR		
11:00am	Senior Fitness 10:45-11:30am MPR		Senior Fitness 10:45-11:30am MPR		Senior Fitness 10:45-11:30am MPR	
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		NEW! Open Walking MPR 1pm-2:15pm
2:00pm		NEW! Open Walking MPR 2:30-3:30pm	Fitness Boxing 3:00-3:45pm MPR	NEW! Open Walking MPR 2:30-3:30pm		
3:00pm		Table Tennis 3:30-5:00pm		Table Tennis 3:30-5:00pm	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!	
4:00pm						
5:00pm	Rock Steady Boxing 5:15-6:30pm	NEW! Open Walking MPR 5pm-6:45pm	Rock Steady Boxing 5:15-6:30pm			
6:00pm	Kickboxing 6:00-6:45pm With Rhonda			Dance Cardio 5:30pm With Jana		
	Center Closes at 7:00pm					

In the event of inclement weather, **SCS** will be listed as
 "Senior Citizens Services" on Hometown Stations for closings and delays.

Please show up to class on time

JANUARY & FEBRUARY 2024

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		7:00-9:00*am Open Pool		7-9:00*am Open Pool	
8:00am	2 Laps Available		2 Laps Available		2 Laps Available	
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	
12:00pm		Joints In Motion 1:30-2:15pm		Joints In Motion 1:30-2:15pm	Pool Closes at 2:00pm	
1:00pm						Open Pool
2:00pm		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	
3:00pm						Suspended & Fit 4:15-5:00pm One Lap Available
4:00pm	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		
5:00pm					Pool Closes at 6:30	Pool Closes at 6:30
6:00pm	Ask our Exercise Specialists what class level is best for you!					

- **SCS Closed all day January 1st, 2024**
- This Class Session will be an 8 week session! **Recovery week will be February 26-March 1st.** During this week will we offer classes that focus on rest, stretch, and recovering, as well as trying new ideas! If you are an Aquatic member only, you are welcome to try Wellness Classes this week.

Please show up to class on time.

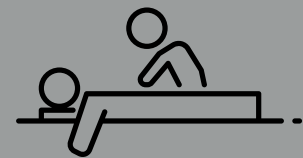
SENIOR CITIZENS SERVICES, INC.



Lima Memorial
HEALTH SYSTEM

Affiliate of ProMedica

BECOME A LIMA MEMORIAL
VOLUNTEER



**MASSAGE THERAPY
WITH FRED!**

Wednesdays & Thursdays

Call or stop in the Business Office
to set up your appointment.

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

2-1-1

Get Connected. Get Help.™

**NEED HELP?
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Live. Free. Confidential. 24 Hours a Day. 7 Days a Week.

2-1-1 provides callers with information and referrals to social services for every day needs and in times of crisis. For example, 2-1-1 can offer access to the following types of services:

- | | | | |
|-------------|--------------------------|---------------------|---------------------------|
| • Food | • Veterans | • Mental Health | • Transportation |
| • Clothing | • Mental Health Services | • Substance Abuse | • Prescription Discounts |
| • Childcare | • Education | • Legal Issues | • Utility/Rent Assistance |
| • Youth | • Employment | • Healthcare | |
| • Seniors | | • Emergency Shelter | |

Text Us
419.273.0300

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DIAL 2-1-1

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allen211.org



Come Visit Us

SENIOR CITIZENS SERVICES, INC.



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ALZHEIMER'S  ASSOCIATION®



www.scslima.com

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*Come Visit
Us*

