

2026 QUARTER 3 (JULY 1 - SEPTEMBER 30)



THRIVE NEWSLETTER



Carol Russell
Executive Director



Dear Members,

We are halfway through the year - can you believe it? Time flies when you are having fun, and that is what I hope you all are experiencing at the center. Our goal is to continuously improve, and I truly hope you are noticing these improvements.

The center has continued to see increases in expenses. The cost of electricity, pool chemicals, and repairs has tripled in the last 3 years. I have tried not to increase membership prices since I've been here, but in 2027, it will be necessary. More info to come on this!

Please be mindful of the activities that the center has coming up! There are lots of lunches and breakfasts scheduled for your pleasure. There are Sunshine Cafe paper copies and the menu board in the main lobby. Grab a copy and sign up!

We are going to have our first Valentine's Day Dance in February 2027, and the band performing is the 60's Survivors. They are new to our collection of bands, but are known for being highly rated performers. The tentative date is Feb 12, 2027, starting at 6pm. We may be providing a steak dinner, which would then change the cost of the tickets. Stay tuned for more details on this!

Please be mindful of Jacki's trips, new Wellness schedules, and any other events we are holding. Have a grand summer and stay cool and hydrated!

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 /PHONE CALL HOURS

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

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

Reminder

SCS will be **CLOSED** on
Sat, July 4th
Mon, July 6th
Mon, Sep 7th

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!

The East Coast Riverboat Cruise for 2027 is scheduled! This will take place June 21st-29th, 2027, and cabins are limited! Fliers with information are available at the Business Office. More destinations for 2027 are well underway!

Starting in 2027, waivers and deposits will be required when signing up for a trip. There will also be more opportunities to purchase cancellation protection on your trips. More details on this to come!

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.

Bucket List

TRAVELERS

BY SCS, INC.

2026 DAY TRIPS

LaComedia - \$130

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

Mystery Trip—November 7—\$225

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

Multi-Day Trips

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

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



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!

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

B3 BANDS



| 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



NEWSLETTER

WELLNESS UPDATES



| Molly Phelix & Bailey White

Thank you to all who participated in filling out surveys for our Wellness and Aquatic Classes; we had 232 total surveys! We will make some changes to our class names, formats, and/or styles. I will address comments for the pool classes and then for the wellness classes.

Pool Classes: We had a lot of requests for instructors to use paddles in the 10am Aqua Range of Motion class. We also had requests to use no equipment in the Aqua Range of Motion class. Traditionally, Aqua ROM is a water walking class with no extra resistance. It is our gentlest class in the pool. If you prefer to use the pool equipment more, we recommend trying the 1:30 pool class on Tuesdays and Thursdays, that is our middle-level intensity class.

We will be renaming the 10am class to Water Walking + ROM, and on the days the instructors use equipment we will name the class Water Walking + Resistance. In general, the class format for the 10am class will not change, we feel that “Water Walking” more accurately describes the content of the class to the average person.

There were requests for our new instructors to have more training. When I was brand new, I had a lot of the same feedback that I heard for our newest two instructors. We will have them watch a few more classes with our seasoned instructors, but remember - they are new! They don’t only teach your one class, we teach anywhere from 8-12 classes each week. Teaching high intensity classes, low intensity classes, and stretching classes is a challenge to master, let alone master in a few short months. You are welcome to politely give them feedback at any time, especially if they ask you at the end of class. We had a request for more classes after 5pm. Unfortunately, due to staffing, we are unable to add more classes in the evening at this time. If you haven’t tried Jana’s Aqua Aerobics on Tuesday at 5:30, please do - it’s a blast!

Wellness Classes: We had several requests for more cardio classes for our morning Wellness lineup. We are changing Friday’s 9:30 weightlifting to Cardio Strength HIIT. This will get both cardio and strength training into the same class. If you would like to weightlift with Audra in place of this class, please see her to schedule a personal training appointment or a small group session.

We had a lot of comments that instructors sometimes start class late due to members being late for class and people talking during class. Please be mindful of your arrival time when you are in a class. Instructors cannot stop class to help you set up if you are late. Also please be mindful of talking during class. It is distracting to the instructors and to the other class participants. If you are talking during class, you may be asked to continue your conversation in the lobby.



Molly Phelix
Wellness Manager



Bailey White
Wellness Manager



Upcoming Events



FREE Back Pain Screenings

Wed, July 8th / 9am-12pm / Room 2

Dr. Cameron Dennis will do free screenings for anyone experiencing back pain! This is by appointment only. Please call 419-991-8811 to pick your time slot.

New Beginnings

Thu, July 9th @ 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.

Diamond Dot

Fri, July 10th & Fri, July 24th

Meeting Room 1 from 12pm-2pm

A fun diamond painting class. Beginners are welcome!

