



Summit Sentinel

MONTHLY NEWSLETTER

MAY 2024 EDITION

"SUMMIT SENTINEL"

IS PUBLISHED BY:

Defiance County Senior Services
140 E. Broadway St. | Defiance, OH 43512

SUMMIT 60 SOCIAL CENTER & SENIOR SERVICES HEADQUARTERS

140 E. Broadway St.
Defiance, OH 43512
Phone: 419-782-3233
Monday—Friday
7:00am—3:00pm

SUMMIT 60 SOCIAL CENTER OF HICKSVILLE

708 E. High St.
Hicksville, OH 43526
Phone: 419-769-8046
Monday & Thursday
9:00am—2:00pm

2024 EVENT SPONSORS

Thank you to this year's event sponsors, with your support we are able to bring great events like this to the seniors of Defiance County!

2024 Premier Events Sponsor:

Sam Hornish

2024 Gala Sponsor:

Eagles of Defiance

Event Sponsors:

Glenn Park of Defiance

Jacobs Meats

All Occasions, LLC.

Martha Kaup

Servicemaster by McCann

Jim Schmidt Dealerships

VFW of Defiance

Arc Solutions

General Motors Defiance

Nemco Food Equipment

The Wholesale House

Tickets only \$25



2024 Senior Gala

Moonlight on the Mississippi

Join us at the Eagles of Defiance for Food, Friends,

Fun and Dancing on Friday, May 17th

5:00pm–9:30pm (doors open at 4:00pm)

Menu includes: Brisket, Loaded Mashed Potatoes,
Green Beans with Bacon, Cinnamon Peaches, Veggies

with Dip, Dinner Rolls and Brookies for Dessert.

Drinks will be available as well as a cash bar!

Entertainment provided by Lee Warren

Save your seat!

We love to see that our events and trips are filling up very fast! To best serve you we set up these trips by reservation only & first come, first serve.

We will not be taking any reservations until the first of every month. You must prepay your non-refundable transportation fee/ ticket cost to make reservations for events and trips.

If you are driving yourself, you must still make your reservations with Dawn or Jenn! Call today at 419-782-3233!

Thank you for your understanding & lets have some fun!!



SENIOR NITE OUT

Wednesday May 8th at 4pm | \$5 for transportation

Join us for at trip to Logans Steakhouse in Ft. Wayne IN! Enjoy great food, friends and of course 50/50 raffles!

2024 SENIOR GALA

Friday May 17th | Eagles of Defiance

This year's Senior Gala theme is Moonlight on the Mississippi! Check the front page for more info!

THE OAKRIDGE BOYS

Saturday May 18th | 5pm

SOLD OUT! Keep an eye out for more concerts in the future!

DAY AT THE MOVIES

Wednesday May 22nd 10:00a | Sponsored by Kingsbury Place

Join your friends for a great movie, popcorn and pop at Phoenix Theater in Defiance. The 1st 24 people signed up are free, only \$10 for anyone after.

SENIOR DAY AT THE MUDHENS!

Wednesday may 29th | leave at 9:30am

\$25 for transportation, ticket and lunch!

Take me out to the ballgame! We are excited to head over to Toledo again for a senior day baseball game! See to the left for more details!

THE OAKRIDGE BOYS

SATURDAY MAY 18, 2024
7:00PM
TINORA PERFORMING ARTS CENTER
\$70
DINNER ON YOUR OWN AT JERSEYS AT 5:00PM
ONLY 12 TICKETS AVAILABLE!

TAKE ME OUT TO THE BALL GAME!



We will be heading out to 5/3 Field on May 29th for a match up between the Toledo Mudhens and the Scranton Wilkes-Barre RailRiders! Tickets will be \$25 and that includes transportation and boxed lunch!

