

2025 QUARTER 2 (APRIL 1 - JUNE 30)



THRIVE NEWSLETTER



Carol Russell
Executive Director



Dear members:
Exciting news to report for this quarter. Thus far, our annual campaign has totaled \$9,300.00! If you haven't already contributed, please find it in your heart to do so. If you have contributed, we are eternally grateful for your contribution.

Our new furniture for the lobby has been ordered and the approximate cost of this is \$18,000.00. We will have larger tables, more chairs and side seating areas. The color scheme is a lovely light blue and gray. We will be painting the lobby very soon as well so bear with us regarding the inconvenience this may cause. But as you can see-we can still use more donations to cover the cost.

On another note, one of my greatest highlights is enjoying all of you coming into the lobby and the fellowship amongst each other. However, often the lobby is left in a "hot mess", especially if food is involved. I do not want to discontinue any of these privileges, but I do expect you to respect the Center and cleanup your messes. Also, please remember the staff are not the "Wait Staff"-they have jobs to do and preparing the coffee is an extra task on top of their jobs so please be kind and patient!

We are also excited to introduce our board members to this newsletter. We virtually have a new board, and they are all thrilled to be part of us and bring value to our center! I have worked hard in getting valuable people in our community as well as positive and active members to be involved. They, too are anxious to see us continually improve to the best of our ability.

Finally, the staff and I are here to serve you and continue to improve in many ways. Thanks for giving us this opportunity and for being who you are! Enjoy your center!!!!

My best, Carol



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**

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!***

Meet Our Board Members



Amy Bok
Board President

Current Occupation: Nurse/Nurse Manager (35 yrs)

Bio: "I have lived in Allen County (near Cairo) for most of my life. I have been married to my husband, Tim, for 34 years. Together, we have 4 married children and 2 grandchildren. We are enjoying this stage in life as grandparents! I am blessed to have chosen nursing as my profession. I love to be of service! For fun and exercise, my husband and I enjoy golf and pickleball. Thank you for the opportunity to serve on the board of this wonderful organization!"



Sara Ambroza
Vice President

Current Occupation: President of the Mercy Health Foundation
Greater Lima (8ys)

In my current position, I work to secure funding that supports our clinical teams, services, and initiatives aimed at providing advanced care to the communities we serve. Before I joined the healthcare field in 2015, I spent 11 rewarding years in higher education working in enrollment management. I currently reside in Shawnee with my husband, Abe, our daughter, Allie, and our two beloved dogs, Lucy and Eddie.



Tracy Sharp
Secretary

Current Occupation: Family Physician for Mercy Health at the Wapak Y

I graduated from Ottoville and went to college in Eastern Michigan, where I met my husband, Darren. I have four children: Seth is a freshman at Liberty University in Virginia, Ally is a junior, Blake is an eighth grader, and Grant is in seventh grade at Elida. I work as a family physician for Mercy at the Wapak Y. I'm currently serving as Secretary for the board at the end of my first term.

Meet Our Board Members



Alice Giesken
Treasurer

Current Occupation: Accounts Payable at All Service Glass

For the past 9 years, I have worked in Accounts Payable at All Service Glass. I have worked in accounting for 60 years. I am married with 2 children and 6 six grandchildren. In addition to being on the SCS board, I help manage the St. Vincent dePaul Food Pantry and volunteer at our church, St. Charles. Mike and I have been members at SCS for 18 years and appreciate the opportunity it gives us to stay active.



Keith Horner
Board Member

Current Occupation: Superintendent for Apollo (7 yrs)

I have been the Superintendent for Apollo Career Center for 7 years. I am a lifelong resident of the region and live south of Cridersville with my wife Jennie, and my two daughters, Emma and Denni.



LaShae Burwell
Board Member

Director of Foundation, Marketing Volunteer Services, DEI at Lima Memorial (5 yrs)

Bio: "My husband, Matt, and I live in Glandorf, OH, with our daughter and two dogs. I've had the privilege of working at Lima Memorial for more than five years. I've worked in Lima for the majority of my career, and I enjoy being able to give back to my community!"

