


**Defiance  
County  
Senior  
Services**



# **ur Times**

**January  
2018**

**OUR  
SPONSORS**

The Defiance  
County Senior  
Services Tax Levy

The Defiance  
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Commissioners

The Area Office on  
Aging of NWO

The Defiance  
County Senior  
Services  
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And through your  
generous donations  
- We Thank you

## *Welcome 2018*

*Let's Celebrate....You!*

It's a New Year and a fresh start to accomplish goals,  
re-kindle friendships and create new, treasured memories.

At Defiance County Senior Services, we offer wonderful  
opportunities to re-charge your body in our exercise room,  
or our many exercise programs and with our nutritious  
meals. Re-fresh your mind with a laugh between friends  
in the activity room or a quiet moment in our library or  
chapel. Re-new your spirit with bible study and volunteer  
opportunities.

We are with you whether you need assistance from our  
transportation department, nutrition, educational  
materials, consultations, the music and memory program,  
taxes, Medicare part D or legal advice.

Explore YOUR Senior Center.



# Healthy You!

## The Alzheimer Support Group

Our afternoon meeting will be held:

**Thursday, January 4th at 1:30pm.**

The meeting is held at Defiance County Senior Services - 140 E. Broadway St.

Private consultations and information are also available. Please contact Sheri at 419-783-4812.



## Toe Nail Clinic

**Wednesday, January 3rd at  
The Defiance County Senior Center**

The session begins at 9:00am until 11:00am and from 12:30pm until complete. There is a \$15.00 charge for the toe nail clinic.

Please call Dawn at 419-782-3233 to set your appointment time. Thanks!



## Healthy YOU!!

Senior Services at both the Defiance and Hicksville locations offer a variety of health and wellness programs. Consider making Senior Services part of your healthy New Year's resolution with:

**Our Exercise Room and Equipment ~ Zumba classes ~ Yoga classes ~ Tai Chi ~ Band Exercises ~ our Library ~ Bible Study ~ Computers and WiFi capabilities ~ Corn Hole ~ Musical Entertainment ~ Dinners & Special Events ~ and more!**

## We Thank You

to the many businesses, agencies and organizations that volunteer their time and talents for Senior Services.

Our Thanks to:

Kingsbury Place  
The Alzheimer's Association  
Smith Farms  
Community Health Professionals  
Genesis - Twin Rivers  
The Seagate Food Bank  
Allcaring  
Brookview  
The Area Office on Aging

## Your 2018 Participation and "Our Times" Newsletter Form

Your 2018 Senior Services Participation form will be mailed to you this month. Please take time to fill it out and return it to us.

Please also NOTE: If you would like the "Our Times" emailed to you, FREE OF CHARGE, please fill out this information on the participation form. Newsletters are also available at both Centers.

Why do we ask for a participation form??

This is one way we receive operating funds from The Area Office on Aging.

The form also provides vital emergency information. If you need assistance filling out the participation form, please contact Kathy at 419-782-3233 or Linda at 419-542-5004. Thanks very much!

# Hicksville Happenings - January



## HAPPY 2018!!!!

**Any resolutions?** May we suggest being active at YOUR senior center! We have something to do every day, great food, wonderful friends, and FUN! You won't get "cabin fever" here!

**Wednesday, January 3<sup>rd</sup>** – 10:00 – 11:00 am – **"The Music Man"**, Alan Seibert joins us for another musical morning! The we hope you'll stay for lunch.



**"The Price is Right" Thursday, January 4<sup>th</sup>** 10:00 am – Plan to join us for some leg slapping hilarity and some great prizes too.

**Monday, January 15<sup>th</sup>** – we'll be closed for Dr. Martin Luther King Day.

**Tuesday, January 16<sup>th</sup>** - Prizes for the ***silliest sweater*** worn by a woman and a man! Prizes will be awarded at 12:00 noon! We reserve the right to laugh- so come join the fun!



**Wednesday, January 17<sup>th</sup>** – ***Seniors Night Out*** at Harlan Café (weather permitting) Come enjoy your "Harlan favorites" ...liver & onions, fried fish, and of course the PIE! BEAT CABIN FEVER! Call us with your reservation by noon on January 17<sup>th</sup>!

**CORN HOLE TOURNAMENT** – EVERY FRIDAY at 10:00am. *Win prizes cards – collect 10 prize cards and you'll receive your choice of a \$10 gift card from Walmart, Dollar General or McDonald's.*

**TRY SOME FROZEN HOT CHOCOLATE** Friday, January 19<sup>th</sup> after lunch!

**Keep warm & stay hydrated.**

**It's just as important in winter as summer!**

**The January CSFP Food Box Distribution will be**

**Wednesday, January 24<sup>TH</sup>, 2018**

**1:00 pm – 2:30 pm**

These boxes have approximately 40 pounds of meats, vegetable, fruits, cheese and grains to help enhance your good nutrition.

