

2026 QUARTER 1 (JAN 1 - MAR 31)

# THRIVE NEWSLETTER



**Carol Russell**  
Executive Director



Dear Members,

Happy New Year! Thanks to all of you who contributed to 2025's Annual Campaign. To give you all an idea of some items that this campaign helped us fund, are listed below:

- New furniture for the lobby
- Paint in lobby & hallways
- Major repairs in the pool
- New LED lights in the center & parking Lot
- Concrete repair in the parking lot
- Portable wall for MPR

The Staff has been struggling with flu season and other issues, so please bear with our shortage of employees. The flu is going around! Be sure to wash your hands frequently and don't come to the center if you are sick or coughing.

Jacki's Bucket List Travelers scheduled is out! Some trips are still being finalized, so stay tuned for exciting results. Make sure to sign up early, as these trips will fill up fast.

2025 was a great year, and we look forward to an even better 2026! Our goals for this year are to replace flooring in hallways and the lobby, as well as get new sinks in the lobby restrooms!

Also, mark your calendars for the Spring Fling Dance on April 10<sup>th</sup>!

My best always,  
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**

# 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



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! "



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."



# Meet Our Board Members



## Retired Registered Nurse (40 yrs)



**Peg Mosel**  
Board Member

**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."

## Retired EMT with Lima Allen County Paramedics (10 yrs)



**Doug Weaver**  
Board Member

**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!"

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



**Bill Stober**  
Board Member

**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



As 2025 comes to an end, we can reflect on all the trips in 2025. New adventures, great places, wonderful experiences, and we've met many new friends.

2026 is coming along nicely, and we are excited to get started again. Please get your name and deposit in as soon as possible, as some trips are already filling up. Please invite your friends and family to join us on a trip!

When you travel with the Bucket List Travelers, here's what you can expect:

- See amazing new sites & meet new people.
- You won't have to drive & you are not alone.
- Someone is always there to help & everything is planned out for you.

Traveling the SCS way is the best way!

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.

## 2026 DAY TRIPS

### LaComedia - \$130

#### ***Singing In the Rain—March 19***

A romantic musical comedy offering a light-hearted depiction of Hollywood

#### ***Jesus Christ Superstar—April 23***

Loosely based on the Gospels of Matthew, Mark, Luke, and John.



#### ***The Wedding Singer—May 21***

The show celebrates the fun, love, and ridiculousness of the 80's.

#### ***Charlie and the Chocolate Factory—July 9***

The Golden Ticket winners go on a life-changing journey through Wonka's world.

#### ***Come From Away—August 27***

Honors the kindness of a Canadian town on September 11, 2011, the day the world stopped.

#### ***Santa Claus & the Gift of Christmas—November 12***

Santa wants to retire, but the elves are not happy with the replacement. Nativity is told through carols & hymns.

### Other Day Trips



#### ***Derby Dinner Playhouse “Hairspray”—May 13—\$180***

Take a trip back to 1962 with Tracy, a big girl with big hair.

#### ***Cincinnati Reds v Nationals—May 14—\$195***

Champion Club covered seats with all day access to the indoor buffet.

#### ***Cincinnati Reds v Mets—June 17—\$200***

Champion Club covered seats with all day access to the indoor buffet.

#### ***Cincinnati Reds v A's—August 6—\$195***

Champion Club covered seats with all day access to the indoor buffet.

#### ***Mystery Trip—November 7—\$225***

All new and exciting! SSHH it's a mystery!

# Bucket List

TRAVELERS

BY SCS, INC.

## 2026 MULTI-DAY TRIPS

### **Lancaster—April 1-3—\$980**

Stay at Fulton Steamboat Inn, Dinner at Dutch Apple Theater with a performance of "Oklahoma". Visit Huckleberry's, Hershey World, Kitchen Kettle Village, and Sight & Sound for the production of "Joshua".

### **New Orleans—April 26-May 2—\$2900**

Visit U.S. Space & Rocket Center, WW2 Museum, the Mardi Gras Museum, take a Jazz cruise, an airboat Swamp Tour, Houmas House Plantation, the French Quarter, a cooking class, and much more!