Meet Our Board Members



Wayne Hites
Board Member

Retired Banker

Bio: "I have been a lifetime resident of the Lima area and am currently living in Elida. I was married for 62 years and have 3 children and 8 grandchildren. I am a graduate of Lima Senior High School and Bluffton College (degree in Business & Accounting). My next 38 years were spent in the banking business here in Lima. Being involved in the center is one of many things I enjoy doing. I also love to golf, walk in the woods, do yard work, and go boating at Indian Lake. I have also been a volunteer at Memorial Hospital for 18 years."



Peg Mosel
Board Member

Retired Registered Nurse (40 yrs)

Bio: "I was born and raised here in Lima, OH, in the beautiful Midwest - which is why I call myself 'A Midwest Summer Loving Girl!' I am a retired RN from Mercy Health, and caring for my patients was one of my greatest loves for 40 years. I also enjoy gardening, reading, writing, and singing in the choir at St. Charles Church. I have been a member of SCS for several years and especially love the pool and all the programs and activities offered. My greatest achievement is being a mother and grandmother."



Doug Weaver
Board Member

Retired EMT with Lima Allen County Paramedics (10 yrs)

Bio: "I live in Elida with my wife of 52 years. Some of my hobbies are working out and weightlifting at SCS. I also love corrupting my 2 great grandkids - it's the best!"



Bill Stober
Board Member

Retired from St. Rita's Maintenance / Employed at WTLW-TV44

Bio: "I grew up in Lima and graduated from Lima Senior. I have 3 adult children, 2 stepchildren, and 10 grandchildren. My wife, Lois, and I live outside of Delphos. I am an usher and am a part of the prayer team at the Only Believe Ministries in Botkins, OH. We have attended this church for over 30 years. I enjoy yard work, working in my shop, and my pond. Lois and I also enjoy traveling with the Bucket List Travelers! As a board member, I look forward to helping make SCS a place where seniors enjoy coming to."

Bucket List

TRAVELERS

BY SCS, INC.



Why You Should Travel With SCS



Jacki Duffy



2025 is well underway! Our trip to La Comedia to see Jersey Boys was a unique experience. We just got back from Hawaii, and it was stunning. It was everything we expected and more! Our trip to the Niswonger to see Menopause 2 was incredibly hilarious, and we had delicious food at the Willow Bend Country Club.

There are still some seats remaining for 2025 trips. Sign-ups are already filling up, so 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.

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

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.





2025 TRIPS CONTINUED

Day Trips

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-Nunsense/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!

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.

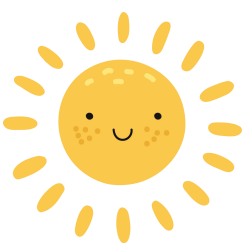
Zender's California Summer—June 5 & 6, 2025--[\\$330](#)

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!



Bucket List

TRAVELERS

BY SCS, INC.

2025 TRIPS CONTINUED

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

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!

Overnight Mystery Trip- October 23 & 24, 2025 - [\\$480](#)

Lots of new, fun, and exciting adventures await!

Illumi Toronto / Niagara Falls Festival of Lights—November 19-21, 2025, [\\$1000](#)

Illumi is the largest holiday light show in the world. Visit Frank Lloyd Wright’s Martin House. Discover the power of illusion with Greg Frewin, who is ranked the International Grand Champion of Magic! Experience a Glow in the Dark Dine & Dream show where special happens, as all the performers have special needs. Visit Teddy Roosevelt’s Inaugural Site and more.

Ashville/Biltmore—December 1-4, 2025--[\\$1300](#)

Visit the beautiful Biltmore Mansion decorated and ready for the holidays. Visit Antler Hill Village, Blue Ridge Mountain Folk Arts Center, take a first-class seat ride on the Tuckasegee River Excursion 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.



Upcoming Events

Spring Fling Dance

Sat, April 5th 6pm-8pm

Chris Worth's Live Band will perform throwback hits! The cost is \$12 per tickets which includes a sloppy joe sandwich, chips, cookie, and a drink. If you don't dance, you're still welcome to attend! We will have plenty of seating available. See Carol to purchase your tickets!

