

2025 QUARTER 1 (JAN 1 - MAR 31)



# THRIVE NEWSLETTER



*Carol Russell*

Executive Director



Dear members,

*Happy New Year! Hoping your holidays were enjoyable.... and now onto a hopeful and wonderful new year.*

*Donna has her 2025 menu all done for our food events this year. Molly and Bailey are working on new schedules for the next session so make sure you grab your schedules!*

*Jacki's Bucket List Travelers schedule for 2025 is out for the most part, with a few more to come. She is finalizing some details on a couple of trips. Everything is out for you to see in the lobby.*

*We have 4 new board members joining us this year. They will be voted on in January and we will announce in the newsletter some short bios for the new and current board members.*

*Also, please note that going forward, newsletters will be done on a quarterly basis!*

*2024 was a great year and we are looking forward to an even better year in 2025. All of our decisions look to improve every year! We are constantly challenging ourselves as a team to enhance our center in any way that we can.*

*Thanks for being a part of SCS - we appreciate you!*

*My best,  
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**

## **REMINDERS!**

**\*If you want to swim in a lap lane, you must call ahead of time to reserve that lane!**

**\*If you have had changes in your address, phone number, or have had changes for your emergency contact information/ current medications, please see the business office to submit those changes for your file.**

**\*We will now be doing our newsletters on a quarterly basis!**

# Bucket List

TRAVELERS

BY SCS, INC.



## Why You Should Travel With SCS



Jacki Duffy



As 2025 begins, we have a lots of new and exciting places planned. Sign-ups are already filling up, please don't hesitate to get your name and deposit in. Call the Business Office anytime for more questions or info on specific trips. Feel free to invite your friends or family along with you, as you do not have to be an SCS member to travel with The Bucket List Travelers. I look forward to traveling with you!

Please remember that when you put your name on a trip and 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).

# Bucket List

TRAVELERS

BY SCS, INC.



## 2025 TRIPS

### **LaComedia - \$125 Per Person**

*The Bus leaves the center at 9:00am {if no extra pick-ups}. A candy store stop is added on the return trip.  
Buffet lunch and show with front-row seating.*

#### Jersey Boys—March 6, 2025

4 blue-collar kids who became one of the greatest successes in pop music history.

#### Into the Woods—April 3, 2025

Familiar fairy tale characters must work together in a humorous & touching journey.

#### Matilda—July 17, 2025

A little girl with wit, intelligence, and special powers is the student's saving grace against the mean headmistress.

#### Play that goes wrong—September 4, 2025

Hilarious opening night of Cornley University Drama Society production of Murder at Haversham Manor.

#### Legally Blonde—September 25, 2025

Transformation of lawyer-to-be Elle Woods as she tackles stereotypes & scandal in pursuit of her dreams.

#### Scrooge—November 6, 2025

A classic story of redemption & forgiveness.



# Bucket List

TRAVELERS

BY SCS, INC.



## 2025 TRIPS CONTINUED

### *Day Trips*

Niswonger PAC/Willow Bend Country Club—March 26, 2025

Menopause 2 evening show/Buffer Dinner--\$135

4 mature women shopping for lingerie reflecting symptoms of menopause

Cincinnati Reds Vs. White Sox—May 15, 2025--\$195

Covered seating with Buffet food included throughout the day.

Cincinnati Reds Vs. Brewers—Jun 4, 2025--\$195

Covered seating with Buffet food included throughout the day.

Mystery Trip—June 12, 2025--\$245

A fun day full of Mystery!

Cincinnati Reds vs. Braves—August 1, 2025--\$200

Covered seating with Buffet food included throughout the day.

### *Multi-Day Trips - Base on Double Occupancy!*

Turkeyville-Nonsense/Zender's Motown Revue—May 7 & 8, 2025-\$375

Travel to Turkeyville, Michigan to see the Little Sisters of Hoboken in a fundraising variety show. Then on to Zender's in Frankenmuth, Michigan for the Motown Revue, the music that shook the nation. Temptation, Supremes, Marvin Gaye and more!

