



Senior Centers, Inc. (SCI) is a nonprofit organization whose purpose is to serve older members of the community by providing programs and services which enhance their dignity, support their independence, and encourage their involvement in the community.

*SCI programs and services are partially supported by Older American's Act and Lucas County Senior Services Levy funds administered through the Area Office on Aging of Northwest Ohio, the Corporation for National and Community Service, and other local, state and federal sources. Donations to SCI for its programs and services are gratefully accepted.*

# A Wellness Checklist for Seniors

Here are the 7 stages of wellness to help guide seniors toward a lifestyle that is rewarding, engaging, and fulfilling. Review the list below to see where you are and identify areas you can improve upon to optimize your lifestyle to its fullest potential.

● Emotional ●

Am I content and happy most days?

## Do I handle situations well that are not ideal?

### Do I manage my stress well?



● Physical ●

Am I keeping up with a healthy diet?

Am I maintaining regular exercise?

Do I keep up with my doctor's appointments?

● Intellectual ●

Am I learning new things?

## How do I stimulate my mind daily?

Do I attend seminars, workshops, educational events?

● Occupational ●

How often do I volunteer or work?

Am I often bored with my daily routine?

Do I share my knowledge with others?

● Environmental ●

Is the environment I am in pleasing to me?

### Does my environment encourage active living?



● Spiritual ●

Do I follow a religion or belief?

Do I follow personal values or do mindful exercises for r

Do I attend faith-based groups or meditate?

● Social ●

Am I interacting with other people enough?

Am I a part of any clubs or groups I have interests in?

Do I invite friends or family to my residence often enough?

Mon	Tue	Wed	Thu	Fri
<b>1</b> Medical Assess- ments Walking Program & Open Billiards 10am-2pm	<b>2</b> Walking Program & Open Billiards 10am-noon Exercising with Carol (in person or online) at Noon	<b>3</b> Walking Program & Open Billiards 10am- noon Exercising (in person or online) at Noon Crafting Time 1:30pm	<b>4</b> Walking Program & Open Billiards 10am- noon <b>BINGO</b> (in person or online) Noon	<b>5</b> Walking Program & Open Billiards 10am-2pm
<b>8</b> <b>MERCY HEALTH COMMUNITY NURSES</b> <b>FREE HEALTH SCREENINGS</b>	<b>9</b> Walking Program & Open Billiards 10am -noon Exercising with Carol (in person or online) at Noon	<b>10</b> Walking Program & Open Billiards 10am-noon Exercising (in person or online) at Noon Reading Corner 1:30pm	<b>11</b> Walking Program & Open Billiards 10am-noon Ceramics (in person or online) Noon	<b>12</b> Foster Grandparent Meeting 9am-11am
<b>15</b> Medical Assess- ments Walking Program & Open Billiards 10am-2pm	<b>16</b> Walking Program & Open Billiards 10am -noon Exercising with Carol (in person or online) at Noon	<b>17</b> Walking Program & Open Billiards 10am-noon Exercising (in per- son or online) at Noon Crafting Time 1:30pm	<b>18</b> Walking Program & Open Billiards 10am- noon <b>BINGO</b> (in person or online) Noon	<b>19</b>
<b>22</b> Medical Assess- ments Walking Program & Open Billiards 10am-2pm	<b>23</b> <b>COMMODITY BOX AND MOBILE MEALS LUNCH GIVEAWAY IN PARKING LOT FROM 9:30 TO</b>	<b>24</b> Walking Program & Open Billiards 10am-noon Exercising (in person or online) at Noon Virtual Field Trip 1:30pm	<b>25</b> Walking Program & Open Billiards 10am-noon Ceramics (in person or online) Noon	<b>26</b> Walking Program & Open Billiards 10am-2pm
<b>29</b> Medical Assess- ments Walking Program & Open Billiards 10am-2pm	<b>30</b> Walking Program & Open Billiards 10am -noon Exercising with Carol (in person or online) at Noon	<b>31</b> Walking Program & Open Billiards 10am- noon Exercising (in person or online) at Noon <b>BOOK CLUB 1:30pm</b>	<b>Lunch available for dine in or carry out Monday thru Thursday at 11:30am until gone. Donations accepted.</b>	<b>2308 Jefferson Toledo, OH 43604</b>  <b>419-242-9511</b> <i>Calendar subject to change</i>

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# Three Bean Salad

## *Ingredients:*

One can (about 16oz) each, drained & rinsed:

-- green beans

-- wax beans

-- kidney beans

4 green onions, chopped

1/4 cup chopped parsley

1 cup Italian dressing

1 tablespoon sugar

2 cloves garlic, minced

## *Directions:*

Gently mix beans, onions, and parsley.

Add the rest of the ingredients the gently toss.

Cover and refrigerate for at least 3 hours, stirring occasionally.



**Senior**  
centers, inc

A Mobile Meals Lunch is available  
to carry out or dine-in  
Monday thru Thursday  
between 11:30am and noon first  
come, first served

Come for lunch, stay for an  
activity

mobilemeals