

NOVEMBER & DECEMBER 2024

# THRIVE NEWSLETTER



**Carol Russell**  
Executive Director



**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!

Next Recovery Week:

**November 25th, 26th, & 27th**

Upcoming Closings:

**11/27/24 - Center closes @ 2:30pm**

**11/28/24 - CLOSED**

**11/29/24 - CLOSED**

**12/19/24 - Center will close early (Time TBD)**

**12/24/24 - CLOSED**

**12/25/24 - CLOSED**

**12/31/24 - Center closes @ 2:30pm**

**1/1/25 - CLOSED**

Dear members,

*First off, thanks for your patience with our maintenance issues at the center! I feel the need to tell you a little about them. To save money, a few years back, the Director decided to switch maintenance companies. It was cheaper, but not nearly as comprehensive as it was with the original company. It is starting to catch up with us. Since then we have switched back to GEM. There are lots of older equipment in the center, but I feel confident that GEM will maintain it properly.*

*Fall is coming to an end! I love the Fall season along with the upcoming Holidays. Stay tuned for our upcoming event calendar for activities at the center.*

*The Annual Board Meeting was held on the 24th of October and it was a success. There were 9 members present during this meeting. I felt good about the attendance, however, I would love to see more members show up in the future! Thank you to those who showed your support!*

*Finally, I would like to take this opportunity to thank all of our regular volunteers: Bill & Lois Stober, Bill Beery, Michael Tynan, Doug Weaver, Cheri Heckler, Fred Herold, Carol Slane, Jeff Givan, Paul Rice, Bill Stratton, Carolyn Paul, Ginny Rice, and many more!*

*Wishing everyone the happiest of Holidays and a huge thank you for supporting the center!*

*My best to all of you,  
Carol*



# Team Member Spotlight



## SOME OF MY FAVORITE THINGS

Snacks- Slim Jim's, Gold Fish, & any kind of Fruit

Restaurant- Cheddar's or Olive Garden

What excites you about your Job?- I enjoy working here because I feel a sense of purpose in my role at the senior center! I do a lot of the "behind-the-scenes" type of work but have found a passion for doing so because I'm still able to see how much my work impacts the members' experiences here. I also love working with the other staff members because they are always willing to help each other out and show their support towards each other.

Some other fun facts about me:

- Just last November, I became a first-time homeowner and have been working on several home improvement projects since then.
- I currently have 2 dachshunds that I adore and love spending time with.
- I enjoy watching True Crime Documentaries & other mystery shows/movies
- I'm an amateur photographer and an avid painter!
- I enjoy reading poetry books, spending time with family, and playing video games.

## MY BACKGROUND

I soon will be 23 years old in January, and have been with SCS for about 3 years now! In 2020, I graduated from Wayne Trace High School over in Paulding County. During high school, I worked at a turkey farm nearly every day after school. Then, I started my college journey at Wright State University and later transferred to Rhodes State College here in Lima. I had been talking with a Career Consultant at Rhodes State, asking about local internship opportunities, and luckily I got connected with the Senior Center! My role here started out as an Intern/Administrative Assistant and then morphed into a Full-Time position where I now deal with Administrative tasks and the Financials as well. This was a big but exciting change for me because I wasn't really familiar with the accounting side of things as much, but I always love to learn new things and was ready for the challenge! I've since learned so much and have grown so much thanks to the support of my fellow team members and Board Member, Alice. I appreciate everyone's time and effort to get me to this point in my career, and I'm excited to see what the future holds for me here at SCS.

# Bucket List

TRAVELERS

BY SCS, INC.



## TENTATIVE 2025 TRIPS

**JANUARY**

**FEBRUARY**

*6th- La Comedia  
"Ghost"*

**MARCH**

*6th- La Comedia  
"Jersey Boys"*

*13th-24th - Hawaii*

*26th- Menopause 2*

**APRIL**

*3rd- La Comedia  
"Into the Woods"*

**MAY**

*7th-8th - Zehnders  
"Motown Review"  
& Turkeyville  
"Nunsense"*

*? - Holmes County*

**JUNE**

*5th-6th - Zehnders  
"California Summer"*

*? - Mystery Trip*

**JULY**

*17th- La Comedia  
"Matilda"*

**AUGUST**

*6th-12th - Lewis & Clark  
Riverboat Expedition*

**SEPTEMBER**

*4th- La Comedia  
"Play That Goes Wrong"*

*9th-10th - Shiphewana*

*13th-21st - Mighty 5 Canyon*

*25th- La Comedia  
"Legally Blonde"*

**OCTOBER**

*13th-17th - Pocono's*

*? - Overnight Mystery*

**NOVEMBER**

*6th - La Comedia  
"Scrooge"*

**DECEMBER**

*? - Asheville/Biltmore  
Christmas Excursion*

*final details to come!*



*More to Come:  
-Lancaster/Sight & Sound  
-Red's Games  
& More!*

# Bucket List

TRAVELERS

BY SCS, INC.