### **Washington DC—June 1-4—\$1800**

Tour DC, Memorials & Monuments, Arlington National Cemetery, Illumination Tour, Washington Cathedral, Holocaust Museum (subject to availability), and more!

### **Zender's "Tribute to Elvis"—September 15 & 16—\$350**

Overnight at Zender's with a Dinner show "Tribute to Elvis". Visit Bronner's, the world's largest Christmas store, and spend time shopping in downtown Frankenmuth, a "Little Bavarian" town.

### **Branson—November 16-21, 2026—\$1999**

See the Gateway Arch, tour the Ozarks, The Miracle of Christmas at Sight & Sound Theater, see the Texas Tenors, Clay Cooper, Dean Z, take a Mississippi Riverboat cruise, and more!

*More trips are being planned; stay tuned for details.*

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

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

*Stay tuned for more to come!*

*If you have a suggestion for a trip, please stop by the business office.*



# Upcoming Events

## New Beginnings

Thu, Jan 8<sup>th</sup> @ 1pm

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.

## Rebecca from HCF - In Lobby

Mon, Jan 12<sup>th</sup> @ 9am

There will be snacks and information about HCF.



## Golden Aires Choir Practice

Tue, Jan 6<sup>th</sup> & Tue, Jan 13<sup>th</sup> @ 3pm

Practice will take place in the Cardroom. New choir members are welcome!

## Colorectal Cancer Blood Tests

Thu, Jan 15<sup>th</sup> - Appointment Based

This blood test is an easy and comfortable way to stay up to date on your colorectal cancer screening.

Drinks and snacks will be provided. Coverage is available for eligible patients with Medicare, VA, and Tricare. Please remember to bring your insurance cards with you! To schedule your appointment, call us at 419-991-8811.

## Diamond Dot

Fri, Jan 16<sup>th</sup> & Fri, Jan 30<sup>th</sup>

Meeting Room 1 from 12pm-2pm

A fun diamond painting class. Beginners are welcome!



# 2026

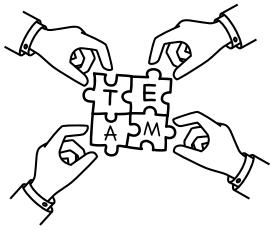
## sunshine Cafe Menu

Date	Meal Description	Price
Wed, Feb 11 <sup>th</sup>	 <u>Mardi Gras Lunch</u>  Gumbo (Chicken & Sausage Soup), Pork Roast, Steamed Rice, Tossed Salad, French Bread, King Cakes, Water	\$16 Per Person
Wed, Feb 18 <sup>th</sup>	<u>Breakfast</u> Beignets, Glazed Ham, Loaded Hashbrowns, Berries/Fruit/Melon, Juice/Milk/Coffee	\$12 Per Person
Wed, Mar 11 <sup>th</sup>	 <u>Irish Lunch</u>  Bangers & Mash (Sausage & Mashed Potatoes), Corned Beef & Sauerkraut, Petite Peas, Pub Salad, Irish Soda Bread, English Trifle (Layered Dessert)	\$12 Per Person
Wed, Mar 18 <sup>th</sup>	<u>Breakfast</u> Biscuits & Sausage Gravy, Scrambled Eggs, Oven Baked Bacon, Berries/Fruit/Melon, Juice/Milk/Coffee	\$12 Per Person
Wed, Apr 8 <sup>th</sup>	 <u>Greek Fest Lunch</u>  Gyros from Leg of Lamb, Spinach Casserole, Greek Salad, Baklava, Water	\$14 Per Person
Wed, Apr 15 <sup>th</sup>	<u>Breakfast</u> French Toast, Boiled Eggs, Sausage Patties, Berries/Fruit/Melon, Juice/Milk/Coffee	\$12 Per Person
Wed, May 13 <sup>th</sup>	 <u>Cinco De Mayo Celebration Lunch</u>  Carne Asada (Flank Steak), Pollo Fajitas (Chicken), Red Rice & Beans, Guacamole & Salsa, Tortillas/Tostitos/Corn Chips, Tres Leche (3 Milk Cake), Water	\$18 Per Person
Wed, May 20 <sup>th</sup>	 <u>French Lunch - Tribute to Mothers</u>  Velvety Asparagus Soup, French Rolls, Cordon Bleu with Green Beans Almondine, French Cheeses, Flourless Chocolate Torte	\$14 Per Person