*Minimal walking required and will be in a shaded area!
Tickets will go fast, so call today!*

SUMMIT 60 SOCIAL CENTER—DEFIANCE ACTIVITIES

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01	02	03
KEY: Green: Trip or Event Red: Theme of the day Orange: Grocery Trip Blue: Activities with a low cost to them!		<u>Batman Day</u> 9- Cardio Drumming 9-3 Shoot pool & play Pac-Man & Pinball 9:30 Yahtzee Tournament 10- Cardio Drumming 12-2pm- Uno 1- 3pm-Scrabble 3:45-5pm- yoga with Heather (cost \$5)	9:30-Pepper 10-Snack & Chat with Brookview 10:30 Domino's 11:30 Trivia in the cafe 11:30 Blood Press. by Health Dept. 12-2pm-Uno 1- Alzheimer's Support Group	<u>Birthday Day & Cinco de Mayo Celebration</u> 9-Cardio Drumming 9:30 Pepper 10- Tai Chi 10:30—UNO 11:30 Birthday & Cinco de Mayo Lunch 12:30- 2:00- Dominos 1:30- 3 Scrabble 2-3 Boggle
06	07	08	09	10
9- Cardio Drumming 9:30 Pepper 10- Cardio Drumming 10:30 Boggle 9-3pm Pac-man & Pinball and Shoot pool 12:30 Pie Bingo with Glenn park 1-3 Domino's	9-10:30 Shopping at Kroger's 9:30- Pepper 10- Bible Study 10- Tai Chi 10:30-2:30—Canasta 12:30- 2:30 Scrabble 12-3pm- Shoot Pool & Play Pac-Man & Pinball 1:30-3pm UNO	9- Cardio Drumming 9:30-2:30- Yahtzee Tournament 10-Cardio Drumming 10:30-2pm- UNO 12-2pm Scrabble 1-3pm- Boggle 4- Senior's Nite Out 3:34 Yoga with Heather (Cost \$5)	9:30- Pepper 10:30 UNO 11:30 Trivia in the Cafe 11-3pm- Scrabble 12-3pm Boggle- Antwerp Manor 1-3pm-Shoot pool & Play Pac-Man & Pinball	<u>Mother's Day Celebration</u> 9-Cardio Drumming 9:30 Pepper 10-Tai Chi 10:30 Boggle 11:30- Mothers Day Lunch 12:00 Scrabble 12:30-3pm -Shoot pool & Play Pac-Man & Pinball
13	14	15	16	17
9—Cardio Drumming 9-3pm Pac-man & Pinball and Shoot pool 9:30 Pepper 10- Cardio Drumming 10:30-2pm -UNO 11:00 Penny Pinch by Meadows of Kalida 12:30 Bingo by North Crest 1-3pm -Dominos	9-10:30 Shopping at Meijer's 9:30- Pepper 10- Bible Study 10- Tai Chi 10:30 UNO 12-3pm- Shoot Pool & Play Pac-Man & Pinball 12:30 -3pm-Scrabble	9-Cardio Drumming 9-3pm- Shoot Pool, Play Pac-Man & Pinball 9:30 Yahtzee Tournament 10- Cardio Drumming 12:30 -2pm- Scrabble 1:30 Domino's 2-3 Boggle 3:45 Yoga with Heather (Cost \$5.00)	9:30 Pepper 10:30-2pm UNO 11- Scrabble 11:30 Trivia In the Café 12-3pm Shoot Pool & Play Pac-Man & Pinball 1-2pm Creative crafts with Dawn Ludwig	Center Closed 2024 Senior Gala: Moonlight on the Mississippi
20	21	22	23	24
9- Cardio Drumming 9:30 Pepper 9-3pm Pac- Man, Pinball & shoot Pool 10 Cardio Drumming 10:30 Euchre Tournament 11- Scrabble 12:30 Bingo with Kingsbury Place 1-3 Dominos	9-10:30-Shopping at Wal Mart 9:30 Pepper 10-Bible Study 10- Tai Chi 12-3pm Shoot pool & play Pac-Man & Pinball 1:30- UNO	9- Cardio Drumming 9:30-2:30 Yahtzee Tournament 10-Movie Day Sponsored by Kingsbury Place 10-Cardio Drumming 10:30 UNO 12- Scrabble 2-3pm Boggle 3:45 Yoga with Heather (Cost \$5.00)	9-2 Pepper 10:30 Scrabble 11- Boggle 11:30 Trivia in the Cafe 11-3pm- Shoot pool & Play Pac-Man- Or Pinball in game room 12:30 Bingo by CHP 1-2:30 UNO	9- Cardio Drumming 9:30 Pepper 10-Tai Chi 10:30 UNO 12:30- Scrabble 1:30 2:30-Boggle