If you would like more information on how to sign up for a box, please call Linda in Hicksville at 419.542.5004 or Ginny in Defiance at 1.419.782.3257.

We'll be happy to help you with the application, too!






for more information, please call Linda at 419-542-5004

# January - Hicksville Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Happy New Year!</p> <p><b>Senior Services is Closed for New Year's Day.</b></p>	<p>2 10:00 - 11:00 Bingo with Smith Farms 12:00 Grocery Shop 12:15 - 2:15 Euchre</p>	<p>3 <b>10:00 "The Music Man" - Alan Seibert performs</b>  12:15 - 2:15 Euchre</p>	<p>4 10:00 "The Price is Right"  12:30 - 1:30 Bingo</p>	<p>5 10:00 Corn Hole <b>11:45 January Birthday Celebrations</b> 12:15 - 2:15 Euchre</p>
<p>8 10:00 Chair Exercises  12:15 - 2:15 Euchre</p>	<p>9 10:00 Bingo with Van Crest 12:00 Grocery Shop 12:15 - 2:15 Euchre 12:15 Adult Coloring</p>	<p>10 10:00 Coffee and Conversation  12:15 - 2:15 Euchre</p>	<p>11 10:00 Aggravation 12:30 - 1:30 Bingo</p> 	<p>12 10:00 Corn Hole  12:15 - 2:15 Euchre</p>
<p>15 <i>Defiance County Senior Services is Closed in observance of Dr. Martin Luther King Day</i></p>	<p>16 10:00 Chair Exercises 12:00 Grocery Shop 12:15 - 2:15 Euchre <b>Silly Sweater Day!</b></p> 	<p>17 10:00 Chair Exercises 10:30 Dancing to the Oldies 12:15-2:15 Euchre <b>4:00 Senior's Night Out - Harlan Café</b></p>	<p>18 <b>DOUBLE BINGO DAY</b> 10:00 - 11:00 Bingo <b>1:00 - 2:00 Bingo with Rhonda from Community Health Professionals</b></p>	<p>19 10:00 Corn Hole  12:15 - 2:15 Euchre</p>
<p>22 10:00 Chair Exercises 12:15 - 2:15 Euchre</p>	<p>23 10:00 Aggravation 12:00 Grocery Shop 12:15 - 2:15 Euchre</p>	<p>24 10:00 Coffee and Conversation - Inspire Me!  12:15 - 2:15 Euchre <b>1:00 - 2:30 CSFP Food Commodities Pick Up</b></p>	<p>25 10:00 Cards &amp; Games  12:30 - 1:30 Bingo</p>	<p>26 10:00 Corn Hole  12:15 - 2:15 Euchre</p>
<p>29 10:00 Chair Exercises  12:15 - 2:15 Euchre</p>	<p>30 10:00 - 11:00 Bingo 12:00 Grocery Shop 12:15 - 2:15 Euchre</p>	<p>31 10:00 Chair Exercises 10:30 Dancing to the Oldies 12:15-2:15 Euchre</p>	<p><b>Save The Dates:</b> Toe Nail Clinic - Wednesday, Feb. 7th  Valentine's Party- Wednesday, Feb. 14th  St. Patrick's Day -Friday, March 16th</p>	

