

2026 QUARTER 2 (APRIL 1 - JUNE 30)

# THRIVE NEWSLETTER



*Carol Russell*  
Executive Director



Dear Members,

Happy Spring! I'm sure you have noticed our great changes to our schedules this month. Classes are filling up, and the Wellness Staff and I are thrilled they are being so well attended!

The B3 Band Class has taken off successfully as well. We continually work on bringing new and innovative classes to you. It is so nice to see your support!

We have some fun events coming up here at the center, so stay tuned for more details on that!

Thank you for the coffee contributions - it is much appreciated!

On April 10<sup>th</sup> @ 5:30pm we will have our Spring Fling Dance. HCF will be sponsoring a light dinner. The band, "Happy Jack Band", will begin playing at 6pm.

For those of you who are interested in Pickleball, there is now time available for pickleball on Fridays from 12pm-2pm.

The center is growing, and it is exciting! Thank you to everyone for your interest and participation.

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**

## **BUSINESS OFFICE HOURS**

**Monday-Thursday  
8am-4:30pm**

**Friday  
8:00am-2:30pm**

**Reminder**

SCS will be **CLOSED** on Good Friday!  
(Fri, April 3<sup>rd</sup>, 2026)

Election Day - MPR **CLOSED THIS DAY!**  
(Tue, May 5<sup>th</sup>, 2026)

# Bucket List

TRAVELERS

BY SCS, INC.



## Why You Should Travel With SCS



Jacki Duffy



2026 is mostly booked for trips, but there will be a few additions here and there! Please get your name and deposit in as soon as possible, as some trips are already filling up or are already full. Deposits must be made when signing up for a trip! Please invite your friends and family to join us on a trip!

We are venturing out to go across seas this year to visit Ireland. This is the first time ever going this far for SCS! We have a lot of interesting places that we will be visiting this year, and we have already started on destinations for 2027.

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



#### ***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

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

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

#### ***Shipshewana "America's 250<sup>th</sup> Birthday" Show --May 28<sup>th</sup>-- \$142***

Join the amazing singers & actors to experience the songs & stories you love of America.

Honor the dream that created & sustained the wonderful United States of America.

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

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

#### ***Books & Boutiques #2 -- June 25 -- \$60***

We're heading to Marion, OH, to enjoy lunch at Attaboys, followed by time to explore local boutiques, bookstores, bakeries, and more.

#### ***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!

### **Overnight Mystery Trip --August 13-14--\$525**

New & exciting places & things to do! Ssshhh, it's a secret!

### **Ireland--September 4-13-- \$5,700**

Visit Belfast, Donegal, Westport, Limerick, Dublin, Kylemore Abbey, Entertainment in the Irish Pub & 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.

### **Albuquerque Balloon Festival --October 7-12--\$4,200**

VIP seating for Dawn Patrol & Mass Ascension, and Evening Glow. Visit the Indian Pueblo Cultural Center, Old Town Albuquerque, Santa Fe, Sandia Peak Aerial Tram, Loretto Chapel & more!

### **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 at 419-991-8811 and ask for Jacki.*

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

*Stay tuned for more to come!*



# NEWSLETTER

## WELLNESS UPDATES



### | Molly Phelix & Bailey White

Molly and Bailey have been certified in Blood Flow Restriction (BFR) Training using B3 bands! B3 bands slow the blood flow during a workout, which accelerates the natural metabolic response of exercise. BFR only slows down the blood flow; it does not inhibit it. When we slow the blood flow down, our muscles fatigue faster due to less oxygen available.

You can get a high-intensity workout in as little as 5 minutes with the use of B3 bands. You can use B3 bands with cardio or strength exercises. You can replace your current workouts or use them in addition to your workout routine. We can reach muscle fatigue at a faster rate and with lighter weights so that we don't aggravate achy joints.

However, there are a few contradictions to using the bands. If you have lymphedema, sickle cell disease, peripheral neuropathy, or a history of Deep Vein Thrombosis (DVT), or other serious medical conditions, you must consult your doctor before using BFR.

If you are interested in learning more about B3 bands, please see Bailey or Molly!



**Molly Phelix**

Wellness Manager

**Bailey White**

Wellness Manager



# Upcoming Events

## **Golden Aires Choir Practice**

Tue, Apr 7<sup>th</sup> & Thu, Apr 9<sup>th</sup> @ 3pm

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



## **New Beginnings**

Thu, April 9<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.



## **Spring Fling Dance**

Fri, Apr 10<sup>th</sup>

Doors open @ 5:30pm (band will play 6pm-9pm)

Come enjoy the Happy Jack band! There will be a complimentary meal that you can enjoy before the band starts their performance at 6pm. If you don't dance, that's ok! We will have seating available for you to sit back and enjoy! \$10 Per Person / Stop in to get your ticket

## **10 Signs of Alzheimers**

Tue, Apr 21<sup>st</sup> @ 11:30am

This is an educational presentation put on by Samantha with Springview Manor. She will also be providing refreshments for this event. Call 419-991-8811 to sign up! Limited space!

## **Diamond Dot**

Fri, Apr 10<sup>th</sup> & Fri, Apr 24<sup>th</sup>

Meeting Room 1 from 12pm-2pm

A fun diamond painting class. Beginners are welcome!