Soaring Eagle Casino - April 14-16, 2025 - \$480

2 nights at the Soaring Eagle Casino, \$60 Casino Free Play Incentive, \$40 Casino Food Incentive, Tour Michigan State Capital in Lansing, see R.E. Olds Transportation Museum, and more!

Holmes County—May 30 & 31, 2025—\$515

We start out for Sugarcreek's Carlisle Inn. Enjoy a buffet lunch at Dutch Valley restaurant then a Frankie Valle Tribute show at Ohio Star Theater. The evening takes us to Hans Place Restaurant for dinner and wine tasting. In the morning, we will take a tour of the countryside and gather a few goodies before heading home.



# Bucket List

TRAVELERS

BY SCS, INC.

## 2025 TRIPS CONTINUED

### ***CONTINUED - Multi-Day Trips - Base on Double Occupancy!***

#### Zender's California Summer—June 5 & 6, 2025—[\\$330](#)

Head to Frankenmuth for a little Bavarian atmosphere and shopping. Enjoy a dinner show at Zender's with music from the Golden Era of Surf, Sun, and Summer of Love. The Beach Boys, The Eagles, the Mama's & the Papa's, and more!

#### Lewis and Clark Riverboat Cruise—August 5-12, 2025--[\\$7,930](#)

Cruise the Columbia and Snake rivers, immerse yourself in history, and experience the charm of the west. Experience Mt. St. Helens, Columbia Maritime Museum, Astoria Loop, beautiful Multnomah Falls, and Columbia Gorge Discovery Center. Visit The Dalles, the final frontier of the Iconic Oregon Trail, visit Sacajawea Interpretive Center, Hells Gate State Park, and more!  
Limited cabins!

#### Shipshewana—September 9 & 10, 2025—[\\$525](#)

Head to Indiana where our guide will take on an Amish Countryside Backroad Tour to fill our "Brown Bags" with lots of goodies. Check in to Blue Gate Garden Inn with reserve seats for the Everly Brothers Concert. We continue in the morning of our tour and then a Haystack lunch at Yoder's Restaurant before heading home.

#### Utah's Mighty 5 National Parks—September 13-21, 2025--[\\$4,930](#)

Ride the California Zephyr for an incredible rail excursion. Visit National Parks: Canyonlands, Arches, Capitol Reef, Bryce and Zion. See Colorado National Monument, Grand Staircase, Virgin River Gorge, Valley of Fire State Park, Deadhorse Point State Park, and more!

#### Pocono Mts./Gettysburg/Sight & Sound/Flight 93—October 13-19, 2025--[\\$2,500](#)

Visit Jim Thorpe historic town, Linda Ronstadt Experience at Penn's Peak, take a beautiful ride on the Lehigh Gorge Scenic Railroad, tour America on Wheels Museum, and take in one of the scenic regions in the northwest on the Colebrook Railroad Dinner Train. Visit Valley Forge National Park, visit the Gettysburg Museum and battlefield, and see the production of "Noah" at the beautiful Sight & Sound Theater. Visit Flight 93 National Memorial stop at the Heinz History Center - a proud affiliate of the Smithsonian Institution and more!

***For more details on multi-day trips please call 419-991-8811 for an itinerary and ask for Jacki.***

***Pick-ups are determined per trip based on need.***

***Stay tuned for more to come! If you have a trip suggestion, please stop by the business office.***

***Still to Come: Overnight Mystery trip, Ashville at the Holidays & more!***



# Upcoming Events



## **Bob's Bridge Class**

Beginning Thu, Jan 9th (1-3pm) and lasting for 5 weeks  
Come learn all aspects of bridge. Beginners welcome!  
Call Bob at 419-999-4866 with any questions.



