

SEPTEMBER & OCTOBER 2024

THRIVE NEWSLETTER



Carol Russell

Executive Director



Dear members,

*Another good summer is coming to an end!
But Fall is right around the corner and that
brings lots of festivities throughout the end of
the year. Make sure you take a look at the
events listed in in this newsletter so you can
take advantage of the fun things we have
going on!*

*I want to express my sincere gratitude to our
Volunteers! We couldn't do what we do
without all of you!! Please know the entire staff
and I are most grateful.*

*Breakfasts and lunches continue to be a huge
success! The staff & I look forward to these
and hope to continue these into 2025. When
purchasing tickets and you are unable to
attend, please let one of us know in advance
Giving your tickets to someone else is
perfectly fine, just let us know if you are to do
an exchange.*

*Please be mindful of the Annual Board Meeting
that is open to all members. We will be having
it on October 24th @ 7:30am. All are welcome
to attend!*

*Our 2025 trips will be coming out soon, so stay
tuned for the schedule.*

*As we enter into the season of Thanksgiving,
be thankful for all of your blessings. I am most
grateful to all of you!*

My best to all of you,
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!

**-Recovery Week is
Monday, Sep 16th - Friday, Sep 20th**

Team Member Spotlight

SOME OF MY FAVORITE THINGS

Snacks- Popcorn/Kettle Corn

Restaurant- Anywhere

Hobbies- Spending time with family & friends, gardening, baking, bird watching (especially hummingbirds)

What excites you about your Job?- Meeting all of the great people that attend the center.

Learning about all of the programs and memberships that are available here. SCS has a wonderful and caring staff, they are all very welcoming! When I thought about working again, this opportunity came up and I am very fortunate to have been hired. What a great organization that has a lot to offer seniors - both physically and emotionally!

MY BACKGROUND

I have always lived in the Lima area and graduated from Perry High School. I began my career fresh out of high school at the Metropolitan Bank of Lima. After 25 years in various positions, The Met was purchased by Chase Bank, and all bank office operations were eliminated in this area. When my position moved out of state, I decided to get my Associates Degree from Rhodes State College (Lima Technical College at the time).

I began my second career at The United Way of Greater Lima, Inc. working in the Finance Department. I enjoyed working with non-profit organizations and helping them in their fundraising. It was a very rewarding job and I was fortunate to work with many great volunteers and staff. After 15 years with United Way, my career focus changed again and I started working for Citizens National Bank of Bluffton in the Fraud Department. I retired from there in 2000. My husband, Chris, and I have been married for 44 years. We enjoyed scuba diving together for many years, both in fresh water and salt water. We are very blessed to have 3 children: Brian lives in Columbus and works at ECI, Inc., Andrea lives in Laurel Oaks and works for Whole Health Dentistry and is currently enrolled at Rhodes State College to become an RN, Melissa lives in Lima and works for Concrete Protectors. We are very proud that they are all college graduates!



WELCOME
to the Team

Bucket List

TRAVELERS

BY SCS, INC.



Upcoming 2024 Trips



LA COMEDIA:

\$120 PER PERSON PER TRIP

DECEMBER 5TH - HOLIDAY INN

EXTENDED TRIPS:

SMOKY MOUNTAINS CHRISTMAS

DECEMBER 9TH-12TH, 2024

\$1,225



**2025 TRIPS WILL BE RELEASED AS
SOON AS POSSIBLE!**

Bucket List

TRAVELERS

BY SCS, INC.



Why You Should Travel With SCS



Jacki Duffy



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 money has already been paid for certain trips, it may not be refunded.

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.

We will let you know when itineraries for 2025 trips are ready!

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



Upcoming Events



Labor Day - CLOSED

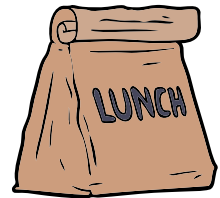
Mon, September 2nd



Sunshine Cafe (Grab-N-Go Lunch)

Wed, September 4th @ 11:30am in the Lobby

\$10 Per Person - Turkey or Ham Sandwich, Chips & Brookie.



History Presentation - Faurot Parks/Businesses

Wed, September 4th @ 12:30pm in Meeting Room 2

Mark Billingsley with the Allen County Museum will give an interesting presentation on Ben Faurot and his involvement in community.