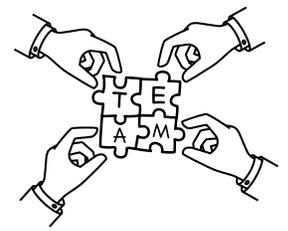
# 2026 Sunshine Cafe Menu

Date	Meal Description	Price
Wed, 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, Hashbrowns, 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
Wed, June 10 <sup>th</sup>	 <u>Grilling Lunch</u>  *Members bring a side or dessert to share!* SCS will prepare Grilled Tenderloins, Summer Punch & Iced Tea	\$12 Per Person
Wed, June 17 <sup>th</sup>	<u>Breakfast</u> Quiche, breakfast Potatoes, Berries & Fruit Parfait, & Drinks	\$12 Per Person
Wed, July 15 <sup>th</sup>	 <u>Sweet Summer Grilled Lunch</u>  Beef & Brat Burgers, Sweet Corn, Grilled Veggies, Baked Sweet Potato, Berry & Fruit Tarts	\$12 Per Person
Wed, Aug 12 <sup>th</sup>	 <u>Grilled Chicken Lunch</u>  Hawaiian Chicken with Grilled Pineapple, Bacon-Wrapped Porkloin, Cheddar Bay Biscuits, Salad Bar, Key Lime Pie, & Drinks	\$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*



**Karla**  
*Cleaning Manager*



**Rachel**  
*Exercise Specialist*



**Molly**  
*Wellness Manager*



**Bailey**  
*Exercise Specialist*

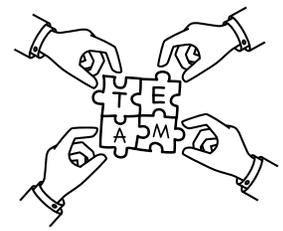


**Audra**  
*Exercise Specialist*



**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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# SCHEDULE

## WELLNESS



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	<b>Pickleball</b> 6:00-8:00am	<b>Pickleball</b> 6:00-8:00am	<b>Pickleball</b> 6:00-8:00am	<b>Pickleball</b> 6:00-8:00am	<b>Pickleball</b> 6:00-9:00am	Wellness Center Opens at 8am
7:00am						
8:00am	<b>Early Bird Stretch</b> 8:00-8:25am Classroom 2	<b>Early Bird Stretch</b> 8:00-8:25am Classroom 2	<b>Early Bird Stretch</b> 8:00-8:25am Classroom 2	<b>Early Bird Stretch</b> 8:00-8:25am Classroom 2	<b>Morning Mobility</b> 8:00-8:30am Classroom 2	<b>Pickleball</b> 8:00- 11:30am
	<b>Strength 30</b> 8:30-9:00am MPR	<b>Core &amp; Control</b> 8:30-9:15am MPR	<b>Slow &amp; Flow</b> 8:30-9:15am CR 2	<b>Core &amp; Control</b> 8:30-9:15am MPR		
<b>Yoga</b> 9:00-9:45am MPR	<b>Work on the Weak Stuff</b> 9:30- 10:15am MPR				<b>Cardio Bootcamp</b> 9:30-10:15 MPR	
<b>Open Walking</b> 9:45--10:15pm MPR		<b>Senior Fitness</b> Cardio and Strength 10:30-11:15am MPR	<b>Slow &amp; Flow</b> 10:30-11:15am MPR	<b>Senior Fitness</b> Cardio Drumming and Balance 10:30-11:15am MPR		
10:00am	<b>Line Dancing</b> 10:00- 11:30am MPR				<b>Line Dancing</b> 10:00- 11:30am MPR	
11:00am						
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>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!	
1:00pm	<b>Pickleball</b> 1:00-3:00pm		<b>Pickleball</b> 1:00-3:00pm			
2:00pm	<b>B3 Bands Small Group Training</b> MPR	<b>NEW! Afternoon Chair Stretch</b> 3:00-3:30pm Classroom 2	<b>B3 Bands Small Group Training</b> MPR	<b>Open Walking</b> 2:30-3:30pm MPR		
3:00pm				<b>Table Tennis</b> 3:30-5:30pm		
4:00pm	<b>Open Walking</b> 4:00-4:45pm MPR	<b>Table Tennis</b> 3:30-5:30pm	<b>Open Walking</b> 4:00-4:45pm MPR	<b>Sandbell Fitness</b> With Jana *4:30-5:15pm Classroom 2		
5:00pm	<b>Rock Steady Boxing</b> 5:15-6:30pm			<b>Rock Steady Boxing</b> 5:15-6:30pm		<b>Cardio Drumming</b> With Jana *5:30-6:15pm MPR
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!

APRIL 2026

# 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>NEW!</b> <b>Water Neuro-bics</b> 9:00-9:30 am	<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	Open Pool 2 Laps Available 8:00am-11:30 or 10:30 if Zumba*	
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	<b>Aqua Zumba</b> 10:30-11:30am March 7 & 28 No laps available *Refer to Jana's schedule for variability	
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							
1:00pm		<b>NEW!</b> <b>Cardio, Core, &amp; Balance</b> 1:30-2:00pm			<b>NEW!</b> <b>Cardio, Core, &amp; More</b> 1:30-2:15pm		
2:00pm							Pool Closes at 2:00pm
3:00pm				<b>Water Volleyball</b> 3:00-4:30 One Lap Available			<b>Water Volleyball</b> 3:00-4:30 One Lap Available
4:00pm	<b>Suspended &amp; Fit</b> 4:15-5:00pm One Lap Available		<b>Suspended &amp; Fit</b> 4:15-5:00pm One Lap Available		<b>CLASS LEGEND</b> 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!		
5:00pm	Pool 2 Laps Available	<b>Aqua Zumba</b> 5:30-6:30pm No laps Available *Refer to Jana's schedule for variability	<b>Cardio, Core &amp; More</b> 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 format changes.

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

The Aquatic Class Schedule may be subject to change.

# SENIOR CITIZENS SERVICES, INC.



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# SENIOR CITIZENS SERVICES, INC.



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