## Why You Should Travel With SCS



Jacki Duffy



As we close out 2024, the Bucket List Travelers have been to a lot of exciting places, have encountered once-in-a-lifetime experiences, and have met a lot of new friends. The tentative 2025 list is out, but there are details and more trips to be added. I look forward to having you join our new adventures!

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](mailto:jacki@scslima.com).



# Upcoming Events



## **Purse Bingo**

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

Tickets are \$45 each pre-sale / \$50 at the door!

There will be lots of raffle baskets, a food truck with food for purchase, the Candy Crate with sweet treats for sale, 10 bingo games, 1 dabber, and 1 door prize ticket!  
(No Classes or Activities in the MPR this day)



## **Election Day**

Tue, November 5th

\*Voting will take place in the Multi-Purpose Room. You MUST enter the MPR on the back side of the building!  
(MPR is closed to all classes and activities)

## **Sunshine Cafe Lunch**

Wed, November 13th at 11:30am

\$12 Per Person - Turkey Filet, Veggies, Mousse Pie  
(Weightlifting is canceled)



## **New Beginnings**

Thur, November 14th 1-3pm 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.

## **Angel Tree**

Will be set up in mid-November in the Lobby!

SCS is doing an Angel Tree this year! An Angel Tree is a program in which an individual or group sponsors a child "Angel" and purchases new toys, clothing, shoes, or other items for local children in need.

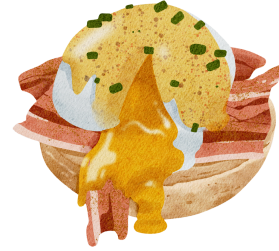
2 local schools have sent in "Angel Sheets" for students in our community. We would love for all the kids to be able to open presents on Christmas Day. The Angel Sheets will specify the student's age, gender, clothing sizes, and 3 wish list items. Members are welcome to peruse the angels on the tree and choose to sponsor a student and buy presents for them- Please see Lily to reserve an Angel.

The **deadline** to submit Angel presents is **December 11th!**  
(Please do not wrap Angel Tree presents, SCS staff will wrap them!)  
If you have any questions about this, please call Lily at 419-991-8811.



# Upcoming Events

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## **Sunshine Cafe Breakfast**

Wed, November 20th at 9am

\$10 Per Person - Eggs Benedict, Potato Pancakes, Fruit, Mock-Mosas



## **Angel Tree Present Submissions- DEADLINE**

Wed, December 11th

Please turn in presents unwrapped to an SCS staff member with your angel slip attached!



## **Holiday Gathering**

Fri, December 13th at 11:30am

FREE! - You must bring a side to share (homemade or storebought!)  
SCS will provide ham, turkey, and drinks! See Carol to sign up and tell her the side you're bringing.  
(No classes or activities in the MPR)



## **Family Day**

Fri, December 27th 12pm-2pm

Any SCS member is welcome to bring family members to enjoy activities in the Multi-Purpose Room and the Pool. More details to come!

# Wellness News Continued



**Molly Phelix**  
*Wellness Manager*



Hello everyone,

Please refer to the class schedules for any changes in class formats or times.

Please show up to class on time - or even a few minutes early for classes where you have to set up your seat. We are having issues with members walking into class several minutes after class has started (especially with the land classes). This is distracting to your fellow members and to the instructor. If the Multi-Purpose Room door is closed, class has already begun and you may exercise on your own in the Wellness Center.

As members start heading south for the winter, class numbers may dwindle. Instructors do not have to teach class unless there are 3 members there to participate. If a 3rd member shows up late (after class start time) this does not count as a third person.