New Beginnings

Thu, Aug 13th @ 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.



Diamond Dot











Fri, Aug 7th & Fri, Aug 21st

Meeting Room 1 from 12pm-2pm

A fun diamond painting class. Beginners are welcome!

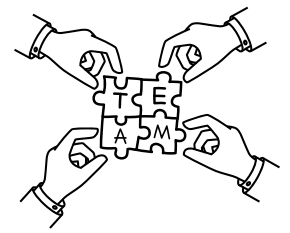
***Other events that we schedule after the Q3 Newsletter's release will be sent out through our text blast system and put on flyers around the center.**

2026 Sunshine Cafe Menu

Date	Meal Description	Price
Wed, July 8 th NEW DATE	<u>Breakfast</u> Quiche, Breakfast Potatoes, Berries & Fruit Parfait, & Drinks	\$12 Per Person
Wed, July 15 th	<u>Sweet Summer Grilled Lunch</u>  Beef & Brat Burgers, Sweet Corn, Grilled Veggies, Baked Sweet Potato, Berry & Fruit Tarts *Golden Aires Choir will sing Patriotic Songs*	\$12 Per Person
Wed, Aug 12 th	 <u>Hawaiian Luau Lunch</u> Hawaiian Chicken with Grilled Pineapple, Bacon-Wrapped Porkloin, Cheddar Bay Biscuits, Salad Bar, Key Lime Pie, & Drinks	\$14 Per Person
Wed, Aug 19 th	<u>Breakfast</u> Frittata, Pancakes, Yogurt Parfaits, & Drinks	\$12 Per Person
Wed, Sep 16 th	<u>Brunch for Lunch</u>  Chicken & Waffles, Caesar Salad, Fruit Cobbler, & Drinks	\$12 Per Person
Wed, Sep 23 rd	 <u>Oktoberfest Lunch</u> Schnitzel (Tenderloin), Brats & Sauerkraut, Apple Dumplings, Mulled Apple Cider	\$14 Per Person
Wed, Oct 14 th	<u>Breakfast</u> Scones, Scottish Eggs, Cheese & Meat Platter, Fruit, & Drinks	\$12 Per Person
Wed, Oct 28 th	★  ★  ★  ★  ★  ★  ★  ★  ★ <u>Halloween Pizza Party Lunch</u> Pizzas, Salad Bar, Dirt Dessert, Witches Brew	\$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



Tiffany L.
Office Assistant



Karon B.
Greeter



Steve
*Facility & Maint.
Director*



Junior
Maintenance



Karla
Cleaning Manager



Rachel
Exercise Specialist



Molly
Wellness Manager



Bailey
Exercise Specialist

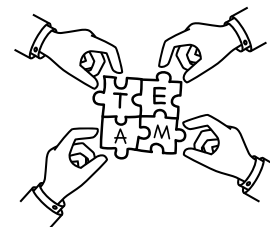


Audra
Exercise Specialist



Donna
*Exercise Specialist /
Food Manager*

Meet our Team



CONTINUED



Jana
*Group Fitness
Instructor*



Stacy
*Group Fitness
Instructor / RYT*



Fred C.
Massage Therapist



Ed
Greeter PRN



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Search: SCS Lima



SCHEDULE

WELLNESS



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Pickleball 6:00-8:00am	MPR Closed for Cleaning 6-8am	Pickleball 6:00-8:00am	MPR closed for cleaning day after luncheons 6-8am	Pickleball 6:00-9:00am	Wellness Center Opens at 8am
7:00am						
8:00am	Early Bird Stretch 8:00-8:25am Classroom 2	Early Bird Stretch 8:00-8:25am Classroom 2	Early Bird Stretch 8:00-8:25am Classroom 2	Early Bird Stretch 8:00-8:25am Classroom 2	Morning Mobility 8:00-8:30am Classroom 2	Pickleball 8:00- 11:30am
	Cardio 30 8:30-9:00am MPR	Core & Control 8:30-9:15am MPR	Functional Flow 8:30-9:15 MPR	Core & Control 8:30-9:15am MPR	Pickleball 6:00-9:00am	
9:00am	Yoga 9:00-9:45am MPR		Work on the Weak Stuff 9:30- 10:15am MPR	Cardio Bootcamp 9:30-10:15 MPR	Work on the Weak Stuff 9:30- 10:15am Classroom 2	
10:00am	Open Walking 9:45--10:15pm MPR	Tai Chi (Slow & Flow) 10:30-11:15am MPR				
	Senior Fitness Cardio and Strength 10:30-11:15am MPR		Line Dancing 10:00- 11:30am MPR	Line Dancing 10:00- 11:30am MPR	Pickleball 12:00-2:00pm	
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		
1:00pm	Pickleball 1:00-3:00pm	Open Walking 2:30-3:30pm MPR	Pickleball 1:00-3:00pm	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, may involve standing 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	B3 Bands Small Group Training MPR		B3 Bands Small Group Training MPR			
3:00pm		Open Walking 4:00-4:45pm MPR		Table Tennis 3:30-5:30pm		
4:00pm	Open Walking 4:00-4:45pm MPR		Table Tennis 3:30-5:30pm			
5:00pm		Rock Steady Boxing 5:15-6:30pm		Rock Steady Boxing 5:15-6:30pm		
6:00pm						
Center Closes at 7:00pm						

