

Senior

centers, inc

Monday– Friday
8am to 4pm
July 2019



We provide community members age 60 and over an outlet for their creative talents, while allowing them to pursue particular interests.

INSIDE

Program Spotlight

Activity Highlights

Monthly Calendar

Aging Gracefully

Brain Exercise

Summer Barbeque

Food, Games and Fun!

July 3 10:30

We're firing up the grill for burgers and sausage plus all the fixings of a summer picnic. You must sign up three days in advance so we know how much to cook.

FOSTER GRANDPARENT PROGRAM

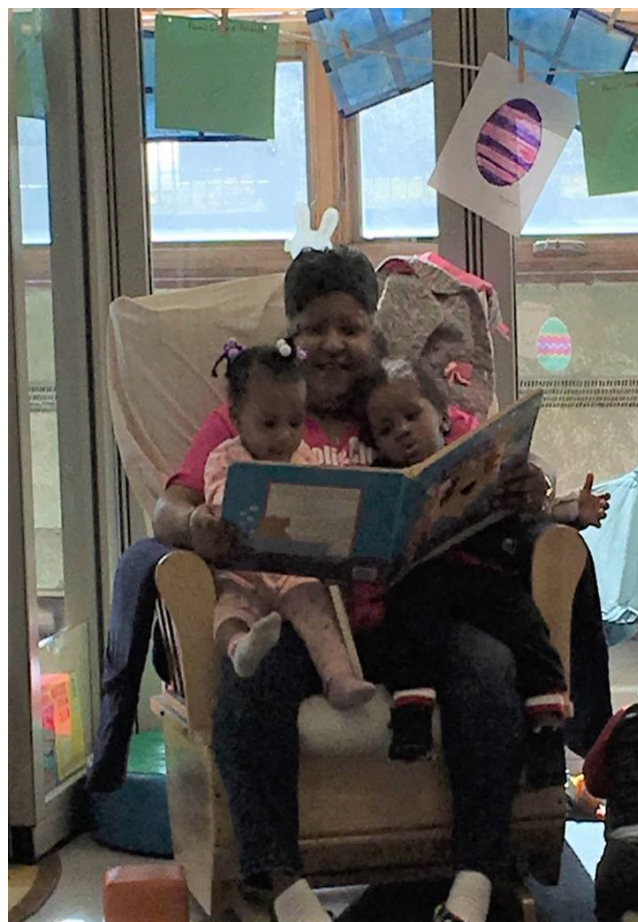
PROGRAM SPOTLIGHT

Here is Ms. Sandra Hayward, reading to some little ones at her place of service, The Catholic Club, an educational child care and family center. Sandra is one of three foster grandmas who serve year-round at the Catholic Club, and she loves it! In addition to our year-round volunteers, we also have four foster grandmas placed at the Catholic Club for their summer program this year. They host children up to age 12 during the summer.

Several more foster grandparents are serving at Grace Community Center's summer program. Grace offers educational programs as well as recreational activities to the children they serve, and our volunteers who choose to serve there in the summer are happy to stay active.

We also have six more foster grandparents who are serving at Redeemer Lutheran Church this summer, helping with their summer activities for children – these include academic reinforcement and recreational activities, too.

It's great to see so many volunteers who want to serve wherever and whenever they can! They'll have a great summer with children, and then enjoy a few weeks off before they head back to Toledo Public Schools for the school year. These are some busy people!



**HAPPY BIRTHDAY
TO THE FOSTER GRANDPARENTS
CELEBRATING BIRTHDAYS IN JULY:**

- * Anna Gardner
- * Jackie Mullins
- * Odessa Jones
- * Ernestine Armstrong
- * Kathy Johnson





Resources Available

Vicki Goetz, our service coordinator, is available Monday- Friday from noon to 4pm to assist in linking seniors with various programs and services. She can help determine eligibility and assist with paperwork for housing, food stamp and medicaid applications, commodity box applications, Medicare, HEAP applications, House Helpers program, home repair information, and TARPS applications.

Our goal is
to provide
affordable
and
dependable services
that
help seniors
remain
independent
in their homes.

