

Defiance
County
Senior
Services

Our Times

December
2017

From Our Senior Services family to you -
May the blessings of peace, the beauty of hope,
the comfort of faith and the spirit of love
be yours this Christmas.

Merry Christmas

to all

OUR SPONSORS

The Defiance
County Senior
Services Tax Levy

The Defiance
County
Commissioners

The Area Office on
Aging of NWO

The Defiance
County Senior
Services
Auxiliary

And through your
generous donations
- We Thank you



We invite you to join us for our

Christmas Luncheon

Thursday, December 14th

at Defiance County Senior Services

Enjoy a delicious holiday meal of Beef Pot Roast, Baked Potatoes, Baby Carrots and more.

Our Holiday music will be provided by The Kim Tracy band.

We're also hoping for a visit from the BIG GUY - *(so you can make sure you're on his NICE list!)*

We ask a \$5.00 suggested donation for the luncheon.

Seating is limited. Tickets will be available starting December 1st at both Senior Centers.

Transportation is available, so call Kathy at 419-782-3233.

If you live in the Hicksville area, please call Linda at 419-542-5004.

Happy Holidays from Defiance County Senior Services.

Healthy You!

Toe Nail Clinic

**Wednesday, December 7th at
The Hicksville Senior Center**

The session begins at 12:30pm and continues until completed. There is a \$15.00 charge for the toe nail clinic.

Please call Linda at 419-542-5004 to set your appointment time. Thanks!

The Alzheimer Support Groups

Our afternoon meeting will be held:

Thursday, December 7th at 1:30pm.

There will be **no evening Alzheimer Support Group in December.**

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.



Your 2018

Participation and "Our Times" Newsletter Form

Your 2018 Senior Services Participation form will be mailed to you in early January. Please take time to fill it out and return it to us. Please also NOTE: If you would like the "Our Times" Newsletter mailed or emailed to you, FREE OF CHARGE, please fill out this information on the participation form.

Why?? This is one way we receive operating funds from The Area Office on Aging. The form also provides vital emergency information.

If you need assistance filling out the participation form, please contact Kathy at 419-782-3233 or Linda at 419-542-5004. Thanks very much!

*A special Christmas
Blessing to our
wonderful Volunteers!*

AND A BIG THANK YOU

to the many businesses, agencies and organizations that volunteers their time and talents for Senior Services.

Our Thanks to:

- Americare
- Kingsbury Place
- The Christmas Cruise Thru Committee
- The Alzheimer's Association
- Smith Farms
- Community Health Professionals
- Genesis - Twin Rivers
- The Seagate Food Bank
- The Hicksville Middle School
- Allcaring
- Brookview

Volunteer

Looking for a fun opportunity to Volunteer??
Come visit Senior Services. Talk with Dawn or Linda and see if you'd like to give us an hour or more each month sharing your time and talents.

Thank you!

Hicksville Happenings - December

Are you ready for some good old-fashioned Christmas fun??

Join us at the **Christmas Cruise Thru** on Sunday, December 3rd 6:00pm to 8:00pm at The Defiance County Fairground's Multipurpose Building. Join us as we help little one write **Letters to Santa**, make a craft and enjoy a little Christmas candy! Transportation is available to Seniors 60 years and older. Call Linda for details, to donate or to volunteer - 419-542-5004.



Senior's Night Out - Uptown Cafe - Tuesday, December 5th at 4:30pm.

Call us for a ride - 419-542-5004 and check out Hicksville's newest eatery!

Come on in!

Friday, December 8th - from 10:00am to 11:00am, enjoy the music of **Alan Seibert**, The "Music Man". Lunch reservations are welcome. Alan will be back on Wednesday, January 3rd to kick off the NEW YEAR! If you enjoy happy, upbeat music, you won't want to miss Alan Seibert. Alan is sure to have you tapping your foot and singing a happy tune!

Christmas Luncheon

Pre-Sale Tickets are now available for our Christmas Luncheon at the Defiance Senior Center. The delicious Christmas Luncheon is scheduled for 11:30am on Thursday, December 14th, for a suggested donation of just \$5.00. Transportation is available and seating is limited to 200 people for the meal, so call Linda for your meal ticket and to reserve your seat. 419-542-5004.



The Hicksville Middle School Choir

Join us Wednesday, December 20th at 11:00am as The Hicksville Middle School Choir will perform. We invite you to come share the spirit of Christmas and hear these sweet children sing.

