

**Defiance
County
Senior
Services**

**October
2017**

**OUR
SPONSORS**

The Defiance
County Senior
Services Tax Levy

The Defiance
County
Commissioners

The Area Office on
Aging

The Defiance
County Senior
Services
Auxiliary

And YOU through
your generous
donations
Thank You!

Our Times



**Wednesday,
Oct. 18th**

Doors open at 2:30pm
at The Multi-purpose Building,
Defiance County Fairgrounds

- 3:00 - 4:30 pm - Let's get things started with **BINGO!**
- 5:00 - Enjoy a delicious Dinner of *Meatloaf, Mashed Potatoes, Green Bean Casserole and Hot Cinnamon Apples.*
- 5:30 - 6:30 - Relax with Music from **Memory Lane**

Advance Sale Tickets Only.
Suggested donation is \$5.00 per person
for those 60 years and older.
(\$10 for anyone under 60)



Purchase your tickets by Tuesday, October 10th at either the
Defiance or Hicksville Senior Centers.
Call Linda for more info - 419-542-5004



Save The Date: Veteran's Recognition and Pinning Ceremony

Defiance County Senior Services in partnership with Great Lakes Caring will be holding a Veteran's recognition and Pinning Ceremony on Friday, November 3rd at 10:30am.

Please join us as we honor the service and sacrifice of the veterans in our community. This is an open invitation to all veterans. To be eligible to receive a pin, the veteran or family member must RSVP by calling 419-783-4812 with the veteran's name, branch of service, phone number and the number of people attending the Pinning Ceremony. Please respond by Friday, Oct. 20th. A complimentary lunch will be served to all veterans in attendance. Guest lunches are a suggested donation of \$3.00.

OCTOBER
2017

Healthy You!

The Alzheimer Support Groups

Our meetings will be held:

Thursday, October 5th at 1:30pm and

Monday, October 16th at 6:00pm

Meetings are held at Defiance County Senior Services - 140 E. Broadway St.

Private consultations and information are also available. Please contact Sheri or Ginny at 419-782-3257 or 419-783-4812.

Toe Nail Clinic



Wednesday, October 4th

at the Hicksville Senior Center

12:30pm. There is a \$15.00 charge for this clinic. Please Call Linda at 419-542-5004 to set your appointment time.

Commodities Supplemental Food Program - CSFP

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

**The October distribution date will be
Wednesday, October 25th**

1:00pm-2:30pm

For questions or to apply, please contact **Ginny at 419-782-3257.**

Thank You

Our thanks to the many businesses and organizations that volunteer their time and talents for Senior Services, including:

Kingsbury Place

The Alzheimer Association

AARP

The Hearing Aid Center of NWO

AmeriCare

Brookview Healthcare Center

Genesis - Twin Rivers

Seagate Food Bank

Allcaring

Smith Farms

Great Lakes Caring

Save The Date: November 3rd



Veteran's Recognition and Pinning Ceremony

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Please join us as we honor the service and sacrifice of the veterans in our community. This is an open invitation to all veterans. To be eligible to receive a pin, the veteran or family member must RSVP by calling 419-783-4812 with the veteran's name, branch of service, phone number and the number of people attending the Pinning Ceremony. Please respond by Friday, October 20th. A complimentary lunch will be served to all veterans in attendance. Guest lunches are a suggested donation of \$3.00.

Hicksville Happenings - October

Tuesday, October 3rd - Bingo with Smith Farms. Join us for a great time.

Wednesday, October 4th - 10:00am - It's our NEW GAME - Let's Make A Deal! At 12:30 - The Toe Nail Clinic is available. Call Linda for your appointment time. There is a \$15.00 charge for this service, payable to the CHP nurse.

Monday, October 9th - Senior Services will be closed in observance of Columbus Day.

Tuesday, October 10th - It's Seniors Night Out to the Cracker Barrel in Auburn. Our bus will leave around 3:00pm. There is a \$5.00 transportation fee.

Thursday, October 12th - Food For Your Thought at 10:00am. Linda Pollitz from The Alzheimer's Association will be here to speak about Alzheimer's Disease and answer any questions you may have. Also make your reservation for lunch at 11:30am. The program is free.

Friday, October 13th- Alan Seibert, The Music Man will be here at 10:00am for some fun, music and dancing.

Saturday, October 14th - The Hixtober Fest will be downtown Hicksville. Beginning at 2:00pm The Senior Center will have popcorn for a free will donation. There will also be a car show, music, food and great family fun!