27	28	29	30	31
 <p>Closed for Memorial Day Holiday</p>	<p>9-10:30- Shopping at Meijer's</p> <p>9-3pm- Shoot pool, Play Pac-Man- and Pinball</p> <p>9:30 pepper</p> <p>10- Tai Chi</p> <p>10- Bible Study</p> <p>12:30-3pm Scrabble</p> <p>1:30-3pm UNO</p>	<p>9- Cardio Drumming</p> <p>9:30 Mud Hens Game</p> <p>9:30-2:30 Yahtzee Tournament</p> <p>10- Cardio Drumming</p> <p>10:30- UNO</p> <p>12-Scrabble</p> <p>12-3pm- Shoot Pool & Play Pac-Man & Pinball</p> <p>3:45 Yoga with Heather(Cost \$5.00)</p>	<p>9- Pepper</p> <p>9-3pm- Shoot pool, Play Pac-Man & Pinball</p> <p>10:30 -Scrabble</p> <p>11-UNO</p> <p>11:30 Trivia In Cafe</p> <p>12:30 Summit 60</p> <p>Bingo with Dawn</p> <p>12:30- Boggle</p>	<p>9-Cardio Drumming</p> <p>9-3pm- Shoot pool, Play Pac-Man, and Pinball</p> <p>10- Tai Chi</p> <p>10:30 Uno</p> <p>11:30- Yoga with Heather - \$5</p> <p>12-3pm Scrabble</p> <p>1-3pm Domino's</p>

WE WANT YOUR IDEAS!

We have a lot more ideas for activates, trips and events in the works, but we want to know what you want! If you have any suggestions please let our Activities Coordinator, Dawn or our Community Outreach Manager, Jenn know at 419-782-3233!

WELCOME LEXIE!

You may have seen a new face around Summit 60 and her name is Lexie McKeen, LPN. Lexie has joined our team as our new Client Resource Specialist. She is an LPN and health educator and is looking forward to sharing her knowledge with all of you by hosting lunch and learns! Please stop by her office and welcome her to the DCSS team! You can also call her 419-783-4812 for any questions you have!



TRANSPORTATION

We offer transportation to doctors appointments, haircuts, medication pick-ups and more to anyone in Defiance County 60+! Suggested donation is \$0.50 a mile, however we do not turn away anyone who cannot afford the donation.

We also offer transportation to and from BOTH Defiance and Hicksville Centers!

Give us a call and schedule today at 419-782-3233!

GAME ROOM



Did you know we have a game room open from 7a-3p daily for our friends 60 years and better? Our game room is being renovated and added to but at this time we have a billiards table, Pacman arcade game and a digital pinball machine for you to enjoy! Check it out today and see if you can beat the high scores!

Asparagus Spinach Salad with Chicken

Ingredients

1 pound fresh asparagus, trimmed and cut into 1-inch pieces

2 tablespoons water

1/4 cup prepared poppy seed salad dressing

1 tablespoon orange juice

1 tablespoon honey

1 teaspoon grated orange zest

1/2 teaspoon Dijon mustard

8 cups fresh baby spinach

3 cups shredded rotisserie chicken

2 cups sliced fresh strawberries or fresh blueberries

1/4 cup sliced almonds, toasted

2 tablespoons sesame seeds, toasted

Directions

1. In a microwave-safe bowl, combine asparagus and water. Microwave, covered, on high until crisp-tender, 2-4 minutes; drain. Remove asparagus and immediately drop into ice water. Drain and pat dry.
2. In a small bowl, whisk dressing, orange juice, honey, orange zest and mustard until blended.
3. In a large bowl, combine spinach, chicken, strawberries, almonds, sesame seeds and asparagus. Add dressing and toss to coat.



CARDIO DRUMMING

9:AM & 10AM

Mon & Wed | FREE

BONUS CARDIO DRUMMING

9:00AM FRIDAY | FREE

Join us for this fun filled exercise class with upbeat music and great company!

AFTERNOON YOGA

3:45PM WEDNESDAYS | \$5

Join Heather for a yoga experience for all skill levels!

MORNING YOGA 11:30AM

FRIDAYS | \$5 (STARTING 5/31)

Join Heather for a yoga experience for all skill levels!