for information, please call Dawn at 419-782-3233

# January - DCSS Activities

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>1 Happy New Year!</p> <p><b>Senior Services is Closed for New Year's Day.</b></p> 	<p>2 9:45 Aldi Shop 10:00 Bible Study 10:00 Cards 10:00 Tai Chi 4:00 Yoga</p>	<p>3 9:00 Toe Nail Clinic 9:30 Cards 10:00 Crafts 12:30 PM Nail Clinic 12:30 Kroger Shop</p>	<p>4 9:30 Cards 9:45 Blood Pressures 10:00 Band Stretch 10:00 Zumba 12:30 - Meijer Shop 12:30 Bingo with Brookview 1:30 Alzheimer's Support 4:00- Yoga with Sue</p>	<p>5 9:30 Cards 10:00 Tai Chi <b>11:30 Birthday Celebration</b> <b>Music with Jim McCurdy</b></p>
<p>8 9:30 - Cards 10:00 - Zumba 12:30 Bingo with Kingsbury Place 3:00 - Yoga</p>	<p>9 9:45 Aldi Shop 10:00 Bible Study 10:00 Cards 10:00 Tai Chi 4:00 Yoga 4:00 Senior's Nite Out - Cracker Barrel in Ft. Wayne</p>	<p>10 9:30 Cards 10:00 Crafts 12:30 Kroger Shop</p>	<p>11 9:30 Cards 10:00 Band Stretch 10:00 Zumba 12:30 - Meijer Shop 4:00- Yoga with Sue</p>	<p>12 9:30 - Cards 10:00 Tai Chi 10:00 Crafts</p>
<p>15 <i>Defiance County Senior Services is Closed in observance of Dr. Martin Luther King Day</i></p>	<p>16 9:45 Aldi shop 10:00 Tai Chi 10:00 Bible Study 10:00 Cards 4:00 Yoga</p>	<p>17 9:30 Cards 10:00 Crafts 12:30 Kroger Shop</p>	<p>18 9:30 Cards 10:45 Blood Pressures with CHP 10:00 Zumba 10:00 Band Stretch 12:30 Meijer Shop 12:30 Bingo -Twin Rivers 4:00 Yoga with Sue</p>	<p>19 9:30 - Cards 10:00 Crafts 10:00 Tai Chi</p>
<p>22 9:30 - Cards 10:00 - Zumba 10:00 Nails &amp; Tales with Twin Rivers 1:00 Euchre Tournament 3:00 - Yoga</p>	<p>23 9:45 Aldi shop 10:00 Tai Chi 10:00 Bible Study 10:00 Cards 4:00 Yoga</p>	<p>24 <b>9:30 Chat with a Cop</b> 10:00 Cards 10:00 Crafts 12:30 Kroger Shop <b>1:00-2:30 CSFP Food Commodities</b></p>	<p>25 9:30 Cards 10:00 Band Stretch 10:00 Zumba 12:30 Meijers Shop 12:30 Bingo with Allcaring 4:00 Yoga</p>	<p>26 9:30 Cards 10:00 Tai Chi 10:00 Crafts</p>
<p>29 9:30 Cards 10:00 Zumba 12:30 Bingo with Senior Services 3:00 Yoga with Sue</p>	<p>30 9:45 Aldi shop 10:00 Tai Chi 10:00 Bible Study 10:00 Cards 4:00 Yoga</p>	<p>31 9:30 Cards 10:00 Crafts 12:30 Kroger Shop</p>	<p><b><i>Chat With a Cop</i></b></p> <p><b>Wednesday, January 24th</b> <b>at 9:30am</b></p>	

# DCSS Bulletin Board - with Dawn - 419-782-3233

## Wednesday, January 3rd - Toe Nail Clinic at The Defiance County Senior Center.

The session begins at 9:00am until 11:00am and from 12:30pm until complete. There is a \$15.00 charge for the toe nail clinic. Please call Dawn at 419-782-3233 to set your appointment time.

## Thursday, January 4th- The Alzheimer Support Group will meet at 1:30pm.



## Friday, January 5th - enjoy a delicious Birthday Lunch at 11:30am.

Musical entertainment provided by Jim McCurdy. - Join us and *Happy Birthday* to everyone born in the month of January!

**Seniors Night Out - Tuesday, January 9th** - we'll leave the Defiance Center at 4:00pm and enjoy a delicious supper at the **Cracker Barrel in Ft. Wayne**. Seating is limited, so please call Dawn to make your reservation after January 2nd. - 419-782-3233.

**Monday, January 22nd** - *Join Dawn Ludwig* at 10:00am for Nails and Tales. This is your opportunity to get your fingernail beautifully painted while enjoying fun conversation.

**Join us Wednesday, January 24th at 9:30am to "Chat with a Cop"**. Learn more about the Defiance Police Dept. and their tireless work to keep Defiance - "A Great Place To Live."

also on **Wednesday, January 24th** - The Food for Seniors Commodities Program is available from 1:00 to 2:30pm . Please call Ginny for details - 419-782-3257.



## Transportation Services

Our wintery days are ahead - please remember Our Transportation program is here to assist you. Please Call Kathy at 419-782-3233 or Linda (in the Hicksville area) at 419-542-5004.



## January Bingo Dates

Thursday, January 4th with Brookview

Monday, January 8th with Kingsbury Place

Thurs., January 18th with Twin Rivers

Thurs., January 25th with Allcaring

and Monday, Jan. 29th with Senior Services

*Please join us in thanking these fine facilities for supplying the great prizes and plenty of smiles!*



## Just a Reminder

**Defiance Co. Senior Services will be Closed:**  
Monday, January 1st - for New Years Day and  
Monday, January 15th in observance of Dr. Martin Luther King Day.