Please be respectful if you are using the pool during a pool class. The pool can be a noisy place as is, and extra noise can make it hard for class participants to hear the instructor. Also, as class sizes grow, please be mindful of members who need to use the deep end of the pool to take class. Class members have priority during class time!

We will have no classes the week of Christmas (December 23rd-December 27th) and the week of New Years (December 30- January 1st) due to the way the calendar falls this year. Classes will start back up Monday January 6th, 2025!

If you encounter any issues with any equipment in the SCS Wellness Center or other parts of the facility, please notify staff immediately so that we can correct the issue. Thanks!



## **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*



Fall is my favorite time of year with the beautiful colors, cooler temperatures, and football!

The lunches, breakfasts, and brunch during September and October at the Sunshine Café were so much fun especially Octoberfest and the Halloween Spooktacular! I look forward to all the Sunshine Café events in November and December including the Gourmet Turkey lunch on November 13th, the Breakfast for Champions on November 20th and especially seeing everyone at the SCS Holiday Gathering on December 13th!

I have developed a wide variety of exciting and delicious menus for Breakfasts, Brunches, Lunches, and Specials for 2025. Please, let me know if you have any ideas for entrées, sides, salads, desserts, or drinks and cooking classes. Additionally, when you sign up for any Sunshine Café event, let Carol know if you have any food sensitivity and/or allergies. If I am aware of any food issues, I can accommodate any food issues!

Again, I extend a heartfelt thank you to the SCS staff, my great crew of kitchen volunteers, and members for your continued support!

Happy Holidays and I look forward to cooking healthy and delicious meals for you in 2025!


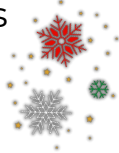






*Light & Healthy Lunches*  
**Prices vary per lunch.**



DESCRIPTION	DATE/TIME	PRICE PER PERSON
<p><b><u>Sunshine Cafe Lunch</u></b>            Turkey Filet with Cream Sauce, Roasted Brussel Sprouts with Root Vegetables, &amp; Chocolate Mousse Pie</p>	<p>Wed, Nov 13th            11:30am</p>	<p>\$12</p>
<p><b><u>Breakfast For Champions</u></b>            Eggs Benedict, Potato Pancakes, Fruit &amp; Mock-Mimosas</p>	<p>Wed, Nov 20th            9am</p>	<p>\$10</p>
<p> <b><u>Holiday Gathering</u></b>            SCS Provides Ham, Turkey, &amp; Drinks            Members Bring a Side to Share            Homemade or Store-bought! </p>	<p>Fri, Dec 13th            11:30am</p>	<p>FREE            *Bring side to share</p>
<p><b><u>Sunshine Cafe Lunch</u></b>            Bill's Favorite Chicken Soup, Tomato Soup, Grilled Cheese Sandwich, Crudite w/Veggie Dip, Iced Tea, Cheesecake</p>	<p>Wed, Jan 8th            11:30am</p>	<p>\$12</p>
<p><b><u>Sunshine Cafe Breakfast</u></b>            Waffles, Bacon, Berries, Fruit, Juice, Milk &amp; Coffee</p>	<p>Wed, Jan 15th            9am</p>	<p>\$10</p>