TAI CHI

10:00AM TUE & FRI | FREE

Join this relaxing video class!

THE FITNESS CENTER

AT SUMMIT 60

Daily 7a-3pm | Free

SUMMIT 60 SOCIAL CENTER OF HICKSVILLE ACTIVITIES

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01	02	03
KEY: Green: Trip or Event Red: Theme of the day Orange: Grocery Trip Blue: Activities with a low cost to them!		Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance!	10:00am—Cardio Drumming 1:00pm—Dominos	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance!
06	07	08	09	10
10am- "Sorry" Board Game 12pm- Lunch and learn with Choice Physical Therapy 1pm- Bingo with Antwerp Manor	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance! Balance Class 10am-12pm	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance! Senior Nite Out! Logans Steak House- Ft. Wayne Bus leaves Hicksville at 4:30pm	10:00am—Cardio Drumming 1:00pm—Rummy	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance!
13	14	15	16	17
10am-Rummy 1pm- Bingo with Select Medical Rehab	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance! Balance Class 10am-12pm	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance!	10:00am—Cardio Drumming 1:00pm—Cards Against Humanity (Family Edition)	Center Closed. 2024 Senior Gala: Moonlight on the Mississippi
20	21	22	23	24
Birthday Celebrations! 10:00am—Skip-Bo 1:00pm—BINGO!	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance!	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance! Movie Day! 12:30pm - Commodity Box Pick up	10:00am—Cardio Drumming 1:00pm—Rummy	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance!
27	28	29	30	31
 CLOSED For Memorial Day	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance!	Mud Hen's Baseball Game Bus Leaves Hicksville at 9:00am	10:00am—Cardio Drumming 1:00pm—Skip-Bo	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance!



NO MEALS ON WHEELS DELIVERIES

We will not be delivering meals on the following dates:

Friday May 17th & Monday May 27th

Defiance County Senior Services will not be delivering Meals on Wheels services to prepare for the 2024 Senior Gala and in observance of Memorial Day.

COMMODITY BOX PICK UP

40LBS OF SHELF STABLE FOOD AND 2LBS OF CHEESE!

Wed. May 22nd

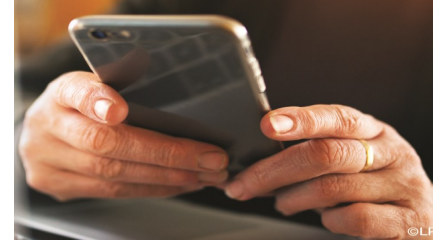
Summit 60 Defiance Center:
1:00pm-2:30pm

Summit 60 Hicksville Center:
12:30pm-2:00pm

This is a free program!
For an application please contact Sue at 419-782-3233!

**DCSS
140 E. Broadway St
Defiance, OH 43512
Attn: Sue**

Please no pets at pick up.
Thank you!



NEED TO CANCEL YOUR HOME DELIVERED MEAL?

Did you have an appointment that ran over, spur of the moment trip with friends, or just not going to be home today? Please give Ginny in our kitchen a call as soon as possible so we can take you off our delivery route that day at 419-782-3321!



DID YOU KNOW WE ARE A NATIONAL MEMBER OF MEALS ON WHEELS OF AMERICA?

If you or someone you know is interested in receiving our home delivered meals please give us a call at 419-782-3233!



WHERE ELSE ARE YOU GOING TO GET A MEAL FOR JUST \$3.00?!

The answer is nowhere! Suggested donations for our dine in lunches and home delivered meals are only \$3, but we can get you an even better deal! If you purchase our [20 for \\$50 Meal Deal Coupons](#), that makes each meal only \$2.50!!

Please note that no patron, 60 years or better will be denied meals due to inability to pay.



MAKE YOUR RESERVATIONS TODAY!

Lunch is served from 11:30am - 12:30pm, Mon - Fri at the Defiance Center.

To best serve you, please call in by 8:00am the day of to reserve your spot. An alternative meal will be available for those without a reservation.

You can make a reservation in person or by calling us at 419-782-3233!