New Beginnings

Thur, September 12th @ 1pm in Meeting Room 2

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



Vaccine Clinic - Allen County Public Health

Mon, September 16th from 9am-12pm in Meeting Room 1

Flu, High Dose Flu (recommended for those 65yrs+),
Pneumonia, and COVID Vaccines available.

Bring insurance card! Please sign up in the SCS Business Office.



Legacy Hospice Visits

Wed, September 18th @ 8:30am

They will be located at the Pool Lobby with treats and information for members.





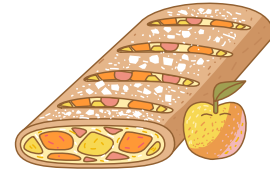
Upcoming Events



Sunshine Cafe (Brunch)

Wed, September 18th @ 10:30am

\$10 Per Person - Quiche, Caesar Salad & Dessert



Sunshine Cafe (Oktoberfest)

Wed, October 9th @ 11:30am

\$12 Per Person - Schnitzel, Bratwurst, Red Cabbage, German Potato Salad, Apple Strudel
(Senior Fitness & Weightlifting will be cancelled this day)



Fall Fling

Sat, October 12th @ 7pm - Doors Open at 6pm

\$10 Per Person Pre-Sale Tickets or \$15 At The Door



Exploit Trio will be performing at SCS in the Multi-Purpose Room. This event is open to the public (50yrs+). There will be light snacks provided! If you don't dance, we will have seating available for you to enjoy the performance.

See Carol to get your pre-sale tickets.



Sunshine Cafe (European Breakfast)

Wed, October 16th @ 9am

\$10 Per Person - Poached or Boiled Eggs, Scones, Croissant, Meat & Cheese

Spooktacular Celebration (Sunshine Cafe)

Thu, October 31st @ 11:30am

\$12 Per Person - Calzones, Salad Bar & Dessert
Halloween Costume Contest - Winner Gets a Prize!



UPCOMING: Purse Bingo

Fri, November 1st - Doors Open at 11am/ Start at 11:30am

Tickets are \$45 each, more details to come!

(No Senior Fitness this day)

Wellness News Continued



Molly Scott
Wellness Manager

Hi everyone,

September and October are very busy months for me and the rest of SCS! I am getting married on September 14th and going to Hocking Hills the following week for our Honeymoon! Because of this, SCS will be having our next recovery week the week of September 16th-20th. We realize that we just had pool shut down, so we will incorporate as many pool classes as possible into recovery week. If you are a Wellness member, you are welcome to try the pool classes this week and vice versa! Please see the recovery week schedule attached in the newsletter (we will also post them in the center the week prior). Classes will resume to the September schedule for the last week of September. We will start a new Wellness/Aquatic Class schedule on September 30th/ Beginning of October – this schedule will be posted the week prior as well.

September 24th I will be going to PSA3's Fall Prevention Awareness Day and giving a presentation on "Get Up! Get Down!". On September 27th Lily and I will be going to the Chamber's Wake Rattle & Roll to do a brief presentation on SCS. October 3rd -5th Bailey and I will be traveling to Rock Steady Boxing's annual Coach's Conference to learn the latest and greatest on Parkinson's Disease and exercise for Parkinson's Disease. At CoachCon I also have the opportunity to do a presentation on Boxing: Back to Basics for new Rock Steady Boxing Coaches, I am beyond excited! October 11th I am scheduled to go talk to Apollo Career Centers' Sports Exercise Science Program Junior and Senior Students about SCS's Wellness Department and Rock Steady Boxing program. And last but not least, Carol, Lily, Jacki and I are scheduled to present SCS and our various departments at OSU Lima's Life Long Learning Program on October 22nd!

A friendly reminder that members are welcome to use the pool during pool class times, however, we ask that you stay out of the way of the class. As classes grow, there is more space needed for class participants to get their workout in. On a similar note, members are welcome to use the Rig and other weightlifting equipment in the MPR when it is not in use for class, however, we ask that you refrain from using it during Rock Steady Boxing classes (see Wellness Class schedule for 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.



Wellness News



Donna Heckler

Exercise Specialist & Food Service Manager



I extend a heartfelt thank you to the SCS staff, kitchen volunteers, and members for all your help and support for the SCS Sunshine Café. We have planned exciting events for the fall including an experience from Germany for Oktoberfest, a Halloween Party with spooky calzones, a gourmet turkey dinner, pumpkin spice treats, and a free Member Appreciation Holiday Lunch.