## **New Beginnings**

This is a Christian Women's group that holds a gathering once a month. There are light refreshments, a drawing, and a special guest speaker at each meeting. To join, it costs \$7 per person at the door! This event takes place at SCS every 2nd Thursday of the month (1pm-3pm) in Classroom 2.

Please RSVP to Karen at 419-996-9729.



## **Sunshine Cafe Breakfast**

Wed, Jan 22nd - 9am - \$10 Per Person  
Waffles, Bacon, Fruit

## **Chili CookOff!**

Fri, Jan 31st - 11:30am - \$10 for Eaters / FREE for Chili Bringers  
See Carol to sign up and let her know if you are bringing a chili and what kind.

**\*Other events that we schedule after the Q1 Newsletter's release, will be sent out through our text blast system and put on flyers around the center.**

SCS, INC. & MERCY HEALTH

# YOUR HEALTH MATTERS



*Come chat with a health professional!*

**Two Dates Available:**

**February 13th @ 2pm - Dr. Christopher Clement (Primary Care)**

**May 16th @ 2pm - Margaret Schimmoeller APRN**

**Location:**

**Senior Citizens Services, Inc.  
3400 W Elm St, Lima, OH 45807  
Meeting Room 1**

This will be an open discussion about senior exercise, wellness, nutrition, and more!

*Light refreshments  
will be provided.*

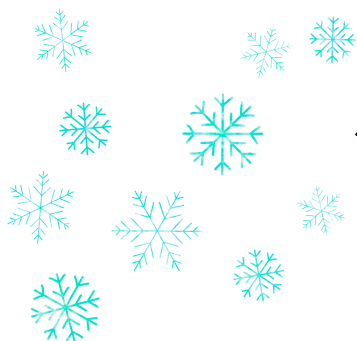


**Call to reserve a seat!**

419-991-8811

SCS Business Office

# Wellness News Continued



**Molly Phelix**  
*Wellness Manager*



Hello everyone,

Happy New Year! We have made changes to the Wellness Class and Aquatic Class schedules based off of our survey results. We are trying to make as many accommodations to requests as possible. We can make class format changes session to session throughout 2025. I would like to emphasize that when Wellness staff are sick or on vacation, modifications may be made to the Wellness and Aquatic class schedule for that day or week.

We will have a new Yoga class starting Monday January 20th at 4pm! This class will be every Monday and Wednesday 4:00-5:00pm. Class will be held in Classroom 2.

If class size grows then class will be held in the MPR.

If you have any questions or suggestions for future schedules, please let me know!

Making a fitness resolution for 2025? Let the SCS help you! If you would like to work with a personal trainer, please see the Wellness staff to schedule an appointment. We can help you work on making specific goals and create an exercise plan involving cardio, strength, balance, and/or flexibility!

### Winter Weather Considerations:

During inclement weather, please bring a clean pair of shoes to change into for exercising in the facility. This helps keep you safe by having clean, dry shoes, and helps keep others safe by keeping excess water and salt (slip hazards) off of our floors.

While entering and exiting the building through the East doors, please be mindful about holding the door open and letting cold air in. If you do not need the handicap button, please use the other door. If you are talking in the lobby, please do not hold the door open while conversing.

## **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.





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



DESCRIPTION	DATE/TIME	PRICE PER PERSON
<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 22nd            9am  <b>NEW DATE!</b></p>	<p>\$10</p>
<p><b><u>Chili Cookoff</u></b>            SCS will provide Cheese, Sour Cream, Hot Sauce,            Crackers, Peanut Butter Bread, Chocolate &amp; White            Cakes with Buttercream frosting, Iced Tea</p>	<p>Fri, Jan 31st            11:30am</p>	<p>\$10 for Eaters            FREE for Chili            Bringers</p>
 <p><b><u>Sunshine Cafe Lunch</u></b>            Italian Wedding, Minestrone Soup, Chicken            Parm Silders, Caprese Salad, Homemade            Gelato Sundaes</p>	<p>Wed, Feb 12th            11:30am</p>	<p>\$12</p>
<p><b><u>Sunshine Cafe Breakfast</u></b>            Beignets, Sausage Links, Berries, Fruit, Melon,            Cafe Ole, Juice, Milk</p>	<p>Wed, Feb 19th            9 am</p>	<p>\$10</p>