'Twas The Night Before Christmas

We have a special day planned for Friday, December 22nd. At 10:00am, be part of our Christmas tradition for our annual reading of "The Night Before Christmas". Join us!



Christmas Card Exchange, Pizza & Dessert Party
(all food & drinks provided no potluck, please)

Wednesday,
December 20th
4:30pm - 6:30pm
At The Hicksville Senior Center

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

December - Hicksville Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Help us decorate the Center for the Holidays!! Monday, November 27th</p>		<p>Letters To Santa Sunday, Dec 3rd 4:30 - 6:30pm at the Christmas Cruise Thru</p>	<p>Join our Christmas Card Exchange - Wed., Dec 20th 4:30 - 6:30 Pizza, desserts and the sounds of the season Call for a Ride!</p>	<p>1 10:00 Dancing to the Christmas Oldies 11:45 Birthday Celebrations 12:15 - 2:15 Euchre</p>
<p>4 10:00 Cards & Games 12:15 - 2:15 Euchre</p>	<p>5 10:00 Cards & Games 10:00 BINGO with Smith Farms 12:00 Grocery Shop 12:15 - 2:15 Euchre 4:30 Senior's Night Out - Uptown Café</p>	<p>6 10:00 Coffee and Conversation 12:30 Toe Nail Clinic - schedule your appointment - 419-542-5004 12:15 - 2:15 Euchre</p>	<p>7 10:00 Cornhole 12:30 "The Price is Right!"</p>	<p>8 10:00 The "Music Man" Alan Seibert performs 12:15 - 2:15 Euchre</p>
<p>11 10:00 Christmas Crafts 12:15 - 2:15 Euchre</p>	<p>12 10:00 White Elephant BINGO!! 12:00 Grocery Shop 12:15 - 2:15 Euchre</p>	<p>13 10:00 Aggravation 12:15-2:15 Euchre</p>	<p>14 Christmas Dinner @ The Defiance Center - Transports begin at 8:30 After dinner - we'll shop at BIG LOTS!</p>	<p>15 10:30 Christmas Music and Carols 12:15 - 2:15 Euchre</p>
<p>18 10:00 Chair Exercises 12:15 - 2:15 Euchre</p>	<p>19 10:00 Corn Hole 12:00 Grocery Shop 12:15 - 2:15 Euchre</p>	<p>20 10:00 Adult Coloring 11:00 HV Middle School Choir No Euchre Today 4:30 - 6:30 Holiday Card Exchange - Pizza and Dessert</p>	<p>21 10:30 Holiday Memories 12:30 - Inspirational Readings 1:00 - 2:00 Bingo with CHP</p>	<p>22 10:00 'Twas the Night Before Christmas 12:15 - 2:15 Euchre</p> 
<p>25 Defiance County Senior Services is Closed for the Christmas Holiday</p>	<p>26 10:00 Skipbo 12:00 Grocery Shop 1:00 Cornhole</p>	<p>27 10:00 Coffee & Conversation 12:15-2:15 Euchre 1:00 - 2:30 Food for Seniors Commodities</p>	<p>28 DOUBLE BINGO DAY 10:30 - 11:00 Bingo 12:30 - 1:30 Bingo</p>	<p>29 10:30 Music & Dancing 12:15 - 2:15 Euchre Happy New Year!</p>

