

2026 QUARTER 4 (OCT 1 - DEC 31)



THRIVE NEWSLETTER



Carol Russell
Executive Director



Dear Members,

We are in October already! Where on earth did this year go? A couple of reminders for this last quarter:

- No one under the age of 50 is permitted to be at the center.
- On 10/22/26 @ 7:30am we will have the Annual Board Meeting. All members are welcome!
- The Fall Fling Dance is on 10/24/26, with the doors opening at 5pm and food being served at opening. Tickets are still available (\$10)!

As mentioned before, costs are continuing to increase in the pool area. As much as we have tried to avoid an Aquatic Membership increase, it is necessary to have one in 2027. All Aquatic Members will be receiving a letter informing you of the rate increase that will begin when your membership is up for renewal in 2027.

Molly and Bailey are working hard to continually improve and add classes of your choice. I have received many compliments and appreciate your continued support!

Finally, my husband and I just returned from the Ireland trip with the Bucket List Travelers. It was an outstanding trip! Good people, excellent scenery, lovely 5-star hotels, and many other great things. I highly encourage anyone who likes to travel to sign up for a trip! Thank you, Bucket List Travelers!

Enjoy the magic of this season!

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**

BUSINESS OFFICE /PHONE CALL HOURS

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

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

Reminder

See next page for Upcoming Holiday Closings!



SCS Holiday Closures

PLEASE NOTE OUR UPCOMING HOLIDAY HOURS.
WE WILL BE CLOSED ON THE FOLLOWING DATES:

THANKSGIVING



Wednesday, November 25

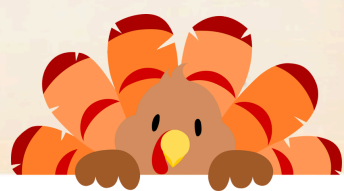
CLOSE AT 12:00 PM

Thursday, November 26

CLOSED ALL DAY

Friday, November 27

CLOSED ALL DAY



Saturday, November 28

REOPEN AT 8:00 AM

CHRISTMAS



Thursday, December 17

CLOSE AT 4:00 PM

Thursday, December 24

CLOSED ALL DAY

Friday, December 25

CLOSED ALL DAY

Saturday, December 26

CLOSED from 8AM-12PM

Monday, December 28

REOPEN AT 6:00 AM



WE WISH YOU A SAFE AND HAPPY HOLIDAY SEASON!



New Year's Closing Dates/Times will be text blasted to you all!

Bucket List

TRAVELERS

BY SCS, INC.



Why You Should Travel With SCS



Jacki Duffly



The Bucket List Travelers ventured across the big sea for the first time to the beautiful country of Ireland! We had a wonderful time and saw many exciting places. We experienced many differences between the two countries, but felt very welcomed by the Irish people!

I have been working diligently on 2027, with many exciting places to come.
More information on these trips will be coming out shortly!

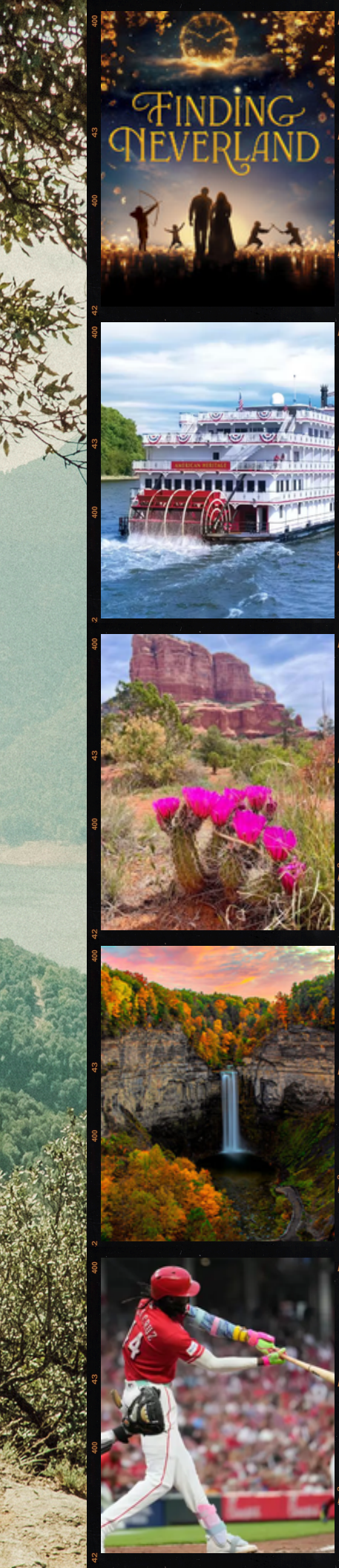
Starting in 2027, waivers and deposits will be required when signing up for a trip. There will also be more opportunities to purchase cancellation protection on your trips. More details on this to come!