Sunshine Cafe Lunch

Wed, April 9th - 11:30am- \$12 Per Person

Veggie Soup, Nacho Chicken Chowder, Muffuletta



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.

Diamond Dot Crafting

Fri, April 11th & Fri, April 25th & MORE! - From 12pm-2pm

Diamond Dot Painting is a combination of cross-stitch and paint-by-numbers. You use an applicator to apply sparkling resin rhinestones, one-by-one, on an adhesive color-coded canvas painting. Call Karen at 419-996-9729 with questions!

Sunshine Cafe Breakfast

Wed, April 16th - 9am - \$12 Per Person

Quiche Lorraine, Potato Pancakes, Berries, Mock-Mosas



Cinco De Mayo Celebration

Fri, May 2nd - 11:30am - \$18 Per Person

Carne Asada, Pollo Fajitas, Barbacoa, Red rice & Pinto Beans, Guacamole & Creme, Salsas, Tortillas, Lava Cake, Mock Margaritas

Rotary Blood Day

Sat, May 3rd from 6:30am-9:30am

MPR will be closed to SCS activities until 10am!



***Other events that we schedule after the Q2 Newsletter's release, will be sent out through our text blast system and put on flyers around the center.**

2025 LINCOLN PARK DANCES

199 SHAWNEE ST LIMA, OH

FRIDAY NIGHTS 7-9PM

DON'T DANCE? BRING A LAWN CHAIR, RELAX & ENJOY THE MUSIC! ***FREE ENTRY***



Dance Schedule:

June 6th - Exploit Trio

June 13th - Al Best Band

June 20th - Bill Foley Band

June 27th- Lima Symphony Quartet with Vocalist

July 11th - Riverbend Band

July 18th - John Heaphy's Beer Barrel Boys

July 25th - Black Cat 5

August 1st- KGB

August 8th - Al Best Band

August 15th - Exploit Trio

Pop, Classic Rock & Motown with Chuck Sommers

Traditional Listening & Dance Music

60's-70's Greatest Hits from Columbus

"Wonderful Music"

Northwest Ohio's Premier Country Band

"Always Great Fun"

Lima's Own Blues & Rock

Motown's Greatest Hits from Toledo

Traditional Listening & Dance Music

Pop, Classic Rock, Motown with Chuck Sommer

SCS, INC. & MERCY HEALTH

YOUR HEALTH MATTERS



Come chat with a health professional!

Upcoming Event Date:

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.*

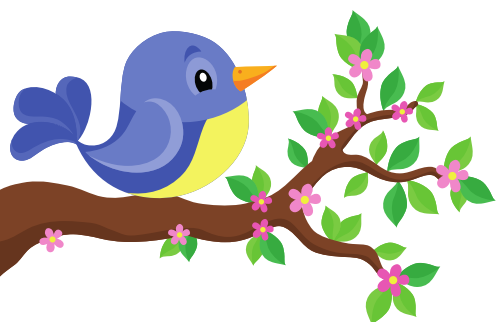
Call to reserve a seat!

419-991-8811

SCS Business Office



Wellness News Continued



Molly Phelix
Wellness Manager



Hello everyone,

Hello everyone, this is a friendly reminder to make sure you are scanning in each time you visit SCS! This is how we track statistics and how we track Silver Sneakers, Renew Active, and Fit On visits. Please mark the class/activity that you are attending; If the activity you are doing is not listed, please mark the "Wellness Center" or "Just Visiting". Also, the list order may change day to day, so please read the selections carefully. If you have any questions about scanning in, please ask a staff member!

We teach nearly 40 classes a week between the 4 full-time Wellness Staff. When a staff member is sick or on vacation, class format may change and/or class may be shortened to 30 minutes.

