

Senior centers, inc

Monday– Friday

8am to 4pm

October 2019



Support the Senior Services Levy

VOTE for Issue 8

on November 5!

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FOSTER GRANDPARENT PROGRAM

PROGRAM SPOTLIGHT

"If kids come to us from strong, healthy functioning families, it makes our job easier. If they do not come to us from strong, healthy, functioning families, it makes our job more important."

Barbara Coloroso

Barbara Coloroso, the author of the above quote, is an internationally recognized parenting expert, speaker and consultant on parenting, teaching, positive school climate, nonviolent conflict resolution, and grieving. She has written several books and has been

interviewed on television shows such as Oprah and CBS's Early Morning program. Her work has also been featured in many newspapers and magazines.

When I read this quote from her, I thought about how appropriate a quote it is for the Foster Grandparents who go out into the schools every day and work with students who have some special or exceptional need.

Many of our students come from homes that may not be strong, healthy or functioning. But that just makes the job that foster grandparents do all the more important. The foster grandparents are in the schools to provide love and support to those students who need it, and that is what they do every day. How wonderful it is to be able to provide what so many students in Toledo Public Schools need!



At our September in-service meeting, we heard from Ms. Kathy Gregory, the principal at Old West End Academy, who spoke to us about the positive impact of having foster grandparents at her school. It is affirming to hear that a school principal sees the great value of our service to her students! I hope that all of our foster grandparents realize the importance and the worth of their service!

HAPPY BIRTHDAY

to these Foster Grandmas
celebrating in October :

Flora Rayford

Kathryn Pattin



**SUPPORT
your senior center!
VOTE for ISSUE 8!**

Issue 8 is a renewal of the current Senior Services Levy for 0.60 mill which expires on December 31, 2019, with a modest 0.15 mill increase. The annual cost to the owner of a \$100,000 home will be \$22.52. For under \$23 a year, you can help seniors stay independent. The levy lasts for 5 years and will provide for senior center services and facilities, meals to home-bound Lucas County seniors, home care services to help seniors remain at home, services for persons with Alzheimer's disease and their family caregivers and more.


Lunch Menu

October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Write your choice of menu option <u>A or B</u> on the sign-up sheet.</p>	<p>1 A – Salisbury Steak B – Vegetable Lasagna</p> <p>Cheese Potatoes Dilled Carrots Rolls Fruit Compote Chocolate Tart</p>	<p>2 A – Turkey Noodle Casserole B – Cabbage Roll</p> <p>Corn Malibu Blend Rolls Spiced Pears</p>	<p>3 A – Pork Cutlet w/ Gravy B – Mostaccioli</p> <p>Broccoli Succotash Rolls Banana Pineapple Dream</p>	<p>4 A – Smothered Chicken B – Salisbury Steak</p> <p>Garlic Mashed Potato Capri Blend Rolls Fruit</p>
	<p>7 A – Turkey Unstuffed Peppers B – Ham Salad w/ Lettuce & Tomato</p> <p>Peas & Carrots Coleslaw Rolls Pineapple Mango</p>	<p>8 A – Aloha Pineapple Chicken Casserole B – Steak Burger</p> <p>Mixed Vegetables Yellow Squash Rolls Bananas Angel Food Cake</p>	<p>9 A – Chicken Parmesan B – Meatloaf Sandwich</p> <p>Rosemary Potatoes Italian Blend Rolls Fruits for Salad</p>	<p>10 A – Veal B – Baked Chicken</p> <p>Baked Squash Asian Blend Rolls Fruit Mix Granola Bar</p>
<p>14 A – Pepper Steak & Rice B – Turkey Tetrazzini Casserole</p> <p>Peas Carrots Rolls Applesauce</p>	<p>15 A – Lasagna B – BBQ Pork Burger w/ Cheese</p> <p>Winter Blend Veg. Tossed Salad w/ Dressing Rolls Fresh Fruit Cookie</p>	<p>16 A – Egg Salad Deluxe B – Turkey & Cheese</p> <p>Bean Medley Salad Cottage Cheese w/ Pears Croissant</p>	<p>17 A – Spaghetti & Meatballs B – Sweet & Sour Chicken</p> <p>Italian Green Beans Rolls Peaches Pistachio Pudding</p>	<p>18 A – Baked Pork w/ Dressing B – Creamed Chipped Beef</p> <p>Mashed Potatoes California Blend Rolls Escalloped Apples</p>
<p>21 A – Baked Veal B – Vegetable Lasagna</p> <p>Redskin Potatoes Scandinavian Blend Rolls Tropical Fruit</p>	<p>22 A – Beef Pot Roast B – Garden Chicken</p> <p>Corn California Blend Rolls Fruit Cocktail Raspberry Cookie</p>	<p>23 A – Meatloaf B – Salisbury Steak</p> <p>Mashed Potatoes Peas Rolls Pineapple</p>	<p>24 A – Beef Stew B – Turkey Tetrazzini</p> <p>Carrots, Peas Rolls Bananas Apple Cinnamon Muffin</p>	<p>25 A – Macaroni & Cheese B – BBQ Meatballs</p> <p>Malibu Blend Peas Rolls Mandarin Oranges</p>
<p>28 A – Pork Burger Supreme B – Salisbury Steak</p> <p>Baked Potato Peas & Carrots Rolls</p>	<p>29 A – Beef Cutlet w/ Gravy B – Harvest Chicken Salad w/ L & T</p> <p>Mashed Potato Carrots Rolls Bananas Pudding</p>	<p>30 A – Italian Meatloaf B – Chicken Lasagna</p> <p>Roasted Potatoes Italian Vegetable Blend Rolls Baked Apple</p>	<p>31 A – Buffalo Chicken Sandwich B – Macaroni & Beef Casserole</p> <p>Succotash Green Beans Rolls Peach Crisp</p>	<p>Call <u>419-242-9511</u> 24 hours in advance to make a reservation.</p>