**Wednesday,
Oct. 18th**

Doors open at 2:30pm
at The Multi-purpose
Building- Defiance County Fairgrounds



3:00 - 4:30 pm - Bingo
5:00 - Dinner
5:30 - 6:30 - Music from **Memory Lane**



Advance Sale Tickets Only.
Suggested donation is \$5.00 per person
for those 60 years and older.
(\$10 for anyone under 60)

Purchase your tickets by Tuesday,
October 10th at either the Defiance or
Hicksville Senior Centers.
Call Linda for more info - 419-542-5004



Halloween Party



Monday, October 30th

Prizes will be given for the best costumes. Join us for Games, Cider and Donuts. Then At 11:00am - The Preschool kids from St John's will be at the Senior Center to Trick or Treat. Come help us welcome these little goblins! And then stay for Lunch.

Call 419-542-5004 to make your reservations.



Join us **Monday through Friday** for great lunches, bingo, euchre, skip-bo, corn hole, puzzles, aggravation, adult coloring and Friendly Smiles!
We're just a phone call away if you need a ride!

October is packed full of FUN!

See You at

**The Hixtober Fest
Saturday, Oct 14th
downtown Hicksville**



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

October - Hicksville Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 10:00 - 11:00 Corn Hole 12:15 - 2:15 Euchre</p>	<p>3 10:30 - 11:15 Bingo with Smith Farms 12:00 noon - Grocery Shopping 12:30 Aggravation / Cards</p>	<p>4 10:00 - 11:00 NEW!! "The Price is RIGHT!" 12:30 Toe Nail Clinic by appointment - call 419-542-5004 12:15 - 2:15 Euchre</p>	<p>5 10:00 Adult Coloring 12:00 Grocery Shopping 12:30 - 2:30 Cards and Games</p>	<p>6 10:30 Dancing to the Oldies 11:45 October Birthday Celebration 12:15 - 2:15 Euchre</p>
<p>9 Defiance County Senior Services is Closed in observance of Columbus Day</p>	<p>10 10:00 - 11:00 Bingo 12:15 - 2:15 Euchre 3:00 Seniors Night Out to The Cracker Barrel in Auburn</p>	<p>11 10:00 Coffee and Conversation 12:15 - 2:15 Euchre</p> 	<p>12 10:00 Food For Your Thought - Linda Pollitz Alzheimer's Association 12:00 Grocery Shopping 12:30 Corn Hole</p>	<p>13 10:30 The Music Man - Alan Seibert 12:15 - 2:15 Euchre</p>
<p>16 10:00 - 11:00 Corn Hole 12:15 - 2:15 Euchre</p>	<p>17 10:30 - 11:15 White Elephant Bingo! 12:00 noon - Grocery Shopping 12:15 - 2:15 Euchre</p>	<p>18 10:00 Cards and Games The Center is closing at 12:00 for Fall Festival 2:30 - Fall Festival Bingo, Dinner & Music</p>	<p>19 10:00 - 10:45 Skip-Bo 12:00 Grocery Shop 12:30 Inspirational Readings 1:00 - 2:00 BINGO with Rhonda from CHP</p>	<p>20 10:30 Puzzle Day 12:15 - 2:15 Euchre</p>
<p>23 10:00 Aggravation 12:15 - 2:15 Euchre</p>	<p>24 10:00 Chair Exercises 12:15 - 2:15 Euchre</p>	<p>25 10:00 Coffee and Conversation 10:30 Chair Stretches 12:15 - 2:15 Euchre 1:00 - 2:30 Senior Food Box Distribution - CSFP</p>	<p>26 10:00 Corn Hole 12:00 Grocery Shopping 12:15 - 2:15 Cards and Games</p>	<p>27 10:30 Dancing to the Oldies 12:15 - 2:15 Euchre</p>
<p>30 11:00 Preschool Trick or Treaters Halloween Party!! <i>costume contest, cider, donuts and games!!</i> 12:15 - 2:15 Euchre</p>	<p>31 10:00 Aggravation 12:00 Grocery Shop 12:15 - 2:15 Euchre</p>		<p>See You at The Hixtober Fest Saturday, Oct 14th downtown Hicksville</p>	

