

JULY & AUGUST 2024

THRIVE NEWSLETTER



Carol Russell
Executive Director



Dear members,

Happy Summer! June 19th is my one year anniversary at the center and it has been such a delightful experience.

I look forward to many more!

I wanted to express my gratitude for your patience during the Valli Burris transition. The entire staff has stretched willingly to cover this spring, but I am happy to report that Steve is doing an excellent job taking on these duties. We also have hired a new exercise specialist, Bailey White, who is also a wonderful addition. Please continue your patience when you get a new instructor. Some of you are tough on the new ones and we need kindness and patience to be exercised during the transition of training.

Thank you for your understanding!

There are lots of fun events approaching us this summer. I love that you all express your enthusiasm and gratitude you all keep us going!

Your Director,
Carol

Carol:
Thanks to you, Donna, rest of staff + the helpers for doing such a great job with the picnic on Thursday.

Food was great and the idea for a picnic was a neat idea, since many of us don't have the opportunity to have picnics through out the season - or grilled meat outside.

All the people who sat around me enjoyed the sandwiches and all the choices of dishes.

It's so nice the Sr. Center is doing different things for the members and it's nice to

See the staff all working together as one unit -
You are to be commended!
Thanks again for a great lunch - and a good time.
Sam.



SCS INC.

Fitness. Aquatics. Activities.

**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!

**-Recovery Week is
July 1st-July 5th**

-SCS will be **CLOSED on July 4th!**

AQUATIC CENTER SHUTDOWN

Monday, Aug 12th - Saturday, Aug 24th

This was a very thoughtful letter we received from an SCS member! Thank you to all the members who keep our center going and make our staff feel appreciated.

Team Member Spotlight

SOME OF MY FAVORITE THINGS

CANDY & SNACKS- SWEDISH FISH, POPCORN

RESTAURANT- RED LOBSTER

HOBBIES- PLAYING SOCCER, SHOOTING POOL, CAMPING, HANGING OUT WITH FAMILY & FRIENDS

WHAT EXCITES YOU ABOUT YOUR JOB?- WORKING AS AN EXERCISE SPECIALIST WITH SENIOR CITIZENS EXCITES ME BECAUSE I CAN DIRECTLY IMPROVE THEIR QUALITY OF LIFE THROUGH PERSONALIZED FITNESS PROGRAMS. BUILDING RELATIONSHIPS WITNESSING THEIR PROGRESS, AND CONTRIBUTING TO THEIR OVERALL WELL-BEING ARE INCREDIBLY FULFILLING ASPECTS OF THE JOB. ,

WHAT ARE YOUR PASSIONS?- HEALTH, WELLNESS, & SPORTS

WHAT LED YOU TO THIS CAREER?- PASSION FOR HEALTH & FITNESS

MY BACKGROUND

Sports fueled my passion from a young age, growing up in Kalida, Ohio, where soccer played a central role in my life. In high school, I thrived as an athlete, running track and field for two years and playing soccer for all four years. I achieved notable success on the soccer field, becoming a three-time all-district and four-time all-conference player, while also setting school records for the most saves in a season and throughout my entire career at Kalida High School.

My love for sports and its impact on my physical health inspired me to pursue a major in health and physical education with a focus on sports and exercise management at Oklahoma Panhandle State University where I earned an athletic scholarship on the soccer team. However, injuries during my sophomore year in college ended my soccer career, leading to surgery on my IT band and the removal of a rod from my femur. Despite this setback, I remained determined to channel my passion for sports and fitness into a meaningful career.

I shifted gears and focused on my studies, immersing myself in coursework that deepened my understanding of exercise science and management. Upon graduating, I returned to Ohio and found my calling at SCS (Senior Citizens Services). Now, as an exercise specialist, I merge my expertise in sports and exercise management with a desire to improve the lives of seniors. It's incredibly rewarding to apply my knowledge to help seniors maintain their health and mobility, making a positive impact every day.