**(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



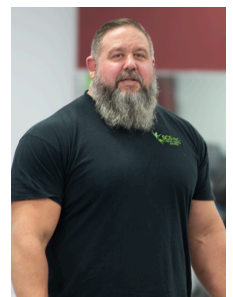
**Tiffany**  
Office Assistant



**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	<b>Pickleball</b> 6:00-8:00 am	<b>Open Walking</b> 6:00am- 7:30am MPR	<b>Pickleball</b> 6:00-8:00 am	<b>Open Walking</b> 6:00am- 7:30am MPR	<b>Pickleball</b> 6:00-9:00 am	Wellness Center Opens at 8am
7:00am		<b>Pickleball</b> Courts 1 & 2 7:30-8:30 am		<b>Early Bird Stretch</b> 8:00-8:30 am Classroom 2		
8:00am	<b>Cardio Strength Circuit</b> 8:30-9:15 am MPR		<b>Freemotion Circuit</b> 8:00-8:45 am Wellness Center			
	<b>New Format! Instructor's Choice</b> 8:30-9:00 am MPR	<b>Isometric Strength/ Gentle Yoga</b> 9:30-10:30 am Classroom 2	<b>Bootcamp</b> 9:00-9:30 am MPR	<b>Boxing Blast</b> 9:00-9:20 am MPR Cardio Class Only!	<b>Core and Balance</b> 9:30-10:15 am MPR	<b>Pickleball</b> 8:00- 11:30 am 3 courts until 9:45 2 courts until 11:30
9:00am	<b>New Format! Stretch and Mobility (Yoga-like)</b> 9-9:45am MPR			<b>Boxing Beatdown</b> 9:25-9:45 am MPR Glove up Class!		
10:00am						
11:00am	<b>Senior Fitness</b> Strength Training 10:45-11:30 am MPR			<b>Line Dancing</b> 10:00-11:30 am MPR	<b>Senior Fitness</b> Strength and More 10:45-11:30 am MPR	SCS Closes at noon on Saturdays
12:00pm	<b>Weightlifting</b> 12-12:45pm MPR	<b>Rock Steady Boxing</b> 12:00-2:20 See RSB Schedule for details	<b>Weightlifting</b> 12-12:45pm MPR	<b>Rock Steady Boxing</b> 12:00-2:20 See RSB Schedule for details	<b>SCS Closes at 2:30 on Fridays</b>	
1:00pm	<b>Pickleball</b> 1:00-4:00pm	<b>Open Walking</b> 2:30-3:30pm MPR	<b>Pickleball</b> 1:00-3:00pm	<b>Open Walking</b> 2:30-3:30pm MPR	<b>CLASS LEGEND</b> 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!	
2:00pm						
3:00pm						
4:00pm						
5:00pm	<b>Rock Steady Boxing</b> 5:15-6:30pm	<b>Open Walking</b> 5pm-6:45pm MPR	<b>Rock Steady Boxing</b> 5:15-6:30pm	<b>Cardio Drumming</b> 5:30pm With Jana!		
6:00pm	Center Closes at 7:00pm					

**There will be no classes or activities in the Multipurpose room  
Tuesday November 5th due to elections.**



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

- **Next Recovery Week will be November 25th- Nov 27th.** Wellness members are welcome to take pool classes this week and vice versa!

**Please show up to class on time.**


**Class Descriptions on Back!**

# SCHEDULE

## Recovery Week



### Monday November 25th - Wednesday November 27th

	Monday November 25	Tuesday November 26	Wednesday November 27	Thursday November 28	Friday November 29
6am/ 7am	6:00-8:00 am Pickleball	6:00-7:30 am Open Walking	6:00-8:00 am Pickleball	 SCS CLOSED	SCS CLOSED
8:00am	8:00-8:30 am Isometric Strength MPR	7:30-8:30 am Pickleball	8:00-8:30 am BOSU & Core MPR		
9am	9:00-9:30 Cardio Sports Conditioning	9am-9:30am HIIT	9am-9:30am Body Weight Strength MPR		
10am	10:00-10:30 am Aqua ROM & Balance	10:00-10:30 am Hand Mobility & Massage Classroom 1	10:00-10:30 am Aqua ROM & Pool Equipment		
10:45am	10:45-11:15am Fall Prevention MPR	10:45-11:15am Barefoot Balance MPR	10:45-11:15am Strengthen and Lengthen MPR		
1:00/ 1:30pm	1:00-4:00pm Pickleball	1:30pm-2:00pm Core & More	1:00-2:00pm Pickleball		
3:30		3:30-5:00 pm Water Volleyball	SCS CLOSSES AT 2:30 Wednesday		
5:30pm		5:30pm Aqua Zumba			

During Recovery week we will offer different class options that give our bodies a chance to rest, refresh, and recover. Classes colored in blue are in the pool, classes colored in green will be on land- either in the MPR or classroom 1/2. Pickleball will remain scheduled as usual.

**Any member** is welcome to try any of these classes, even if they do not have a pool membership. Please ask the Wellness Staff with any questions about recovery week classes or if you would like to schedule a personal training session or learn something new.

# SENIOR CITIZENS SERVICES, INC.

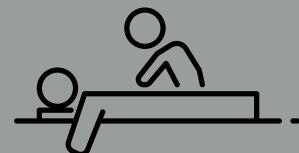


## Lima Memorial HEALTH SYSTEM

Affiliate of ProMedica



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

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# SENIOR CITIZENS SERVICES, INC.



 [www.scslima.com](http://www.scslima.com)

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by  UnitedHealthcare

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