

2025 QUARTER 4 (OCT 1 - DEC 31)

THRIVE NEWSLETTER



Carol Russell
Executive Director



Dear Members,

Happy Fall! -

Hopefully, you all have had a chance to see your new lobby here at the center. It has been painted and fully furnished with new furniture! This is here for all of you to enjoy.... Please, if you have not seen it yet, come by and see it! Thanks for your patience!

The Pool -

Steve Schmidt is doing an excellent job as our new Pool Operator. He received his operators certification and frankly works non-stop to keep this pool safe, clean, and in good operating order. Some of you get angry and take it out on the staff when it is necessary to shut down. If you have complaints or anger issues about this, please see me! DO NOT be unkind to the staff!

There is the Annual Board Meeting coming up, and you all are invited to attend. It is October 23rd at 7:30am in Classroom 1. I look forward to seeing you there!

Also, our Fall Fling Dance is on October 24th, with doors opening at 5:15pm. Food (sandwiches, chips, and drinks) will be provided by our Sponsor (Burton's Ridge). The Flat Bottom Boys Band will perform from 6pm-8pm (Sponsored by Trilogy Health).

Finally, please sign up for the Holiday Gathering on December 12th at 11:30am. Bring your favorite Holiday dish, and the center will provide Ham & Turkey! Also, we will have a Christmas Brunch on December 17th @ 11:30am. The events will continue as long as attendance is good!

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**

REMINDERS!

Upcoming Closures:

- 11/26/25 - Close Early @ 2:30pm
- 11/27/25 - CLOSED!
- 11/28/25 - CLOSED!
- 12/11/25 - Close Early @ 3:30pm
- 12/24/25 - CLOSED!
- 12/25/25 - CLOSED!
- 12/31/25 - Close Early @ 2:30pm
- 1/1/26 - CLOSED!

**Please be mindful of the
Annual Board Meeting approaching!
It is open to all members.
We will be having it on
October 23rd @ 7:30am.
All are welcome to attend!**

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
Board Member

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
Treasurer

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 Puffy



2025 was a successful year; we had a lot of fun in Hawaii, Mighty 5, saw several shows at Shipshewanna & Frankenmuth, had a great time in Holmes County, and much more! We made a lot of new friends, had many new experiences, and enjoyed traveling together. 2026 trips are well underway, and details will be out shortly!

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, you must 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.



2026 TRIPS IN THE WORKS!



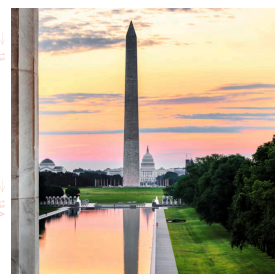
2026 La Comedia's

- Singin' in the Rain (March)
- The Wedding Singer (May)
- Charlie and the Chocolate Factory (July)
- Come From Away (August)
- Santa Claus (November)

2026 Trips

- New Orleans
- Washington D.C. for America's 250th Birthday
- Red's Games
- Albuquerque Balloon Festival
- Branson
- Mystery & Overnight Mystery

& Much More to Come!





Upcoming Events

Vaccine Clinic #2

Wed, Oct 1st from 9am-11am

Flu, COVID, and Pneumonia Shots are available. Please bring your insurance card. Call SCS to sign up!

Diamond Dot Crafting

Fri, Oct 3rd & 17th, Nov 7th & 21st 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!



Oktoberfest

Wed, Oct 8th - 11:30am - \$18 Per Person

Sauerbraten (Beef Roast), Schnitzel w/ Rham Sauce (Tenderloin w/ Mushroom Sauce), Spaetzle (Noodle), German Potato Salad, Apple Dumplings, Mulled Apple Cider. Stop in to get your ticket!

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.



Relief Through Grief

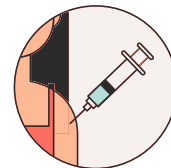
Wed, Oct 15th at 12pm - Classroom 2 - Presented by Chaplain Mark Lovely

Mark's compassionate approach helps patients and families navigate the grieving process while gaining a better understanding of what people seek when searching for peace. Please call 419-991-8811 to sign up!



Sunshine Cafe Breakfast

Wed, Oct 15th at 9am - \$10 Per Person
Pancakes, Boiled Eggs, Sausage, Bacon



Vaccine Clinic #3

Wed, Oct 22nd from 9am-11am

Flu, COVID, and Pneumonia Shots are available. Please bring your insurance card. Call SCS to sign up!



Fall Fling Dance

Doors open at 5:15pm / Complimentary Meal at 5:30pm / Band at 6pm

The Flat Bottom Boys Band will perform on Fri, Oct 24th.

Seating will be provided - Tickets are \$10 Per Person - Stop in to get your ticket!



Prices vary per lunch.