A decorative graphic consisting of a thick, stylized rainbow with green, yellow, and orange bands, curving across the bottom of the page.

WELCOME
to the Team

Bucket List

TRAVELERS

BY SCS, INC.



Upcoming 2024 Trips

LA COMEDIA:

\$120 PER PERSON PER TRIP

SEPTEMBER 5TH - SHEAR MADNESS

OCTOBER 17TH - SATURDAY NIGHT FEVER

DECEMBER 5TH - HOLIDAY INN

OTHER DAY TRIPS:

MILLION DOLLAR QUARTET

SEPTEMBER 11, 2024

\$155

EXTENDED TRIPS:

FRANKEMUTH - ZEHNDERS

SEPTEMBER 17TH & 18TH

\$290

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. 2024 is well underway with traveling. We have visited many wonderful places. There are still seats available on the trips listed, so please, get your name and deposit in soon to ensure your seat.

2025 trips are in the works and being planned. I am excited to announce the list soon. If you have a place on your Bucket List that you would like to visit, please let me know so I can look into taking a group to that destination.

Please remember that when you put your name on a trip bring or send in a deposit. Also, if you need to cancel please let Jacki know BEFORE the payment deadline. If it gets close to that date, sometimes it may have already been paid, and money will not be refunded to the center.

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

Sunshine Cafe (Lunch)

Wed, July 10th - @ 11:30am

Chicken or Shrimp Stir-Fry,
Rice & Fruit Salad

\$10 Per Person - See Carol to sign up!

New Beginnings

Thur, July 11th - @ 1pm

This Christian Women's Group has a special guest speaker who meets once a month. There will be light refreshments and beverages. The cost is \$5 to attend. RSVP with Karen at 419-996-9720.

Coping with Grief

Tue, July 16th - @ 1pm

At the SCS gazebo with snacks and drinks!



Book Talk & Boxed Lunch

Wed, July 17th - Eat @ 11:30am / Book Presentation @ 1pm

No Little Choices is a story that exemplifies the value of perseverance and the power of choice.

\$10 for Boxed Lunch Only OR \$22 for Lunch & Copy of Book

Please see Carol to sign up! Deadline is July 12th.



Hog Wild Grilling

Fri, July 26th - @ 11:30am

Pork Tenderloin, Ribs, Sweet Corn, Chop-Chop & Dessert

\$15 Per Person - Please see Carol to sign up!

Sunshine Cafe (Breakfast)

Wed, Aug 14th - @ 9am

Scrambled Eggs Bar & More

\$7 Per Person - See Carol to sign up!

Sizzlin' Steak Dinner

Wed, Aug 21st - @ 4:30pm

Filet Mignon, Potatoes, Salad & Dessert

\$18 Per Person - Please see Carol to sign up!



Diamond Dot

Fri, Aug 30th - @ 12pm

Beginners welcome! Call or text Mary at 419-204-0570.

Wellness News Continued



Molly Scott

Wellness Manager



**Aquatic Center Shutdown will be August 12th -24th.
During this time, aquatic members are welcome to come to
Wellness Classes.**

**The next class session will be July 8th - September 13th with
Recovery week being September 16th- 20th.**

We are changing a few of our Wellness classes in July and August. Classes that have had lower numbers will be changed or removed and some will be changed for new content. We want to try some new ideas and train new instructors to be able to teach classes! If you have a new instructor, please be kind. None of us teach the same. Steve doesn't teach like Donna, Donna doesn't teach like Jesse, Jesse doesn't teach like me, I don't teach like Stacy. That's the point of having different instructors; you get a variety of class styles and ideas. Have grace with new instructors as they learn warm-up, class programming, and cool down exercises. When I was a new instructor it was extremely disheartening with how I was treated by some members. Please be kind. As SCS continues to grow, we will need to train new instructors anyways!