April is Parkinson's Awareness Month! Parkinson's is a progressive neurological disease that affects more than 1.5 million Americans. Please check out the bulletin board in the Wellness Center for more facts and information about PD. At SCS we fight back against Parkinson's every week with our Rock Steady Boxing Program. This is a boxing-inspired fitness program that incorporates functional fitness and Parkinson's-specific exercise in a supportive environment for people with Parkinson's and their families. If you would like to learn more about Rock Steady or PD, please see me!

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
<u>Italian Feast Lunch</u> Pasta Primavera, Shrimp Scampi with Linguini, Ravioli Alfredo, Chicken Parmesean with Marinara Sauce, Crudites & Pesto Dip, Tiramisu, Sparkling Water, Lemonade	Fri, Mar 28th 11:30am	\$18
<u>Sunshine Cafe Lunch</u> Veggie Soup, Nacho Chicken Corn Chowder, Muffuletta Sandwich, Cookies	Wed, Apr 9th 11:30am	\$12
<u>Sunshine Cafe Breakfast</u> Chicken & Waffles, Loaded Hashbrowns, Chop Chop, Berries, Fruit Crumb, Mock-Tequila Sunrise, Milk, Coffee	Wed, Apr 16th 9am	\$12
<u>Cinco De Mayo</u> Carne Asada, Pollo Fajitas, Barbacoa, Red Rice & Pinto Beans, Guacamole & Crème, Salsas, Tortillas, Lava Cake, Mock Margaritas	Fri, May 2nd 11:30am	\$18



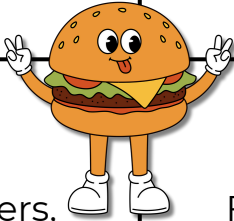
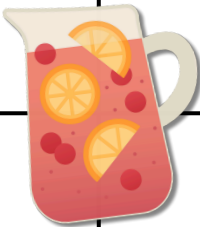
**(See Carol to sign up, pay, and collect your ticket.
You must pay when you sign up!)**



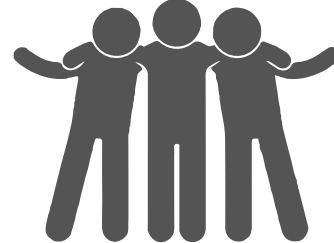
CONTINUED

Light & Healthy Lunches
Prices vary per lunch.



DESCRIPTION	DATE/TIME	PRICE PER PERSON
<u>Sunshine Cafe Lunch</u> Chicken, Shrimp & Veggie Stir-Fry, Fried Rice, Fruity Wontons	Wed, May 14th 11:30am	\$12
<u>Sunshine Cafe Breakfast</u> French Toast, Ham, Boiled Eggs, Berries, Fruit, Melon, Juice, Milk, Coffee	Wed, May 21st 9am	\$10
<u>BBQ Summer Lunch</u> Brats, Brat Burgers, Prime Beef Burgers, Summer Punch <i>*Bring a side or dessert to share! Let Carol know what you're bringing.</i>	 Fri, Jun 6th 11:30am	\$12
<u>Sunshine Cafe Lunch</u> Grilled Chicken w/Lemon Butter Sauce, Salad Bar, Trifle, Summer Punch	 Wed, Jun 11th 11:30am	\$12
<u>Sunshine Cafe Breakfast</u> Quiche Lorraine w/Bechamel Sauce, Sausage, Ham & Cheese Quiche, Breakfast Potatoes, Caesar Salad, Berries & Fruit Tarts, Mock-Mosas, Juice, Milk, Coffee	Wed, Jun 18th 9am	\$12