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

October - DCSS Activities

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
2 9:30 Cards 10:00 Zumba 12:45 - 1:15 Bingo and Tele-Health with Americare 3:00 Yoga	3 9:45 Aldi's Shopping 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 3:30 Yoga	4 9:30 Cards 10:00 Crafts 12:30 Kroger Shopping 5-8 Open Mic Night	5 9:30 Cards 9:45 Blood Pressure 10:00 Stretch Band Exercise 10:00 Zumba 12:30 Meijer Shopping 12:30 Bingo 1:30 Alzheimer Support 3:30 Yoga	6 9:30 Cards 10:00 Tai Chi 11:30 Birthday Lunch
9 Defiance County Senior Services will be closed for Columbus Day	10 9:45 Aldi's Shopping 10 - 12 - Flu Shots 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 3:30 Yoga 4:00 Senior's Nite Out to Henry's in Ottawa	11 9:30 Cards 10:00 Crafts 10:30 Speaker from Twin Rivers 12:30 Kroger Shopping	12 9:30 Cards 10:00 Zumba 10:00 Stretch Band Exercise 12:30 Meijer Shopping 3:30 Yoga	13 9:30 Cards 10:00 Tai Chi 10:00 Crafts
16 9:30 Cards 10:00 Zumba 1:00 Euchre Tournament 3:00 Yoga 6:00 Alzheimer Support Group	17 9:45 Aldi's Shopping 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 3:30 Yoga	18 9:30 Cards 10:00 Crafts 12:30 Kroger Shopping 2:30 - Fall Festival Bingo, Dinner & Music	19 9:30 Cards 10:00 Zumba 10:00 Stretch Band Exercise 10:45 Blood Pressures 12:30 Meijer Shopping 12:30 Bingo with Twin Rivers 3:30 Yoga	20 9:30 Cards 10:00 Tai Chi 10:00 Crafts
23 9:30 Cards 10:00 Zumba 10:00 Nails and Tales with Twin Rivers 3:00 Yoga	24 9:45 Aldi's Shopping 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 3:30 Yoga	25 9:30 Cards 10:00 Crafts 10:00 Hearing Aid cleaning 12:30 Kroger Shopping 1:00 - 2:30 CSFP - Senior Food Commodities	26 9:30 Cards 10:00 Zumba 10:00 Stretch Band Exercise 12:30 Meijer Shopping 12:30 Bingo with All-caring 3:30 Yoga	27 9:30 Card Club Party 10:00 Tai Chi 10:00 Crafts
30 9:30 Cards 10:00 Zumba 12:30 Halloween Bingo with The Senior Center (dress in a Halloween costume and win a special prize!!) 3:00 Yoga	31 9:45 Aldi's Shopping 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 3:30 Yoga			our Thanksgiving Dinner is November 8th

DCSS Bulletin Board - with Dawn 419-782-3233

Monday, October 2nd - Join the good folks from **Americare at 12:45pm for Bingo and Tele-Health**

Wednesday, October 4th - Join the Gang at 5:00pm for **OPEN MIC Night!!** *Great music, food and fun!*

Thursday, October 5th - At 1:30pm - The Alzheimer Support and Information Group will meet.

This confidential support groups welcomes caregivers and those interested in learning more about Alzheimer's Disease and caregiving techniques.

Friday, October 6th - Come celebrate **October Birthdays** in the café at 11:30am!

Tuesday, October 10th - It's our **Senior's Night Out** - to Henry's in Ottawa. We'll leave the Defiance Center at 4:00pm - join us!! Please call Dawn and Kathy to make your reservation after Monday, Oct 2nd call - 419-782-3233.

Also on Tuesday, October 10th - get your flu shot provided by Walgreens. Shots will be available from 10:00 am until 12 noon. Bring your Medicare card with you, please. Walgreens can bill Medicare and your shot is FREE, otherwise the shot is \$31.99.

Wednesday, October 11th - We have a speaker at 10:30 provided by Twin Rivers joining us.

Monday, October 16th - The Alzheimer Support and Information Group will host it's evening meeting at 6:00pm. We welcome you to this helpful, confidential group.

Monday, October 23rd - Take some time to pamper yourself join Dawn Ludwig of Twin Rivers at 10:00am for Nails and Tales!

Wednesday, October 25th - The CSFP Commodities Program 1:00 to 2:30pm - Call Ginny for details - 419-782- 3257.

Also on October 25th - The Hearing Aid Center of Northwestern Ohio will be available to check and clean your hearing Aid. This FREE service begins at 10:00am.

Friday, October 27th - It's our Card Club Party! The fun begins at 9:30 - food, door prizes, everyone welcome!

Monday, October 30th - Dawn is hosting Halloween Bingo at 12:30!!

Wear a Halloween costume and win a special prize - join the Halloween Fun!



Save The Date:

Saturday, November 4th

9:00am - 3:00pm

DCSS Auxiliary

Holiday Craft

and Vendor Show

at The Defiance Co. Senior Center
140 Broadway Street in Defiance

**Enjoy a day of shopping in time
for the Holidays!**

- many different crafters / vendors
- Raffle table
- Bake Sale
- Lunch Available

Benefits The DCSS Auxiliary
For details, contact Tina Hiler at
419-782-3232
or Chris Comden at 419-769-1847

Thanksgiving Dinner

Join us on Wednesday, November 8th
at 11:30am at Defiance County Senior
Services for a traditional Thanksgiving
Dinner.

Enjoy musical entertainment will be provided
by Wesley Hill.

We are asking a \$5.00 suggested donation
for each meal.

Tickets will be on sale at both the Defiance
and Hicksville Centers beginning Monday,
October 2nd.

Transportation is available - 419-782-3233.
In the Hicksville area, call
419-542-5004.