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







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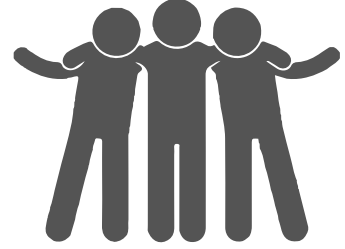


*Light & Healthy Lunches*  
Prices vary per lunch.

DESCRIPTION	DATE/TIME	PRICE PER PERSON
<p><b><u>Mardi Gras Celebration</u></b> Gumbo, Jambalaya, Étouffée, Tossed Salad, French Bread, King Cakes, Mock Hurricanes, Iced Tea</p>	Fri, Feb 28th 11:30am	\$16
<p><b><u>Sunshine Cafe Lunch</u></b> Guinness Stew, Irish Soda Bread, Pub Salad, Baked Alaska</p>	Wed, Mar 12th 11:30am	\$12
<p><b><u>Sunshine Cafe Breakfast</u></b> Biscuits &amp; Gravy, Sausage Patties, Scrambled Eggs, Fruit, Juice, Milk, Coffee</p>	Wed, Mar 19th 9am	\$10
<p><b><u>Italian Feast Lunch</u></b> Pasta Primavera, Shrimp Scampi with Linguini, Ravioli Alfredo, Chicken Parmesean with Marinara Sauce, Crudites &amp; Pesto Dip, Tiramisu, Sparkling Water, Lemonade</p>	Fri, Mar 28th 11:30am	\$18

**(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



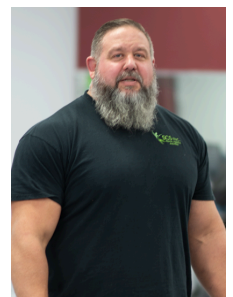
**Tiffany**  
Office Assistant



**Cindy**  
Office Assistant



**Lily**  
Administrative Assistant



**Steve**  
Facility & Maint.  
Director



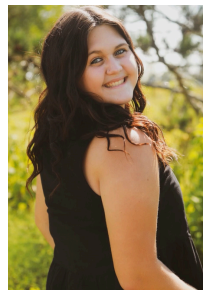
**Molly**  
Wellness Manager



**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> 6:00-8:00am	<b>Open Walking</b> 6:00am- 7:30am MPR	<b>Pickleball</b> 6:00-8:00am	<b>Open Walking</b> 6:00am- 7:30am MPR	<b>Pickleball</b> 6:00-9:00am	Wellness Center Opens at 8am		
7:00am								
8:00am	<b>Early Bird Stretch</b> 8:00-8:30am Classroom 2		<b>Early Bird Stretch</b> 8:00-8:30am Classroom 2		<b>Chair Stretch</b> 8:00-8:30am Classroom 2	<b>Pickleball</b> 8:00- 11:30am		
	<b>Instructor's Choice</b> 8:30-9:00am MPR	<b>Cardio &amp; Core</b> 8:30-9:15am MPR	<b>Cardio Drumming</b> 8:30-9:15am MPR	<b>HIIT &amp; Core</b> 8:30-9:15am MPR	<b>Freemotion Strength Circuit</b> 8:30-9:15am Wellness Center			
9:00am	<b>Yoga</b> 9:00-9:45am MPR	<b>Strengthen &amp; Lengthen</b> 9:30- 10:15am MPR	<b>Instructor's Choice</b> 9:30-10:15 MPR	<b>Strengthen &amp; Lengthen</b> 9:30- 10:15am Classroom 2				
10:00am	<b>New Time!</b> <b>Senior Fitness</b> Strength Training 10:30-11:15am MPR	<b>Stretch &amp; Relaxation</b> 10:30- 11:15am Classroom 2	<b>New Time!</b> <b>Senior Fitness</b> Cardio Drumming and Balance 10:30-11:15am MPR	<b>Gentle Yoga</b> 10:30- 11:15am CR 2	<b>New Time!</b> <b>Senior Fitness</b> Strength and More 10:30-11:15am MPR	SCS Closes at noon on Saturdays		
11:00am				<b>Line Dancing</b> 10:00- 11:30am MPR				
12:00pm	<b>Weightlifting</b> 12-12:45pm MPR	<b>Rock Steady Boxing</b> 12:00-2:15 See RSB Schedule for details	<b>Weightlifting</b> 12-12:45pm MPR	<b>Rock Steady Boxing</b> 12:00-2:15 See RSB Schedule for details	<b>SCS Closes at 2:30 on Fridays</b>			
1:00pm	<b>Pickleball</b> 1:00-3:00pm	<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- Challenging, High level of mobility. May be on the floor. Level 2- Medium level of mobility Level 1- Basic movement patterns, chair-based 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	<b>Potential Yoga Class</b> 3-4:00pm MPR <b>Start Date TBD</b>	<b>Potential Yoga Class</b> 3-4:00pm MPR <b>Start Date TBD</b>						
4:00pm		<b>Table Tennis</b> 3:30-5:00pm		<b>Table Tennis</b> 3:30-5:00pm				
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								