**(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

Picture
Coming
Soon

Ed
Greeter



Karon
Greeter



Carmen
Greeter



Fred T.
Janitor/
Maintenance



Stacy
Group Fitness
Instructor/ RYT



Jana
Group Fitness
Instructor



LIKE SCS ON FACEBOOK!
Search: SCS Lima



APRIL 2025

SCHEDULE

WELLNESS



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Pickleball 6:00-8:00am	New Time! Pickleball 6:00-8:00am	Pickleball 6:00-8:00am	New Time! Pickleball 6:00-8:00am	Pickleball 6:00-9:00am	Wellness Center Opens at 8am
7:00am						
8:00am	Early Bird Stretch 8:00-8:30am Classroom 2		Early Bird Stretch 8:00-8:30am Classroom 2		Chair Stretch 8:00-8:30am Classroom 2	Pickleball 8:00- 11:30am
	Strength 30 8:30-9:00am MPR	Cardio & Core 8:30-9:15am MPR	New Class! Fitness Boxing 8:30-9:15am MPR *No Class March 19	HIIT & Core 8:30-9:15am MPR	Freemotion Strength Circuit 8:30-9:15am Wellness Center	
9:00am	Yoga 9:00-9:45am MPR	Strengthen & Lengthen 9:30- 10:15am MPR	Instructor's Choice 9:30-10:15 MPR	Strengthen & Lengthen 9:30- 10:15am Classroom 2		
10:00am	Senior Fitness Strength Training 10:30-11:15am MPR	Stretch & Relaxation 10:30- 11:15am Classroom 2	Senior Fitness Cardio Drumming and Balance 10:30-11:15am MPR	Gentle Yoga 10:30- 11:15am CR 2	Senior Fitness Strength and More 10:30-11:15am MPR	SCS Closes at noon on Saturdays
11:00am						
12:00pm	Weightlifting 12-12:45pm MPR	Rock Steady Boxing 12:00-2:15 See RSB Schedule for details	Weightlifting 12-12:45pm MPR	Rock Steady Boxing 12:00-2:15 See RSB Schedule for details	SCS Closes at 2:30 on Fridays	
1:00pm	Pickleball 1:00-3:00pm		Pickleball 1:00-3:00pm			
2:00pm		Open Walking 2:30-3:30pm MPR		Open Walking 2:30-3:30pm MPR	CLASS LEGEND 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!	
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	Cardio Drumming 5:30pm With Jana!		
6:00pm				Center Closes at 7:00pm		

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! You may be turned away from class if you are late.

APRIL 2025

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	Center Opens 8:00 am	
7:00am	7:00-9:00*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						8:00am-11:30am* (10:30* on Aqua Zumba days) Open Pool 2 Laps Available	
9:00am	Cardio Strength 9:00-9:45 am	HIIT 9:00-9:30 am High Intensity Interval Training class (Cardio)	Cardio Strength 9:00-9:45 am	Cardio Strength 9:00-9:45 am	Cardio Strength 9:00-9:45 am!	Aqua Zumba 10:30-11:30am March 8 and 22 (Please see Jana's Schedule)	
10:00am	Aqua Range of Motion 10:00-10:45 am	Aqua Range of Motion 10:00-10:45 am	Aqua Range of Motion 10:00-10:45 am	Aqua Range of Motion 10:00-10:45 am	Aqua Range of Motion 10:00-10:45 am		
11:00am	11am-4:00pm Open Pool 2 Laps Available	11am-1:30pm Open Pool 2 Laps Available	11am-4:00pm Open Pool 2 Laps AvailableOpen	11am-1:30pm 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		Joints In Motion 1:30-2:15pm	Pool Closes at 2:00pm		
1:00pm							
2:00pm							
3:00pm		Water Volleyball 3:00-4:30 One Lap Available		Water Volleyball 3:00-4:30 One Lap Available	CLASS LEGEND Level 3- Challenging/ High level of mobility Level 2- Medium Level 1- Basic movement patterns Activity/Sport Contractor Class - Free to SCS members \$6 for non-members Ask our Exercise Specialists what class level is best for you!		
4:00pm	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 No laps Available	Cardio, Core & More 5:30-6:15 pm One Lap Available	Open Pool 2 Laps Available			
6:00pm							
	Pool Closes at 6:30		Pool Closes at 6:30				

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

Indicates Recovery Week

-Schedules will be posted the week prior

Indicates center is closed

-Closed for Holiday

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	31					

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



**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

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 | • 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

Call Us
DIAL 2-1-1

Visit Us
allen211.org



SENIOR CITIZENS SERVICES, INC.



United
Way



SCS Lima



www.scslima.com



Renew Active
by  UnitedHealthcare®

*Come Visit
Us*