MAY | 2024

Home Delivered Meals 419 782-3321



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

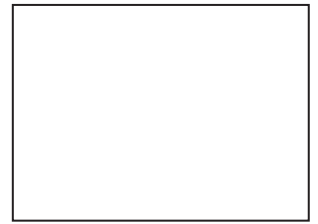
Menu is subject to change based upon product availability

		1 Pork Chop Scalloped Potatoes Tossed Salad Cinnamon Applesauce Wheat Bread	2 Mushroom Steak Mashed Potatoes Butter Beans Orange Wheat Bread	3 Beef Tacos Spanish Rice Refried Beans Apricots Birthday Cake
6 Stuffed Pasta Shells Harvard Beets Steamed Cabbage Apple Bread Stick	7 Salisbury Steak Mashed Potatoes Brussels Sprouts Banana Wheat Bread	8 Chicken Fettuccini Green Beans Peaches and Pears Orange Juice Garlic Bread	9 Hamburger Gravy Mashed Potatoes Wax Beans Fruit Cocktail Wheat Bread	10 Tuna and Noodles Baby Carrots Stewed Tomatoes Applesauce Wheat Bread
13 Sloppy Joe String Cheese Peas and Pearl Onions Cole Slaw Blueberry Crisp	14 Ham Au gratin Potatoes California Blend Vegetables Grape Juice Wheat Bread	15 Country Fried Steak Mashed Potatoes Red Beets Tropical Fruit Wheat Bread	16 Cheese Omelet Hash Browns Sausage links V8 juice Baked Apples Banana Nut Muffin	17 NO meal delivery today center is closed
20 BBQ Pork Green Beans Oven Fries Fruit Cocktail	21 Chicken and Noodles Mixed Vegetables Glazed Carrots Banana Dinner Roll	22 Beef Stew Apple Crisp Tossed Salad Biscuit	23 Spaghetti and Meatballs Broccoli Cauliflower Mandarin Oranges Garlic Bread	24 Beef Tips Mushroom Gravy Red Skin Potatoes Corn Raisins Wheat Bread
27 Closed For Memorial Day	28 Chicken Strips Oven Fries 3 Bean Salad Cherry Crisp Wheat Bread	29 Baked Fish Rice Pilaf Grapes Peas Ambrosia Salad Wheat Bread	30 Cheeseburger Baked Beans Oven Fries Apricots	31 Sweet and Sour Chicken Oriental Vegetables Steamed Cabbage Craisins Wheat Bread

News

Home delivered meals must be consumed within 30 minutes of delivery, or refrigerated and reheated at 350 degrees for 15 minutes

To cancel a meal, or inquire about ingredients, please call Ginny 419 782-3321



FUNDING SOURCES FOR DEFIANCE COUNTY SENIOR SERVICES:

Defiance County Commissioners, Area Office on Aging, Defiance County Tax Levy, Defiance County Senior Services Auxiliary Board and generous donations from patrons like you!

Thank you for your continued support!

WE ARE HERE FOR YOU, GIVE US A CALL TODAY!

Nick Wichman

Director
(419) 782-3232

Jessica Osborn

Business Manager
(419) 783-4850

Lexie McKeen, LPN

Client Resource Specialist
(419) 783-4812

Ginny Wiseman

Nutrition Manager
(419) 782-3321

Jenn Nelson

Community Outreach Manager
(419) 769-8046

Senior Services

Main Line
(419) 782-3233

Sue Weller

*Administrative Assistant/
Commodities*

Dennis Vajen

*Transportation & Safety
Coordinator*

Dawn Knox

Activities Coordinator

Penny Cryer

Custodian

Kitchen Team

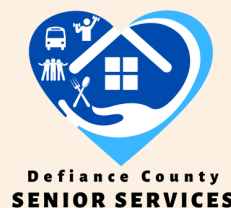
*Mary Mansfield, Barb Davis,
Sandy Kaufman, Deb Vajen*

Meals on Wheels Team

*Bob Federinko, Jennifer Lero,
Mike Rychener, Myra Emmons,
Suzy Mack, Vicky Healy,
Samantha Kent*

Transportation Team

*Dennis Scott, Keith Ashbacher,
Oline Hill*



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SUMMIT 60 SOCIAL CENTER & DEFIANCE COUNTY SENIOR SERVICES!