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

December - DCSS Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Holiday Bazaar & Bake Sale December 21st - 9:00am to 2:30pm December 22nd - 9:00 am to 12:00 noon</p>				<p>1 9:30 Cards 10:00 Tai Chi 11:30 Birthday Celebration</p>
<p>4 9:30 - Cards 10:00 - Zumba 12:45 Bingo and TeleHealth with AmeriCare 3:00 - Yoga</p>	<p>5 9:45 Aldi Shop 10:00 Bible Study 10:00 Cards 10:00 Tai Chi 4:00 Yoga</p>	<p>6 9:30 Cards 10:00 Crafts 10:00 Speaker Linda Pollitz - 10 signs of Alzheimer's and Early Detection Matters 12:30 Kroger Shop</p>	<p>7 9:30 Cards 9:45 Blood Pressures 10:00 Band Stretch 10:00 Zumba 12:30 - Meijer Shop 12:30 Bingo 1:30 Alzheimer's Support Group 4:00- Yoga with Sue</p>	<p>8 9:30 - Cards 10:00 Tai Chi 10:00 Crafts</p>
<p>11 9:30 Cards 10:00 Zumba 12:30 Bingo with Kingsbury Place 3:00 Yoga with Sue</p>	<p>12 9:45 Aldi shop 10:00 Tai Chi 10:00 Bible Study 10:00 Cards 4:00 Yoga 4:00 Senior's Nite Out - Dinner & Lights in Archbold</p>	<p>13 9:30 Cards 10:00 Crafts 12:30 Kroger Shop</p>	<p>14 11:30 - 1:30 Our Christmas Luncheon Music with Kim Tracy Transportation available. Sugg Donation - \$5.00 4:00 Yoga</p>	<p>15 9:30 - Cards 10:00 Crafts 10:00 Tai Chi</p>
<p>18 9:30 - Cards 10:00 - Zumba 1:00 Euchre Tournament 3:00 - Yoga There is no Evening Alzheimer's Support this month</p>	<p>19 9:45 Aldi shop 10:00 Tai Chi 10:00 Bible Study 10:00 Cards 4:00 Yoga</p>	<p>20 9:30 Cards 10:00 Crafts 12:30 Krogers</p>	<p>21 Holiday Bazaar & Bake Sale - 9am - 2:30pm 9:30 Cards 10:00 Band Stretch 10:00 Zumba 10:45 Blood Pressures 12:30 Meijers Shop 12:30 Bingo 4:00 Yoga</p>	<p>22 9:30 Cards 10:00 Tai Chi 10:00 Crafts Holiday Bazaar & Bake Sale 9am - 12noon</p>
<p>25 Defiance Co. Senior Services is Closed for the Christmas Holiday</p>	<p>26 9:45 Aldi shop 10:00 Tai Chi 10:00 Bible Study 10:00 Cards 4:00 Yoga</p>	<p>27 9:30 Cards 10:00 Crafts 12:30 Krogers 1:00 - 2:30 Food Commodities</p>	<p>28 9:30 Cards 10:00 Band Stretch 10:00 Zumba 12:30 Meijers Shop 12:30 Bingo 4:00 Yoga</p>	<p>29 9:30 Cards 10:00 Tai Chi 10:00 Crafts Happy 2018!</p>

DCSS Bulletin Board - with Dawn - 419-782-3233



Friday, December 1st - enjoy a delicious **Birthday Lunch** at 11:30am.

Wednesday, December 6th - Linda Pollitz from the NW Ohio Alzheimer's Association will speak at 10:00am about the 10 warnings signs of Alzheimer's Disease and why early detection is important.

Thursday, December 7th - **The Alzheimer Support Group** will meet at 1:30pm.

Seniors Night Out - Tuesday, December 12th - we'll leave the Defiance Center at 4:00pm and take a short ride to Archbold, Ohio to the Barn Restaurant for supper. After we eat, we'll visit their park for the beautiful Christmas Lights display. Seating is limited, so please call Dawn to make your reservation after December 1st. - 419-782-3233.

Thursday, December 14th - *Join us for our Christmas Luncheon.* Our musical entertainment The Kim Tracy Band. Transportation is available, but seating is limited for the meal. The Pre-sale tickets will be available starting December 1st. Please see the front page of this newsletter for complete details.

Join us Thursday, December 21st from 9:00am to 2:30pm and Friday, December 22nd, from 9:00am to 12:00noon for Our 2 day *Christmas Bazaar & Bake Sale.*

Monday, December 25th - Senior Services will be closed for Christmas.

Wednesday, December 27th - The Food for Seniors Commodities Program is available from 1:00 to 2:30pm Please call Ginny for details - 419-782-3257



December Bingo Dates

Monday, December 4th
with Americare

Thursday, December 7th
with Brookview

Monday, December 11th
with Kingsbury Place

Thurs., December 21st
with Twin Rivers

Thurs., December 28th
with Allcaring

Please join us in thanking these fine facilities for supplying the great prizes and plenty of smiles!

Transportation Services

Our wintery days are ahead - remember Our Transportation program is here to assist you. Call Kathy at 419-782-3233 or Linda (in the Hicksville area) at 419-542-5004.

Nutrition News

Join us for our

Christmas Luncheon

Thursday, December 14th

at Defiance County Senior Services

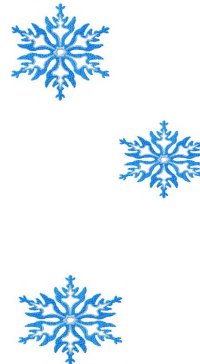
Come enjoy a delicious holiday meal, music, door prizes and more! We ask a \$5.00 suggested donation. Tickets will be available starting December 1st at both Senior Centers. Enjoy a delicious dinner of Beef Pot Roast with Onions, Baked Potatoes, Baby Carrots, Mint Pears, Dinner Rolls and a Pumpkin Roll for dessert.