Start your Holiday Season
with a grateful heart
and your friends at Senior
Services.



Nutrition News



Wednesday, October 18th

Doors open at 2:30pm at The Multi-purpose Building,
Defiance County Fairgrounds

3:00 - 4:30 pm - Let's get things started with **BINGO!**

5:00 - Enjoy a delicious Dinner of *Meatloaf, Mashed Potatoes, Green Bean Casserole and Hot Cinnamon Apples.*

5:30 - 6:30 - Relax with Music from Memory Lane

Advance Sale Tickets Only. Suggested donation is \$5.00per person for those 60 years and older. (\$10 for anyone under 60) Purchase your tickets by Tuesday, October 10th at either the Defiance or Hicksville Senior Centers. Call Linda for more info - 419-542-5004

Vegetable Blends for October Meals

European Blend - broccoli, cauliflower, brussels sprouts, pearl onions and red peppers.

Italian Blend - carrots, cauliflower, zucchini, Italian beans, baby lima beans and red bell peppers

Key West Blend - green beans, carrots and red peppers

Maui Blend - broccoli, pineapples and carrots

Mixed Blend - carrots, corn green beans, peas and baby lima beans

Venetian Blend - broccoli, sugar snap peas, asparagus, red and yellow peppers and onions

Winter Blend - broccoli cuts and cauliflower

Participants may determine for themselves what they are able to contribute toward the cost of a meal. No older adult will be denied a nutrition service due to inability to contribute.

Our suggested donation for a lunch is \$3.00.

Evening Meals and events may be more. Thank you

Home Delivered Meals Participants -

When calling to start or cancel a meal, you may hear a new voice - this is our Home Delivered Meals Route Driver's Manager - Ginny Wiseman. Ginny has been a nutrition assessor, a cook, she has facilitated many special events and has been instrumental in the success of the Music and Memory Program.

Ginny can be reached at the same number you have dialed in the past for nutrition assistance -

419-782-3321.

Thanks very much!

**Our monthly
Birthday Celebration**

will be

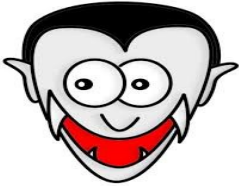
Friday, October 6th

A **Happy Birthday** to all of
you born in October.

Defiance County Senior Services

October Menu 2017

Questions regarding your meal delivery? Please call Ginny at 419-782-3321

Monday	Tuesday	Wednesday	Thursday	Friday
2 spaghetti and meat sauce Italian blend vegetables bosco stick hot peaches	3 turkey & gravy sweet potatoes broccoli cranberry sauce with mandarin oranges whole wheat roll	4 roast beef sandwich tomato soup apple juice pears (salad bar in the café)	5 meatloaf mashed potatoes coleslaw tropical fruit whole wheat roll	6 chicken & gravy diced potatoes maui blend vegetables apple slices garlic bread birthday cake ncs - angel food cake
9 Defiance County Senior Services will be closed for Columbus Day	10 cheeseburger steak fries broccoli raisins	11 vegetable beef soup ambrosia salad crackers biscuit grape juice (salad bar in the café)	12 pork chop with gravy mashed winter squash winter blend vegetables applesauce whole wheat roll	13 parmesan chicken breast brussels sprouts potatoes au gratin pineapple tidbits whole wheat roll cookie ncs - sugar free cookie
16 sausage gravy over a biscuit alt- turkey sausage gravy hash brown bake mandarin oranges low sodium v-8 juice	17 goulash venetian blend vegetables tossed salad hot pears whole wheat roll brownie ncs= sf cookie	18 baked potato with broccoli, cheese and turkey bacon bits cauliflower cornbread banana (salad bar in the café)	19 bbq chicken breast carrots green bean casserole whole wheat roll apricots	20 ham in apple juice sauce alt- hamburger patty mashed potatoes brussels sprouts spicy fruit cup whole wheat roll
23 hot chicken sandwich european blend vegetables orange juice fruit cocktail	24 hamburger gravy over mashed potatoes key west blend vegetables apricots blueberry muffin	25 turkey and cheese macaroni buttered cabbage tropical fruit apple bosco stick (salad bar in the café)	26 pork roast with gravy cauliflower scalloped potatoes orange pineapple gelatin whole wheat roll	27 sloppy joe sandwich peas & onions tater tots prunes Halloween cookie ncs- sugar free cookie
30 beef stew over a biscuit broccoli hot crumb topped peaches	31 chicken and noodles french green beans harvard beets frosted fruit whole wheat roll	 <p>Join Us For A Bite!!</p>	our rolls and breads are whole wheat unless specified otherwise. The buns are generally white bread	"nsc" means that we can provide a dessert with no concentrated sweets added. "SF" means sugar free. To access ingredients, please contact Delinda at 419-783-4813