# Nutrition News

Wintery Days are ahead.....  
 Please consider stocking up on some of our delicious and nutritious frozen meals on hand for the winter days ahead. These meals are ideal for weekends and on those days when driving could be risky. Please call Ginny 419-782-3321 or speak with your meal route driver for more information on our frozen meals.

Our January  
 Birthday Celebration  
 is  
**Friday,**  
**January 5th**

*A Happy Birthday  
 to all of you born in the  
 month of  
 January*



**If you need to start or  
 cancel a meal, please call  
 Ginny at 419 - 782-3321  
 Thanks!**



## ***Commodities Supplemental Food Program***

***Food for Seniors - Touching Lives, Filling Needs.....***

Many older adults may be at nutritional risk due to chronic illness, medications, economic status, and mobility issues. The C.S.F.P. Program provides eligible seniors, age 60 and older, a monthly package of approximately 50 pounds of USDA basic nutrient-rich food.

**The next distribution date is**

**Wed., January 24th 1:00 pm -2:30 pm.**

If you have questions or to apply for the commodities, please contact Ginny at 419-782-3257 - thank you.



Each participant may determine what they can comfortably contribute toward the cost of a meal.

No senior adult will be denied a nutrition service due to inability to contribute.

**Our suggested donation for a lunch is \$3.00 per meal.** Evening Meals and events may be more.



Defiance County Senior Services

# January Menu 2018

For questions regarding your meals, please contact Ginny at 419-782-3321

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 <b>Senior Services will be closed for New Year's Day</b></p>	<p>2 Hot Chicken Sandwich Diced Potatoes Beets Fruit Cocktail Graham Crackers</p>	<p>3 French Onion Soup Turkey Sandwich Mandarin Oranges Crackers v-8 Juice  Salad Bar in café</p>	<p>4 Baked Potato with Broccoli, Cheese and Bacon Bits alt= turkey bacon bits Cauliflower Pears Cornbread</p>	<p>5 Beef Lasagna Italian Blend Vegetables Warm Applesauce Breadstick Birthday Cake ncs= angel food cake</p>
<p>8 Oven Fried Chicken Glazed Carrots Brussels Sprouts Apricots Dinner Roll</p>	<p>9 Hamburger Gravy over Mashed Potatoes Sweet Peas Apple Slices Blueberry Muffin</p>	<p>10 Tomato Soup Grilled Cheese Sandwich Cottage Cheese with Peaches Banana Crackers  Salad Bar in café</p>	<p>11 Chicken with Gravy Tater Tots Mixed Vegetables Grape Juice Dinner Roll</p>	<p>12 Meatloaf Au Gratin Potatoes Sicilian Blend Vegetables Ambrosia Salad Garlic Bread Sugar Cookie ncs= sf cookie</p>
<p>15 <b>Senior Services will be closed in observance of Dr. Martin Luther King Day</b></p>	<p>16 BBQ Pork Sandwich Baked Beans Riviera Blend Vegetables Peach Crisp</p>	<p>17 Beef Vegetable Soup Turkey Sandwich Tropical Fruit Salad Crackers  Salad Bar in café</p>	<p>18 Chicken Pot Pie Biscuit Steamed Cabbage Hot Cinnamon Applesauce Brownie ncs= sf pudding</p>	<p>19 Swiss Steak with Tomato Gravy Diced Potatoes Okra Jell-O with Mandarin Oranges Dinner Roll</p>
<p>22 Creamed Chicken over Mashed Potatoes Key West Blend Vegetables Biscuit Orange Juice</p>	<p>23 Ham alt= Hamburger Pattie Sweet Potatoes Winter Blend Vegetables Pineapple Tidbits Dinner Roll Pudding ncs= sf pudding</p>	<p>24 Chicken Noodle Soup Roast Beef on Pita Bread Waldorf Salad V-8 Juice Crackers  Salad Bar in café</p>	<p>25 Roast Pork Harvard Beets Coleslaw Mandarin Oranges Dinner Roll</p>	<p>26 Beef &amp; Noodles Fiesta Blend Vegetables Fruit Cocktail Lima Beans Wheat Bread Sorbet</p>
<p>29 Beef &amp; Cheese Taco Refried Beans Stewed Tomatoes Mango Cup</p>	<p>30 Grill Chicken with Gravy Mashed Potato Normandy Blend Vegetables Pears Cookie ncs = Vanilla Wafers</p>	<p>31 Chef Salad with Ham &amp; Turkey alt= all turkey Crackers Pineapple Tidbits Grape Juice Dinner Roll Salad Bar in café</p>	<p>For information on our ingredient content for each meal, please call Delinda 419 - 783 - 4813</p>	<p>Our breads and rolls are whole wheat unless specified.  NCS= No concentrated sweets sf = sugar free</p>