Please refer to the schedule for class time changes.

The Wellness Class Schedule may be subject to change.

Class format and times may be subject to change due to instructor availability and class size.

Please show up to class on time.





# SCHEDULE

## AQUATIC

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00am	3 Lanes Available		3 Lanes Available		3 Lanes Available	<b>Center Opens 8:00 am</b>	
7:00am	7:00-9:00*am Open Pool 2 Laps Available	6:00-9:00*am Open Pool 2 Laps Available	7:00-9:00*am Open Pool 2 Laps Available	6:00-9:00 am Open Pool 2 Laps Available	7-9:00*am Open Pool 2 Laps Available		
8:00am							
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 Available 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							
1:00pm		<b>Joints In Motion</b> 1:30-2:15pm			<b>Joints In Motion</b> 1:30-2:15pm		<b>Pool Closes at 2:00pm</b>
2:00pm							
3:00pm		<b>New Time!</b> <b>Water Volleyball</b> 3:00-4:30 One Lap Available			<b>New Time!</b> <b>Water Volleyball</b> 3:00-4:30 One Lap Available		<b>CLASS LEGEND</b> <b>Level 3- Challenging/ High level of mobility</b> <b>Level 2- Medium</b> <b>Level 1- Basic movement patterns</b> <b>Activity/Sport</b> <b>Contractor Class - Free to SCS members \$6 for non-members</b> <b>Ask our Exercise Specialists what class level is best for you!</b>
4:00pm	<b>Instructor's Choice</b> 4:15-5:00pm One Lap Available	<b>Suspended &amp; Fit</b> 4:15-5:00pm One Lap Available					
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	<b>Pool Closes at 6:30</b>		<b>Pool Closes at 6:30</b>				

Please refer to the schedule for class time changes.

The Aquatic Class Schedule may be subject to change.

Class format and times may be subject to change due to instructor availability and class size.

Please show up to class on time.

# 2025 Recovery Week Schedule

-Schedules will be posted the week prior

Indicates Recovery Week

Indicates center is closed

Voting Day -MPR is closed to all SCS activities



## January

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## February

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

## March

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## April

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## May

S	M	T	W	T	F	S
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## June

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## July

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## August

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## September

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## October

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## November

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## December

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



# SENIOR CITIZENS SERVICES, INC.

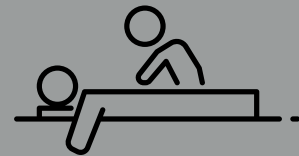


## Lima Memorial HEALTH SYSTEM

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

Come Visit Us



2-1-1

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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
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