Please, sign up, pay, and get your ticket for all Café events with Carol as soon as possible as most events sell out.

I am working on SCS Sunshine Café events for 2025 and would love your input and ideas for dishes, desserts, cuisine from other countries, menus, and cooking classes.

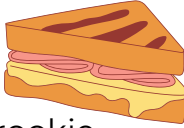



Thank you again for your continued support!





Light & Healthy Lunches
Prices vary per lunch.



DESCRIPTION	DATE/TIME	PRICE PER PERSON
<p><u>Sizzlin' Steak Dinner</u> Filet Mignon, Potatoes, Salad, & Dessert</p>	<p>Wed, Aug 21st Start 4pm / Eat 4:30pm</p>	<p>\$18</p>
<p><u>Sunshine Café Lunch</u> Grab & Go Lunch Turkey or Ham Sandwich, Chips, & Brookie</p> 	<p>Wed, Sep 4th 11:30am</p>	<p>\$10</p>
<p><u>Sunshine Café Brunch</u> Quiche, Caesar Salad, & Dessert</p>	<p>Wed, Sep 18th 10:30am</p>	<p>\$10</p>
<p> <u>Oktoberfest</u> Schnitzel, Bratwurst, Red Cabbage, German Potato Salad, Apple Strudel</p>	<p>Wed, Oct 9th 11:30am</p>	<p>\$12</p>
<p><u>European Breakfast</u> Poached or Boiled Eggs, Scones, Croissant, Meat & Cheese</p>	<p>Wed, Oct 16th 9am</p>	<p>\$10</p>
<p> <u>Spooktacular Celebration</u> Calzones, Salad Bar & Dessert <i>Halloween Costume Contest</i> <i>Winner Gets a Prize</i></p> 	<p>Thu, Oct 31st 11:30am</p>	<p>\$12</p>
<p><u>Sunshine Cafe Lunch</u> Turkey Filet with Cream Sauce, Roasted Brussel Sprouts with Root Vegetables, & Chocolate Mousse Pie</p>	<p>Wed, Nov 13th 11:30am</p>	<p>\$12</p>


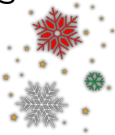
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(See Carol to sign up, pay, and collect your ticket. You must pay when you sign up!)



Light & Healthy Lunches
Prices vary per lunch.



DESCRIPTION	DATE/TIME	PRICE PER PERSON
<u>Breakfast For Champions</u> Eggs Benedict, Potato Pancakes, Fruit & Mock-Mimosas	Wed, Nov 20th 9am	\$10
 <u>Holiday Gathering</u> SCS Provides Ham, Turkey, & Drinks Members Bring a Side to Share Homemade or Store-bought! 	Fri, Dec 13th 11:30am	FREE *Bring side to share

(See Carol to sign up, pay, and collect your ticket. You must pay when you sign up!)



MEET THE TEAM



Carol
Executive Director



Jacki
Office Manager/
Travel Director



Debbie
Office Assistant



Tiffany
Office Assistant



Cindy
Office Assistant



Lily
Administrative Assistant



Steve
Facility & Maint. Director



Molly
Wellness Manager



Donna
Exercise Specialist & Food Service Manager



Jesse
Exercise Specialist



Kambrie
Wellness Assistant



Bailey
Exercise Specialist



Fred C.
Pool Operator/
Massage Therapist



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	Pickleball 6:00-9:00am	Wellness Center Opens at 8am
7:00am		Pickleball Courts 1 & 2 7:30-8:30am		Early Bird Stretch 8:00-8:30am Classroom 2		
8:00am	Cardio Strength Circuit 8:30-9:15am MPR		New Time! Bootcamp 9:00-9:30am MPR			New Time/Format! Fitness Boxing 9:00-9:45am MPR
9:00am	Gentle Yoga 9:30-10:15 am Classroom 2	Chair Stretch & Mobility 10:00am-10:30am Classroom 2		New Format! Freemotion Strength Circuit 9:30-10:15am Wellness Center		
10:00am	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
11:00am		Weightlifting 12-12:45pm MPR		Rock Steady Boxing 12:00-2:20 See RSB Schedule for details		
12:00pm	Pickleball 1:00-3:00pm		Open Walking 2:30-3:30pm MPR		Open Walking 2:30-3:30pm MPR	Table Tennis 3:30-5:00pm
1:00pm		Rock Steady Boxing 5:15-6:30pm		Open Walking 5pm-6:45pm MPR		
2:00pm	Table Tennis 3:30-5:00pm		Table Tennis 3:30-5:00pm		Table Tennis 3:30-5:00pm	
3:00pm		Table Tennis 3:30-5:00pm		Table Tennis 3:30-5:00pm		
4:00pm	Table Tennis 3:30-5:00pm		Table Tennis 3:30-5:00pm			
5:00pm		Table Tennis 3:30-5:00pm		Table Tennis 3:30-5:00pm		
6:00pm	Table Tennis 3:30-5:00pm		Table Tennis 3:30-5:00pm			
Center Closes at 7:00pm						