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 answer your questions & 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.**



FINDING NEVERLAND

The Bucket Travelers

UPCOMING 2027 TRIPS

La Comedia-

March 18th : Finding Neverland

April 22nd : Fiddler on the Roof

June 10th : Beautiful

September 9th : Hair Spray

December 9th : Santa Switch

Other Trips-

June 21-29: East Coast Riverboat Cruise

May 2-7: Sedona/Grand Canyon

October 9-17: Vermont/Finger Lakes

Nov 29-Dec 3: Williamsburg

Mystery Trip, Overnight

Mystery Trip, Tecumseh,

Reds Games & More!

**More details to come on these trips! We will
announce when they are available.**

**Please note: Sign-ups will not be open until all
trip details have been finalized!**

NEWSLETTER

WELLNESS UPDATES



| Molly Phelix & Bailey White

Happy fall! Some new things to look out for in our Wellness and Aquatic Programming: Jana is teaching evening classes at the center on Tuesdays and Thursdays! Tuesday's lineup is Sandbell Fitness at 4:30pm in the Multi-purpose room (MPR), and Aqua Aerobics in the pool at 5:30pm. Thursday's lineup is Sandbell Fitness at 4:30pm and Cardio Drumming at 5:30pm both in the MPR. These classes are FREE to members! Please check them out if you are interested in evening classes.

Bailey has received her Aqua Cardio Combat Certification. This is a fitness class in the pool that incorporates boxing, kickboxing, Muay Thai, and other fighting fitness moves into a cardio blast class!

Audra has received her Personal Trainer Certification! Congrats Audra! Also, feel free to welcome our newest Wellness Staff member, Liv Kellermeyer. Liv is a recent Apollo/Elida graduate from Apollo's Sports Exercise Science program and she has her Personal Trainer Certification. We are introducing Liv to our classes, and she will start to take some over during the fall.

I received my T'ai Chi Certification last month and have started teaching Tai Chi & Qigong (pronounced Chi-gong) on Tuesdays and Thursdays. If you are looking for a calming exercise class that focuses on breathwork, balance, and coordination, come try it out!

Bailey and I are continuing to do B3 Training. B3 Training involves the use of straps or bands that go around the arms or legs to reduce blood flow during low-intensity exercise. This creates the effect of high-intensity exercise without the strain on our joints and only a fraction of the time of a typical workout. If you would like more information about B3, please see Bailey or me!

Check out Donna's Sunshine Cafe meals - they are delicious and a great way to meet people and socialize!

Lastly, the Wellness Staff will be doing a Fall Prevention Event on Wednesday October 21st at 10:30am. This will be in place of the Senior Fitness Class that day. About half of the event will be educational (slideshow/handouts), and the other half will be exercises for Fall Prevention and Fall Safety.



Molly Phelix
Wellness Manager



Bailey White
Wellness Manager



Upcoming Events

Flu Shots #1

Wed, Oct 7th / 9am-12pm / Room 1

Please bring your ID and all of your insurance cards!

New Beginnings

Thu, Oct 8th @ 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.

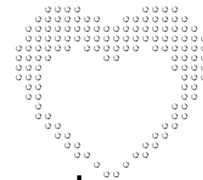
Please RSVP to Karen at 419-996-9729.

Diamond Dot

Fri, Oct 9th & Fri, Oct 23rd

Meeting Room 1 from 12pm-2pm

A fun diamond painting class. Beginners are welcome!



Grab & Go Goodie Bags

Mon, Oct 12th 11am-12pm

Mercy Health will be giving out goodie bags for members to grab on the go! They will be giving them out until 12pm or until they are gone.

Back Pain Screenings

Wed, Oct 14th from 9am-12pm

Free Back Pain Screenings done by apooointment only! Call to reserve your spot.

Flu Shots #2

Thu, Oct 15th / 9am-12pm / Room 1

Please bring your ID and all of your insurance cards!



Choir Practices

Tue, Oct 20th & Oct 27th & Nov 3rd / @ 3pm / Cardroom

If you are interested in joining the Golden Aires Choir, please talk with Gina!

The choir will also sing on Dec 3rd @ 2pm at the Allen County Museum

Upcoming Events Continued

Fall Prevention Event

Wednesday October 21st at 10:30am (in place of Senior Fitness Class)
Join the Wellness Staff to learn about fall prevention strategies, techniques, and exercises!
More information to come!