OCTOBER ACTIVITY CALENDAR

2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:30 Exercise	2 10:30 Make Halloween Party Decorations	3 10:30 Exercise	4 12:15 Dice Grab Bingo
7 10:00 Ceramics 10:30 Goodwill Store Trip All day BPs	8 10:30 Exercise 11:45 Speaker: Americare Pharmacy	9 10:30 Therapy Dogs 12:15 Bingo	10 10:30 Craft with Sherri- Decoupage Owls 12:15 Exercise	11 11- Out to Lunch Cracker Barrel
14 10- Ceramics 10:30 Cider w/ Julie All day BPs	15 10:30 Exercise 11:45 Jay Gerken 12:15 Fall Haiku	16 10-12 WISE class	17 10:30 Craft with Tammy Scarecrow Bottles 12:15 Exercise	18 9- FGP Mtg. All day BPs
21 10:00 Ceramics 10:30 Hayride	22 9:30 Commodities & Health Screens 10:30 Exercise 12:30 Bingo with Keith Oyer	23 10-12 WISE class	24 10:30 Craft with Carol Fall Bunting 12:15 Exercise	25 10:30 Cooking project (part 1) 12:15 Cooking Project (part 2)
28 10:00 Ceramics 12:15 Movie Hocus Pocus All day BPs	29 10:30 Exercise 11:45 Speaker Dakota Stone Alzheimer's Signs	30 10-12 WISE class 10:30 Therapy Dogs 11:00 Aetna	31 10:30 Halloween Party • Games • Snacks	

Crafts and Classes

10/2 Silly or Scary! We will be decorating cans for a game to be played at our Halloween party.

10/10 Crafting with Sherri
Using scrapbook paper and embellishments, we'll be making these fall decoupage owls mounted on a wooden owl. Perfect for hanging on a door!

10/15 Fall Haiku
Sherri and Carol will be doing a seasonal haiku and writing them on wax relief and watercolor paper suitable for framing.

10/16, 10/23, 10/30, 11/6, 11/13, 11/20
WISE classes Six Week Series
If you have not taken this series before, come join them in the frank discussions about issues facing us as we age. Sorry, no repeat customers.

10/17 Crafting with Tammy
Not water into wine but this project involves turning wine bottles into scarecrows to add to your fall décor.

10/24 Crafting with Carol
Buntings are back with a fall and Halloween flair this time!

10/25 Cooking Projects
Morning and afternoon sessions will involve making treats for the Halloween party.

SPEAKERS

10/8 Americare Pharmacist
Why Get A Flu Shot?

10/15 Ohio Extension Office
Jay Gerken

10/29 Alzheimer's Assn Dakota Stone
Signs of Alzheimer's

10/30 Aetna Becky O'Neill
Health Insurance Questions

Trips and Special Events

10/7 Goodwill trip \$1
Here's an opportunity to pick up some gently used items or costume pieces for the Halloween party.

10/11 Out to Lunch \$1+ lunch
Our lunch outing this month takes us to an old standby: Cracker Barrel.

10/21 Erie Orchards \$10
The smell of fall is in the air: crisp leaves and apples. Your admission gets you a hayride, 3 apples, a pie pumpkin, cider and doughnuts.

10/31 Halloween Party
Don't forget your costumes as we celebrate Halloween with some light refreshments and fun games .

EXERCISES

Tuesdays at 10:30/Thursdays at 12:15

- **Movement Scarves**
- **Cardio Drumming**
- **Tai Chi**
- **Exercise Surprise**

BRAIN EXERCISE

1.

COTT

4.

HEARTED
2

7.

BLOOD WATER

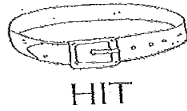
10.



2.

ZERO
Associate
Bachelor
Master
Doctorate

5.

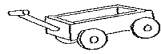


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8.

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Trlai
Trail

11.



FALL

3.



6.

WOWOLFOL

9.



12.



- Answers
1. Boycott
 2. 4 degrees below zero
 3. Bad sign
 4. Half-hearted
 5. Hit below the belt
 6. Wolf in sheep's clothing
 7. Blood is thicker than water
 8. Trail mix
 9. Foot in the door
 10. Black sheep
 11. Fall off the wagon
 12. Dirt bag