I will be introducing a boxing class on Thursday mornings: Fitness Boxing. This is a 45 minute Wellness class where we will warm up, shadow box, and do boxing exercises circuit-style. We have gloves that members can try out, or we have gloves that you can purchase so you have your own pair to keep for yourself. Please see me if you would like to try on/purchase your own boxing gloves. This is a non-contact boxing class and no boxing experience is required.

We have had requests to bring back our Freemotion Circuit in the Wellness Center. If you are interested in using more of the freemotion equipment for strength training, check out this class! The freemotion equipment will only be available to class participants during this 45 minute time frame.

**Please check the new Wellness Class Schedule and Aquatic Class
Schedule for any changes and class times.**

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



Tiffany
Office
Assistant



Lily
Administrative
Assistant



Steve
Facility & Maint.
Director



Fred C.
Pool Operator/
Massage
Therapist



Molly
Wellness
Manager



Donna
Exercise
Specialist & Food
Service Manager



Jesse
Exercise
Specialist



Kambrie
Wellness
Assistant



Bailey
Exercise
Specialist



Karon
Greeter



Carmen
Greeter



Fred T.
Janitor/
Maintenance



Stacy
Group Fitness
Instructor/ RYT



Jana
Group Fitness
Instructor



LIKE SCS ON FACEBOOK!
Search: SCS Lima



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 7:30-8:45am	Pickleball 6:00-9:00am	
	Pound (Drumming) 8:30-9:00am MPR	Cardio Strength Circuit 8:30-9:15am MPR	New Time/Format! Bootcamp 8:45-9:15am MPR			
9:00am	Yoga 9-9:45am MPR	Gentle Yoga 9:30-10:15 am Classroom 2	Chair Stretch 9:30am-10:00am Classroom 2	New Time/Format! Fitness Boxing 9:00-9:45am MPR	New Format! Freemotion Strength Circuit 9:30-10:15am Wellness Center	Pickleball 8:00- 11:30am
10:00am				Stretch & Mobility 30 10:00am-10:30am Classroom 2		
11:00am	Senior Fitness Strength Training 10:45-11:30am 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	SCS Closes at 2:30 on Fridays	
1:00pm			Pickleball 1:00-3:00pm			
2:00pm	Pickleball 1:00-4:00pm	Open Walking 2:30-3:30pm MPR		Open Walking 2:30-3:30pm MPR		
3:00pm						
4:00pm		Table Tennis 3:30-5:00pm		Table Tennis 3:30-5:00pm		
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					

CLASS LEGEND
 Level 3- High intensity
 Level 2- Medium intensity
 Level 1- Low intensity/
 Stretch Class
 Activity/Sport
 Rock Steady Boxing -
 Parkinson's Class
 Contractor Class - Free for SCS
 Members, \$6 for non-members
 Ask our Exercise Specialists what
 class level is best for you!

- Aquatic Center Shut Down is August 12th through the 24th Aquatic Members are welcome to take Wellness Classes during these weeks.
- SCS will be closed for Labor Day Monday, September 2nd.
- Next Recovery Week will be September 16th- 20th. If there are ideas you would like to see implemented during recovery week, let Molly know.
- There may be other events that come up that affect classes, sports, and other activities.

JULY & AUGUST 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)	New Format! Aquabata 9:00-9:45am Cardio and Strength!	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	Pool Closes 11:30am
1:00pm						
2:00pm		Open Pool		Open Pool		
3:00pm		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
4:00pm	Aqua Zumba 5:30-6:30pm		Cardio, Core & More 5:30-6:15pm 1 Lap Available	Open Pool 2 Laps Available		
5:00pm						Pool 2 Laps Available
6:00pm	Pool Closes at 6:30		Pool Closes at 6:30		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!	

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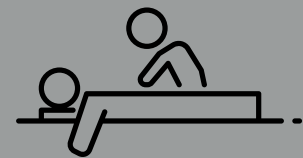
Please show up to class on time.

SENIOR CITIZENS SERVICES, INC.



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Wednesdays & Thursdays

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

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*Come Visit
Us*