Brain Fit is Back!

Fri, Oct 30th / Fri, Nov 6th / Fri, Nov 13th / Fri, Nov 20th - All @ 10am in Room 2 -

Join us for a FREE 4-week session designed to help maintain cognitive performance and reduce the risk of Alzheimer's disease and other forms of dementia. Call 419-991-8811 to sign up!



Fall Fling Dance

Fri, Oct 23rd from 6pm-8pm (Doors open at 5pm)

Join us for a fun night out! Enjoy a complimentary dinner at 5 PM, followed by live music from Public Scene at 6 PM featuring 60s-80s blues, country, and rock. Not a dancer? Seating will be available! Tickets are \$10 and must be purchased in advance—no tickets will be sold at the door.

Stop in to get yours today! Hope to see you there!

Toe Nail Trimmings

Fri, Oct 30th / Room 1 / 12pm-2pm
\$10 Per Person - Pay cash at the door!



FREE Balance Screenings

Wed, Nov 4th from 9am-12pm / Room 2

Call 419-991-8811 to sign up for a balance screening with Dr. Cameron Dennis!



Diamond Dot

Fri, Nov 6th & Fri, Nov 20th

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.**

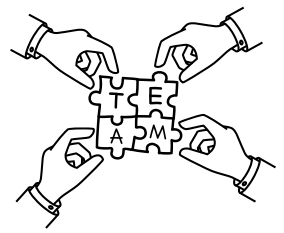
2026 Sunshine Cafe Menu

Date	Meal Description	Price
Wed, Sep 16 th	 <u>Brunch for Lunch (11:30am)</u> Chicken & Waffles, Caesar Salad, Fruit Cobbler, & Drinks	\$12 Per Person
Wed, Sep 23 rd	 <u>Oktoberfest Lunch (11:30am)</u> Schnitzel (Tenderloin), Brats & Sauerkraut, Apple Dumplings, Mulled Apple Cider	\$14 Per Person
Wed, Oct 14 th	<u>Breakfast (9am)</u> Scones, Scottish Eggs, Cheese & Meat Platter, Fruit, & Drinks	\$12 Per Person
Wed, Oct 28 th	★🎃★🎃★🎃★🎃★🎃★ <u>Halloween Pizza Party Lunch (11:30am)</u> Pizzas, Salad Bar, Dirt Dessert, Witches Brew	\$14 Per Person
Wed, Nov 11 th	 <u>Veterans Breakfast (9am)</u> Bob Evans: Biscuits & Gravy, Oven-Baked Bacon, Scrambled Eggs, Juice, Milk, Coffee	FREE for Vets \$10 for Non-Vets
Wed, Dec 2 nd NEW DATE!	<u>Holiday Brunch for Lunch (11:30am)</u> Christmas Casseroles, Cinnamon Rolls, Fruit, Hot Chocolate, Holiday Punch	\$12 Per Person
Wed, Dec 16 th	 <u>Holiday Gathering Lunch (11:30am)</u> Bring a side to share! When signing up, please let us know what you plan to bring. SCS will provide the Ham, Turkey, and Drinks!	FREE for SCS Members



See Carol for your tickets!

Meet our Team



Carol

Executive Director
(with SCS since 2023)



Lily

Executive Assistant
(with SCS since 2022)



Jacki

*Office Manager/
Travel Director*
(with SCS since 2007)



Debbie

Office Assistant
(with SCS since 2023)



Cindy

Office Assistant
(with SCS since 2024)



Tiffany L.

Office Assistant
(with SCS since 2024)



Karon B.

Greeter
(with SCS since 2019)



Ed

Greeter
(with SCS since 2024)



Steve

Facility & Maint. Director
(with SCS since 2022)



Junior

Maintenance
(with SCS since 2025)



Karla

Cleaning Manager
(with SCS since 2025)



Sandy

Greeter PRN
(with SCS since Aug 2026)



Jana

Group Fitness Instructor
(with SCS since 2021)



Stacy

*Group Fitness Instructor /
RYT*
(with SCS since 2001)



Fred

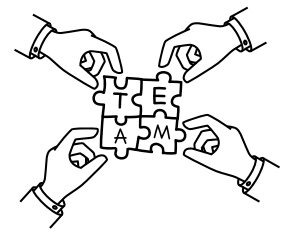
Massage Therapist
(with SCS since 1994)



Rick

Greeter PRN
(with SCS since
Feb 2026)