Recovery Week is September 16-20th! The Schedule will be posted the week prior.

The new Wellness And Aquatic Schedules will Start Monday September 30th. These

Schedules will be posted the week prior.




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	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	Pool Closes 11:30am	
12:00pm		Joints In Motion 1:30-2:15pm		Open Pool	Joints In Motion 1:30-2:15pm		Pool Closes at 2:00pm
1:00pm							
2:00pm		Open Pool		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!
3:00pm							
4:00pm	Suspended & Fit 4:15-5:00pm One Lap Available	Suspended & Fit 4:15-5:00pm One Lap Available	Suspended & Fit 4:15-5:00pm One Lap Available				
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				

SCHEDULE

Recovery Week

	Monday September 16	Tuesday September 17	Wednesday September 18	Thursday September 19	Friday September 20
6am/ 7am	6:00-8:00am Pickleball	6:00-7:30am Open Walking 7:30-8:30am Pickleball	6:00-8:00am Pickleball	6:00-7:30am Open Walking 7:30-8:30am Pickleball	6:00-9:00am Pickleball
8:00/ 8:30am	8:00-8:30am 2 Chair Stretch Classroom 2		8:00-8:30am Chair Stretch Classroom 2	8:30-9:00am Foam Rolling Classroom 2 <small>*You will be on the floor in this class</small>	
9am	9am-9:45am Cardio STR	9am-9:30am HIIT High Intensity Interval Training		9am-9:30am HIIT High Intensity Interval Training	9am-9:45am Aquabata Tabata format Cardio and Strength
10am	10:00-10:30am Balance & Active Stretch	10:00-10:30am Flow Cardio & Tapping MPR	10:00-10:30am Walking Drills	10:00-10:45am Aqua ROM	10:00-10:30am Aqua ROM
10:45am	10:45-11:15am Isometrics & Chair Stretch MPR		10:45-11:15am Balance Work MPR	10am-11:30am Line Dancing MPR	10:45-11:15am Seated Strength MPR
1:00/ 1:30pm	1:00-4:00pm Pickleball	1:30pm-2:00pm Core & More	1:00-3:00pm Pickleball	1:30pm-2:00pm Walking Drills and Balance	
4:15pm		5pm-6:45pm Open Walking	4:15-5pm Suspended & Fit		
5:30pm		5:30pm Aqua Zumba		5:30pm Dance Cardio MPR	

During Recovery week we will offer different class options that give our bodies a chance to rest, refresh, and recover. Since pool shutdown was not too long ago, we will keep a few regular pool classes. Classes colored in blue are in the pool, classes colored in green will be on land- either in the MPR or classroom 2. Pickleball and Line Dancing will remain scheduled as usual.

SENIOR CITIZENS SERVICES, INC.

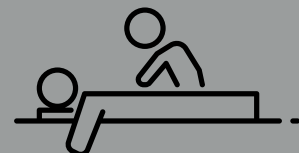


Lima Memorial HEALTH SYSTEM

Affiliate of ProMedica



BECOME A LIMA MEMORIAL VOLUNTEER



MASSAGE THERAPY WITH FRED!

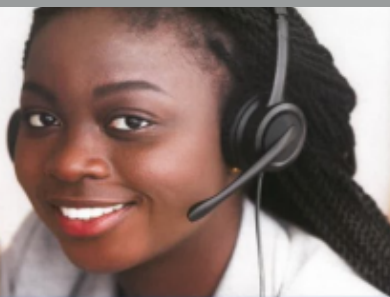
Wednesdays & Thursdays

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? CALL 2-1-1

We're here for you!

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

Text Us
419.273.0300

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DIAL 2-1-1

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allen211.org



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SENIOR CITIZENS SERVICES, INC.



Renew Active
by  UnitedHealthcare



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