Crafts and Classes

- July 1 and 29 Library Book Club 11:00
The library staff returns for another installment of the reading club. Stay tuned for details on the more traditional book club we'll be starting.
- 7/2 Cooking 12:15
Lasagna soup is full of noodles and fresh veggies in a tomato base
- 7/8 Craft w/ Carol Camel Door Hanger 10:30
We'll be using yarn and rope to make a decorative swag reminiscent of camel tail decorations.
- 7/ 11 Craft w/ Tammy Decorated Boxes 12:15
Come embellish a compressed board box to stash your jewelry and other treasures.
- 7/17 Summer Haiku 10:15
Come try haiku writing! This simple Japanese poetry writing is fun and relaxing. We'll also do a background for your haiku.
- 7/ 31 Paint w/ Sherri Watermelon Slice 12:15
Come try your hand at this simple, colorful painting of a watermelon slice.

EXERCISES

Mondays at 12:15 Exercises

We'll be trying a variety of exercises to see what people like best.

Tuesdays: Walk in the Park

Some in the mornings with Julie, others after lunch for ice cream.

Fridays: Beach Volleyball

Speakers




- July 10 11:45
Alzheimer's Disease
- July 15 11:45 Lucas County Auditor
Homestead Exemption Program
- July 16 11:45 Nutrition
OH Extension-Jay Gerken
- July 17 11:45 Rebecca Liebes
Farmer's Market Coupon Program

Trips and Special Events

- 7/11,7/18 and 7/25 Music in the Park 10:30
The summer music series at Levis Square down town is on Thursdays. Check bulletin board for the calendar of entertainment.
- 7/9 and 7/23 Walk in the Park Plus 12:15
We'll walk in the park and stop for ice cream.
- 7/3 Summer Barbeque 10:30
The grill will get fired up for burgers and sausage plus all the fixings of a summer picnic. Please make sure to sign up so we know how much to cook.
- 7/12 Out to Lunch Longhorn Steak House 11:00
Back by popular demand! We will head to Longhorn for lunch. Cost is on your own.
- 7/19 Lemonade with Julie 10:00
Cool down with some lemonade as you chat with Julie about what you'd like here at the center.
- 7/24 Breakfast Bunch American Table 10:00
Another fan favorite is our breakfast choice of the month. Meal cost is on your own.
- 7/26 Garage Sales 12:00
Hop on the van for an adventure hitting some garage sales!

JULY ACTIVITY CALENDAR

2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>11:00- Library Book Club</p> <p>12:15 Exercise</p>	<p>2</p> <p>10:00- Walk in the Park</p> <p>12:15 Cooking Lasagna Soup</p>	<p>3</p> <p>10:30 Summer Barbeque</p> <p>Food, games & fun!</p>	<p>4 Closed</p> 	<p>5 Closed</p> 
<p>8</p> <p>10:30 Craft w/ Carol Camel Door Hanger</p> <p>12:15 Exercise</p>	<p>9</p> <p>12:30 Walk in the Park & Ice Cream</p>	<p>10</p> <p>10:30 Therapy Dogs</p> <p>11:45 Speaker- Alzheimer's</p> <p>12:15 Bingo</p>	<p>11</p> <p>10:30 Music in the Park</p> <p>12:15 Craft w/ Tammy</p> <p>Decorated Boxes</p>	<p>12</p> <p>11- Out to Lunch Longhorn Steak House</p>
<p>15</p> <p>9:30 Mercy Nurses</p> <p>11:45 Speaker Lucas Co. Auditor</p> <p>12:15 Exercise</p>	<p>16</p> <p>10:00 Walk in the Park</p> <p>11:45 Speaker Jay Gerken</p>	<p>17</p> <p>10:15- Summer Haiku</p> <p>11:45 Speaker- Farmer's Market Coupons</p>	<p>18</p> <p>10:30 Music in the Park</p>	<p>19</p> <p>10:00 Lemonade with Julie</p> <p>12:15 Beach Volleyball</p>
<p>22</p> <p>12:15 Exercise</p>	<p>23</p> <p>9:30 Commodities & Health Screens</p> <p>12:15 Movie</p> <p>12:30 Walk in the Park & Ice Cream</p>	<p>24</p> <p>10:00 Breakfast Bunch</p> <p>American Table</p> <p>12:30 Bingo with Keith</p>	<p>25</p> <p>10:30 Music in the Park</p>	<p>26</p> <p>10:30 Beach Volleyball</p> <p>Noon- Garage Sales</p>
<p>29</p> <p>11:00 Library Book Club</p> <p>12:15 Exercise</p>	<p>30</p> <p>10:00 Walk in the Park</p> <p>12:15 Movie</p>	<p>31</p> <p>10:30 Therapy Dogs</p> <p>12:15 Paint w/ Sherri Watermelon</p>		