Meet our Team



CONTINUED *Wellness Staff*



Bailey

**Wellness Co-Manager
/ RSB Coach**
(with SCS since 2024)

Education: BS in Physical Education
Certifications: Rock Steady Boxing
Certification, BFR/B3 Band Certification
Specialties: B3 Training, Parkinson's Disease



Donna

**Exercise Specialist /
Kitchen Manager**
(with SCS since 2004)

Education: BS in Physical Education & Certified
Gerontology Specialist (University of Georgia)
Certifications: Kitchen Manager License,
Certified Personal Trainer, ACSM
Specialties: Continuing exercise post-rehab for
orthopedic issues, Sports Conditioning



Liv

Exercise Specialist
(with SCS since Aug 2026)

Certifications: Certified Personal Trainer,
NASM & Certified Nutrition Coach, NASM
Specialties: Liv is new to our team and is
learning the ropes!



Audra

Exercise Specialist
(with SCS since 2025)

Certifications: Certified Personal
Trainer, SCW
Specialties: Functional strength
training, Weightlifting at the "rig", Small
group strength training



Molly

**Wellness Manager/
RSB Head Coach**
(with SCS since 2017)

Education: BS in Exercise Science
Certifications: Certified Personal Trainer (ACE),
Rock Steady Boxing Head Coach Certified, BFR/B3
Band Certification, SCW Tai Chi Certified
Specialties: B3 Training, Parkinson's Disease, Fall
Prevention Education (Up/Down From Floor)

OCTOBER 2026

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 NEW FORMAT!	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 8:00-8:30am 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	NEW FORMAT! Cardio Kickboxing 9:30-10:15 MPR	Work on the Weak Stuff 9:30- 10:15am Classroom 2	Cardio Strength HIIT 9:30- 10:15am MPR	
	Open Walking 9:45-10:15pm MPR					
10:00am				Line Dancing 10:00- 11:30am MPR		SCS Closes at noon on Saturdays
	Senior Fitness Cardio and Strength 10:30-11:15am MPR	Tai Chi & Qigong 10:30-11:15am CR2 or MPR	Senior Fitness Cardio Drumming and Balance 10:30-11:15am MPR	Tai Chi & Qigong 10:30-11:15am CR 2	Senior Fitness Cardio, Strength and Balance 10:30-11:15am MPR	
11:00am				Line Dancing 10:00- 11:30am MPR		
					Pickleball 12:00-2:00pm	
12:00pm	NEW FORMAT! Weightlifting 11:45-12:45pm MPR	Rock Steady Boxing 12:00-2:15 See RSB Schedule for details	NEW FORMAT! Weightlifting 11:45-12:45pm 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, 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!	
1:00pm	Pickleball 1:00-3:00pm		Pickleball 1:00-3:00pm			
2:00pm		Open Walking 2:30-3:30pm MPR	B3 Bands Small Group Training MPR	Open Walking 2:30-3:30pm MPR		
3:00pm	B3 Bands Small Group Training MPR					
		Table Tennis 3:30-5:30pm MPR	Open Walking 4:00-4:45pm MPR	Table Tennis 3:30-5:30pm MPR		
4:00pm	Open Walking 4:00-4:45pm MPR					
		Sandbell Fitness 4:30-5:15pm CR2/MPR No Class Sept 8th*		Sandbell Fitness 4:30-5:15pm CR2/MPR		
5:00pm	Rock Steady Boxing 5:15-6:30pm		Rock Steady Boxing 5:15-6:30pm	Cardio Drumming 5:30-6:15pm MPR		
6:00pm						
Center Closes at 7:00pm						

The Wellness Class Schedule may be subject to change.

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

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

Descriptions on the back!

OCTOBER 2026

SCHEDULE

AQUATIC



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	3 Lanes Available	6:00-9:00*am Open Pool 2 Laps Available NEW FORMAT!	3 Lanes Available	6:00-9:00 am Open Pool 2 Laps Available	3 Lanes Available	Center Opens 8:00 am

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

SENIOR CITIZENS SERVICES, INC.



Lima Memorial
HEALTH SYSTEM

Affiliate of ProMedica



**MASSAGE THERAPY
WITH FRED!**

Wednesdays & Thursdays

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set up your appointment.

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

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Us*

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- | | | | |
|-------------|--------------------------|---------------------|---------------------------|
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| • Clothing | • Mental Health Services | • Substance Abuse | • Prescription Discounts |
| • Childcare | • Education | • Legal Issues | • Utility/Rent Assistance |
| • Youth | • Employment | • Healthcare | |
| • Seniors | | • Emergency Shelter | |

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