*Lunches will start at 11:30am  
 Breakfasts will start at 9:00am*

**See Carol for your tickets!**

# Meet our Team



**Carol**  
Executive Director



**Lily**  
Admin Assistant



**Jacki**  
Office Manager/  
Travel Director



**Debbie**  
Office Assistant



**Cindy**  
Office Assistant



**Karen J.**  
Office Assistant



**Ed**  
Greeter



**Karon B.**  
Greeter



**Steve**  
Facility & Maint.  
Director



**Junior**  
Maintenance



**Fred T.**  
Maintenance



**Karla**  
Cleaning Manager



**Molly**  
Wellness Manager



**Bailey**  
Exercise Specialist

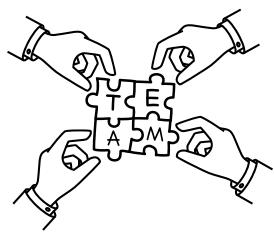


**Audra**  
Exercise Specialist



**Donna**  
Exercise Specialist /  
Food Manager

# Meet our Team



CONTINUED

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**Jana**  
Group Fitness  
Instructor



**Stacy**  
Group Fitness  
Instructor / RYT



**Fred C.**  
Massage Therapist



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Search: SCS Lima



# 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 6:00-8:00am	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	
	Strength 30 8:30-9:00am MPR	Core & Control 8:30-9:15am MPR <small>**Same format, different name**</small>		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	Pickleball 8:00-11:30am
10:00am	Senior Fitness Strength Training 10:30-11:15am MPR		Senior Fitness Cardio Drumming and Balance 10:30-11:15am MPR	Line Dancing 10:00-11:30am MPR	Senior Fitness Strength and More 10:30-11:15am MPR	
11:00am						SCS Closes at noon on Saturdays
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 12:00-2:150 See RSB Schedule for details		
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 <small>*4 week lesson session starts Aug 26</small>		
4:00pm		Table Tennis 3:30-5:30pm <small>*4 week lesson session starts Aug 26</small>			Sandbell Fitness 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	
6:00pm						
						Center Closes at 7:00pm

### 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!

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!



# SCHEDULE

## AQUATIC

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	3 Lanes Available		3 Lanes Available		3 Lanes Available	
7:00am	7:00-9:00*am Open Pool	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	Center Opens 8:00 am
8:00am	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	Open Pool 2 Laps Available 8:00am-11:30 or 10:30 if Zumba*
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
11:00am		11am-1:30pm Open Pool 2 Laps Available		11am-1:30pm Open Pool 2 Laps Available	11am-2:00pm Open Pool 2 Laps Available	January 24th No laps available *Refer to Jana's schedule for variability
12:00pm						
1:00pm	11am-4:00pm Open Pool 2 Laps Available	Joints In Motion 1:30-2:15pm	11am-4:00pm Open Pool 2 Laps AvailableOpen	Joints In Motion 1:30-2:15pm		Pool Closes 11:30am
2:00pm					Pool Closes at 2:00pm	
3:00pm		Water Volleyball 3:00-4:30		Water Volleyball 3:00-4:30		<b>CLASS LEGEND</b>
4:00pm	Suspended & Fit 4:15-5:00pm One Lap Available	One Lap Available	Suspended & Fit 4:15-5:00pm One Lap Available	One Lap Available		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
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		Ask our Exercise Specialists what class level is best for you!

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.

# SENIOR CITIZENS SERVICES, INC.



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Half-hour \$50.00, One hour \$70.00

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# SENIOR CITIZENS SERVICES, INC.



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