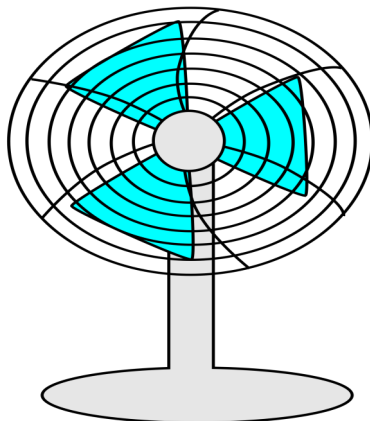
Energy Saving Tips

Summer Cooling

- Block the sun by closing windows, doors and curtains during the day.
- Avoid creating unnecessary heat by doing heat and moisture creating activities like laundry, washing dishes, cooking and bathing before noon and after 8pm.
- Consider using a window fan which uses 1/10 the energy as an air conditioner.
- Make sure your air conditioner is Energy Star rated and that it fits correctly into the window to reduce the amount of cool air loss.

Cooking

- Use a microwave, toaster oven, or slow cooker to cook smaller meals
- Keep the oven door shut while cooking. Opening the door decreases the temperature by 25-75 degrees.
- Use a timer if you don't have a window in your oven door.
- Keep your freezer stocked. Food retains cold so a full freezer is more efficient than an empty one.
- Get rid of any old refrigerators or freezers used for extra food storage. These appliances can cost hundreds of dollars a year to run.



Cleaning and Maintenance

- Only run the dishwasher when full and use the air dry option.
- Run the washer with a full load, match the load size to the water level and use the minimum amount of laundry detergent. Each load of laundry uses approximately 50 gallons of water.
- Only use hot water to wash the dirtiest loads. Use warm or cold water for most everyday loads.
- Clean your dryer's lint filter after each use.
- Repair leaky faucets and running toilets to avoid wasting water.
- Use a bucket instead of running water to mop a floor. A sponge mop uses less water than a string mop.
- When purchasing new appliances, be sure to look for Energy Star models

Water Saving Tips

- Take short showers instead of baths. Baths use 5-15 more gallons of water than showers.
- Install a low flow shower head.
- Limit showers to 5 minutes
- Turn off water while brushing your teeth.
- Only fill the sink part way when shaving.
- Use a nozzle on your hose to adjust the amount of water you use.
- Mow your lawn with a higher mower setting. Having longer grass will allow less evaporation and keep your lawn more hydrated.
- Water your lawn in the morning or evening and take care not to overwater.
- Sweep your driveway and sidewalks rather than using the hose to clean them.

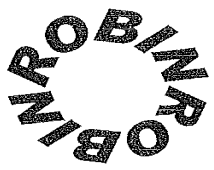
BRAIN EXERCISE

1. PAY
- SHOES

2. THERMSOTAT

3. RESTING
HIS LAURELS

4. SBIR BABY

5. 

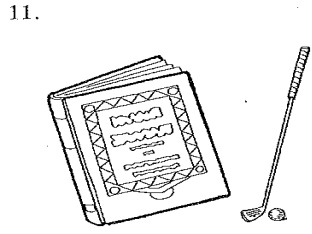
6. HELL

7. A.M. GLORY

8. TRAVELING
CCCCCCCC

9. MINDS
MINDS
MINDS
MINDS

10. ESTATE
ESTATE
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ESTATE



- Answers**
1. Payless shoes
 2. Faulty thermostat
 3. Resting on his laurels
 4. Baby back ribs
 5. Round robin
 6. Raising hell
 7. Morning glory
 8. Traveling overseas
 9. Changing minds
 10. Fifth estate
 11. Book club
 12. Headache