DESCRIPTION	DATE/TIME	PRICE PER PERSON
<u>Oktoberfest Lunch</u> Sauerbraten (Beef Roast), Schnitzel w/ Rham Sauce (Tenderloin w/ Mushroom Sauce), Spaetzle (Noodle), German Potato Salad, Apple Dumplings, Mulled Apple Cider 	Wed, Oct 8th 11:30am 	\$18
<u>Halloween Lunch</u> Calzones w/ Marinara Sauce, Veggie/Meat/Cheese Tray, Guacamole Layered Dip w/ Tortillas, Pasta Salad, Dirt Dessert & Witches Brew 	Wed, Oct 29th 11:30am 	\$16
<u>Veterans Appreciation Breakfast</u> Bob Evans: Biscuits & Gravy, Oven Baked Bacon, Scrambled Eggs, Coffee, Milk, Juice 	Tue, Nov 11th 9am 	\$10 OR <u>FREE</u> for <u>VETERANS</u>
<u>Holiday Gathering</u> SCS will provide entrées and drinks! Member bring a side to share 	Fri, Dec 12th 11:30am 	FREE for Members
<u>Christmas Brunch</u> Christmas Casseroles, Cinnamon Rolls, Eggnog, Hot Chocolate <i>*Members bring favorite Christmas Cookies*</i> 	Wed, Dec 17th 11:30am 	\$12

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

Wellness News Continued



Molly Phelix
Wellness Manager



Happy Fall!

With school back in session, we will have Ohio Northern University Pharmacy students volunteering for our Rock Steady Boxing program again! We are very grateful for the students' help during the school year. I also will be going to Apollo Career Center to talk to the Sports Exercise Science program on Friday October 10th. I will present Rock Steady Boxing to the junior students and talk to the senior students about personal training, group exercise, and working in the fitness industry.

Jana has started back with her Fall schedule: Tuesday 5:30pm Aqua Zumba, (New!) Sandbell Fitness Thursdays at 4:30pm, Cardio Drumming at 5:30pm, and Aqua Zumba at 11:30am every other Saturday. These are great class options for those that still work and can't attend our other classes. If you haven't tried her classes yet, please do! They are a BLAST! Please also try Tesha's Cardio Drumming class on Thursday mornings at 8:30!

Please welcome our newest Wellness Staff member, Audra Daniels. Audra is fitting right in and teaching classes and implementing new ideas to SCS! We try to offer a wide variety of fitness training for all ability levels. If you have any suggestions on Wellness programming, please let me know.

Please remember that on Election Day, the Multipurpose room is closed to ALL activities. No general use of the MPR is permitted! If SCS is your polling site, you must enter through the back doors to vote.

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.





Carol
Executive
Director



MEET THE TEAM



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



Audra
Exercise
Specialist



Kambrie
Wellness
Assistant



Bailey
Exercise
Specialist



Fred C.
Pool Operator/
Massage
Therapist



Ed
Greeter



Karon
Greeter



Fred T.
Janitor/
Maintenance



Stacy
Group Fitness
Instructor/RYT



Jana
Group Fitness
Instructor



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Search: SCS Lima



OCTOBER 2025

SCHEDULE

WELLNESS



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Pickleball 6:00-8:00am	Pickleball 6:00-8:00am	Pickleball 6:00-8:00am	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		Morning Mobility 8:00-8:30am Classroom 2	Pickleball 8:00- 11:30am
	Strength 30 8:30-9:00am MPR	NEW! Pilates 8:30-9:15am MPR		NEW! Cardio Drumming with Tesha 8:30-9:15am MPR	Pickleball 6:00-9:00am	
9:00am	Yoga 9:00-9:45am MPR	Strengthen & Lengthen 9:30- 10:15am MPR	Step and More 9:30-10:15 MPR	Strengthen & Lengthen 9:30- 10:15am Classroom 2	Strength Training Circuit (Weightlifting) 9:30- 10:15am MPR	
				Line Dancing 10:00- 11:30am MPR		
10:00am	Senior Fitness Strength Training 10:30-11:15am MPR		Senior Fitness Cardio Drumming and Balance 10:30-11:15am MPR	Open Tai Chi* 10:30- 11:30am CR 2 Sept 4, 11, 18, Oct 2nd	Senior Fitness Strength and More 10:30-11:15am MPR	SCS Closes at noon on Saturdays
11:00am				Line Dancing 10:00- 11:30am MPR	SCS Closes at 2:30 on Fridays	
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	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!	
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		
3:00pm		Table Tennis 3:30-5:30pm *4 week lesson session starts Aug 26		Table Tennis 3:30-5:30pm *4 week lesson session starts Aug 26		
4:00pm				Sandbell Fitness NEW! With Jana *4:30-5:15pm Classroom 2		
5:00pm	Rock Steady Boxing 5:15-6:30pm		Rock Steady Boxing 5:15-6:30pm	Cardio Drumming With Jana *5:30-6:15pm MPR *No Jana classes Oct 30		
6:00pm						
	Center Closes at 7:00pm					

The Wellness Class Schedule may be subject to change.

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

Please be respectful to fellow class participants and show up on time to class!

OCTOBER 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		7:00-9:00*am Open Pool		7-9:00*am Open Pool	
8:00am	2 Laps Available		2 Laps Available		2 Laps Available	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!	8:00am-11:30am* Open Pool 2 Laps Available
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	Aqua Zumba 10:30-11:30am October 11 & 25
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 *Refer to Jana's schedule for variability	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/length 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


Indicates center is closed

Voting Day

-Schedules will be posted the week prior

-Closed for Holiday

-MPR is closed to all SCS activities



January						
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February						
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August						
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September						
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October						
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November						
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December						
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30	31					

SENIOR CITIZENS SERVICES, INC.



Lima Memorial
HEALTH SYSTEM

Affiliate of ProMedica



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