JULY 2026

SCHEDULE

AQUATIC



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00am	3 Lanes Available		3 Lanes Available		3 Lanes Available	Center Opens 8:00 am	
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	Cardio Strength 9:00-9:45 am	Cardio Combat 9:00-9:45 am	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	
10:00am	Water Walking + Resistance (same format, new name!) 10:00-10:45 am	Water Walking + ROM (same format, new name!) 10:00-10:45 am	Water Walking + Resistance (same format, new name!) 10:00-10:45 am	Water Walking + ROM (same format, new name!) 10:00-10:45 am	Water Walking + ROM (same format, new name!) 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 Available	11am-1:30pm Open Pool 2 Laps Available	11am-2:00pm Open Pool 2 Laps Available		Pool Closes 11:30am
12:00pm		Cardio, Core, & Balance 1:30-2:00pm		Available	Cardio, Core, & More 1:30-2:15pm	Pool Closes at 2:00pm	
1:00pm							
2:00pm							
3:00pm	Suspended & Fit 4:15-5:00pm One Lap Available	Water Volleyball 3:00-4:30 One Lap Available	Suspended & Fit 4:15-5:00pm One Lap Available	Water Volleyball 3:00-4:30 One Lap Available	CLASS LEGEND Level 3- Challenging/ High level of mobility, high resistance Level 2- Medium, some resistance Level 1- Basic movement patterns, little to no resistance 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							
5:00pm	Pool 2 Laps Available	Aqua Aerobics 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				

NEW FORMAT!

SENIOR CITIZENS SERVICES, INC.



Lima Memorial HEALTH SYSTEM

Affiliate of ProMedica



BECOME A LIMA MEMORIAL VOLUNTEER



MASSAGE THERAPY WITH FRED!

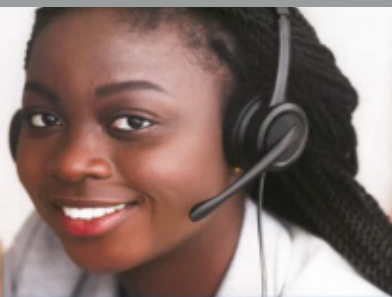
Wednesdays & Thursdays

Call or stop in the Business Office to set up your appointment.

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

Come Visit Us

2-1-1
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- Education
- Employment
- Mental Health
- Substance Abuse
- Legal Issues
- Healthcare
- Emergency Shelter
- Transportation
- Prescription Discounts
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Text Us
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Visit Us
allen211.org



SENIOR CITIZENS SERVICES, INC.



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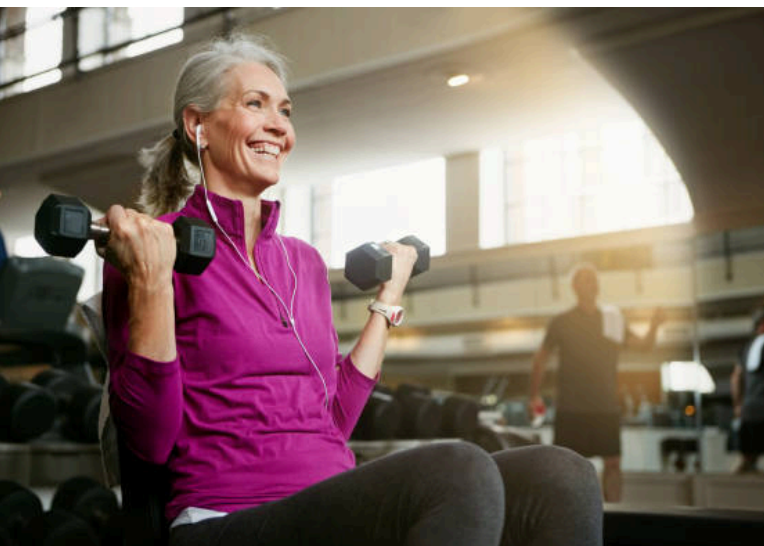


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by  UnitedHealthcare®

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