Transportation is available, so call us in Defiance and surrounding areas - 419-782-3233 and if you live in the Hicksville area, please call us at 419-542-5004.



If you need to start or cancel a meal, please call Ginny at 419 - 782-3321 Thanks!

It's time to think about having some of our delicious and nutritious frozen meals on hand for the winter days ahead. Call us 419-782-3321 or speak with your meal route driver.



Our December Birthday Celebration is

Friday, December 1st

A Happy Birthday to all of you born in the month of December

Commodities Supplemental Food Program

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

Many older adults may be at nutritional risk due to chronic illness, medications, economic status, and mobility issues. The C.S.F.P. Program provides eligible seniors, age 60 and older, a monthly package of approximately 50 pounds of USDA basic nutrient-rich food.

The next distribution date is Wednesday, December 27th

1:00 pm -2:30 pm.

If you have questions or to apply for the commodities, please contact Ginny at 419-782-3257 - thank you



Each participant may determine what they can comfortably contribute toward the cost of a meal. No senior adult will be denied a nutrition service due to inability to contribute.

Our suggested donation for a lunch is \$3.00 per meal. Evening Meals and events may be more.

December Menu 2017

For questions regarding your meals, please contact Ginny at 419-782-3321

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Our breads and rolls are whole wheat unless specified.</p> <p>NCS= No concentrated sweets sf = sugar free</p>		<p>Let Your Light Shine!</p>		<p>1 BBQ Chicken Normandy Blend Vegetables Mashed Potatoes Peaches Dinner Roll Birthday Cake ncs= angel food cake</p>
<p>4 Country Fried Steak AuGratin Potatoes Carrots Apricots Dinner Roll</p>	<p>5 Spaghetti & Meat Sauce Italian Blend Vegetables Hot Cinnamon Applesauce Garlic Knots Brownies ncs= SF Cookie</p>	<p>6 Chicken Noodle Soup 3 Bean Salad Tropical Fruit Salad Banana Crackers Wheat Bread salad bar in café</p>	<p>7 Dinner Ham alt= Chicken Red Skin Potatoes Lima Beans Mandarin Oranges Dinner Roll</p>	<p>8 Beef Burrito w/ Cheese and Enchilada Sauce Stewed Tomatoes Cilantro Rice Fruit Cocktail Grape Juice</p>
<p>11 Bratwurst alt= Hamburger Sauerkraut Mashed Potatoes Peaches Dinner Roll</p>	<p>12 Chicken with Gravy Mixed Vegetable Blend Spinach Cherry Crisp NCS= Apple slices Wheat Bread Happy Chanukah</p>	<p>13 Chili & Cheese Tossed Salad Orange Crackers Bread Stick sorry - no salad bar today!</p>	<p>Our Christmas Dinner Beef Pot Roast with Onions Baked Potato Baby Carrots Mint Pears Dinner Roll Apple Pie NCS= SF Pie</p>	<p>15 BBQ Pulled Pork Sandwich Sweet Potatoe Fries Tropical Fruit Salad Grape Juice</p>
<p>18 Turkey Manhattan over Mashed Potatoes Peas & Onions Fruit Cocktail Dinner Roll</p>	<p>19 Pork Chop with Gravy Scalloped Potatoes Brussels Sprouts Applesauce Dinner Roll</p>	<p>20 Chicken Salad Sandwich Potato Soup Apple Orange Juice Crackers salad bar in café</p>	<p>21 Meat Loaf Hash Brown Bake Asparagus Pineapple Tidbits Wheat Bread A Christmas Cookie</p>	<p>22 Cheesy Scrambled Eggs Tater Tots Hot Peaches Raisin Bagel & Cream Cheese V-8 Juice</p>
<p>Defiance County Senior Services will be Closed for the Holiday Season! Merry Christmas</p>	<p>26 BBQ Beef Sandwich Navy Beans Beets Fruit Cocktail Vanilla Wafers</p>	<p>27 Breaded Chicken Strips with dipping Sauce Cauliflower Broccoli Hawaiian Bread Roll Apple Juice salad bar in café</p>	<p>28 Goulash French Green Beans Tossed Salad Raisins Garlic Bread</p>	<p>29 Cheeseburger Steak Fries Baked Beans Mandarin Oranges Pudding NCS= SF Pudding</p>