

Summit Sentinel

MONTHLY NEWSLETTER

FEBRUARY 2025 EDITION

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

2025 EVENT SPONSORS

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

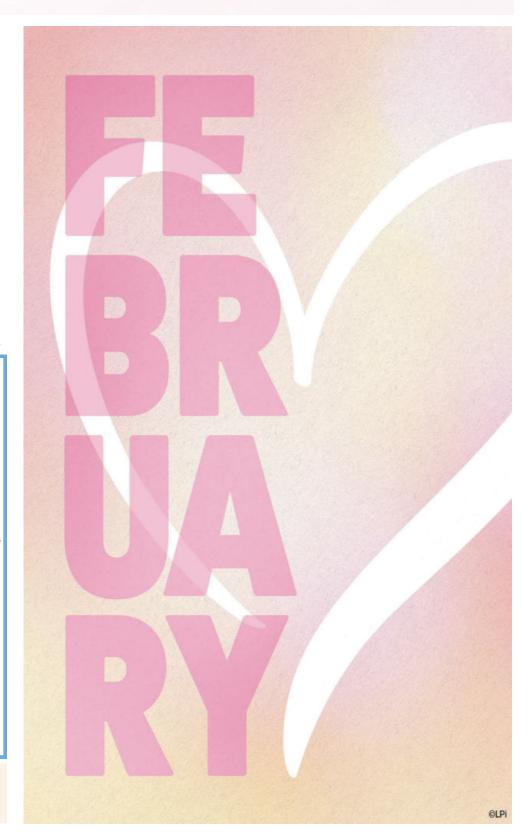
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Interested in being an 2025
Event Sponsor, please contact
Jenn Nelson at 419-769-8046

"SUMMIT SENTINEL"

PUBLISHED BY: DEFIANCE COUNTY SENIOR SERVICES 140 E. BROADWAY ST. | DEFIANCE, OH 43512



SPECIAL EVENTS & TRIPS WITH SUMMIT 60

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How to make Trip & Event Reservations

We love seeing all of you excited for our events and trips!

To best serve everyone fairly, we have set up the following guidelines:

1– Reservations can only be made after 9am on the 1st Monday of the month.

Unless another date is noted in the newsletter

2– We are only accepting in person reservations at both centers. Movies included.

No more than 2 tickets per person at a time.

3- Your non-refundable fee / ticket must be paid in order to reserve a spot.

If you are driving yourself, you must still make your reservations with Dawn or

Jenn, as we can only accommodate a set amount.

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

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!







"SOUP"ER BOWL COOK OFF

Thurs. Feb. 6th |4:00 pm Summit 60 Defiance | Limited Tickets Available- Free See to the left for more details!

MYSTERY LUNCH

Fri. Jan 7th |10:00 am |\$5 Transportation

Join us for this month's mystery lunch!

This fun experience takes the question of where do you want to eat out of the equation!

SENIOR NITE OUT

Tues. Feb. 11th |4:00 pm Ft. Wayne, IN|\$5 Transportation Lets head on over to Oley's Pizza Shoppe for all of our favorite foods, good friends and 50/50!

SUMMIT 60 VALENTINE'S EVENING MEAL

Thurs. Feb 13th |4:30 pm Tickets - \$10

See to the left for more details!

SPA DAY

Wed. Feb. 19th | 10:00 am
Archbold, OH|\$5 Transportation
What is better than being pampered
on a cold winter day?! We will be
starting the day off with brunch at
Bob Evan's and then heading over to
Four County Career Center for an
afternoon of relaxation!

SENIOR NITE OUT—TAKE 2

Tues. Feb. 25th |4:00 pm Ft. Wayne, IN|\$5 Transportation For those who couldn't make it the first time, lets head on over to Oley's Pizza Shoppe for all of our favorite foods, good friends and 50/50!

DAY AT THE MOVIES

Fri. Feb. 28th 10:00am | Sponsored by Kingsbury Place Join your friends for a great movie,

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.

SUMMIT 60 SOCIAL CENTER OF DEFIANCE ACTIVITIES

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KEY: Green: Trip or Event Red: Theme of the day Orange: Grocery Trip Blue: Activities with a low cost to them!				
3	4	5	<u>Different Name Day</u> 6	7
9- Cardio Drumming 9:30 Pepper 10- Cardio Drumming 11-Scrabble 12:30 Pie Bingo with Glen Park 2- Advanced Coloring	9-Shopping - Meijer's 9-Warrior Rhythm Roots Exercise Class 9:30- Pepper 10- Bible Study 11-Skipbo 1- Zumba Gold-\$5 2- Puzzles	9– Cardio Drumming 9:30-Yahtzee Tournament 10-Cardio Drumming 11– Shoot Pool 1– Left, Right, Center 1– Jewelry Making 2– Origami Art	9-Warrior Rhythm Roots Exercise class 9:30 Pepper 11– Pick a New Name 11:30 Blood Pressures 12:30 Bingo with Vancrest 1-Alzhiemer's Support Group 4– Soup Cook –Off	9- Cardio Drumming 9:30 Pepper 10-Mystery Lunch- \$5 10- Tai Chi 11- Pinball 11:30 Birthday Lunch 1-Zumba Gold—\$5 2- Word Finds
10	11	12	Make a Valentine Day	14
9- Cardio Drumming 9:30 Pepper 10- Cardio Drumming 10:30 Euchre Tournament 11-Scrabble 12:30-Bingo by North Crest 2- Advanced Coloring	9-Shopping- Walmart 9-Warrior Rhythm Roots Exercise Class 9:30- Pepper 10- Bible Study 10- Tai Chi 11-Skipbo 1-Zumba Gold—\$5 2- Puzzles 4- Senior Nite Out #1	9-Cardio Drumming 9:30 - Yahtzee Tournament 10- Cardio Drumming 11- Shoot Pool 1- Left, Right, Center 2-Origami Art	9-Warrior Rhythm Roots Exercise Class 9:30 Pepper 10- Monopoly 11- Make A Valentine 12:30-Bingo w/ Legacy Living Defiance 1- Creative Arts Class 4:30- Valentines Day Evening Meal- cost \$10	9- Cardio Drumming 9:30- Pepper 10- Tai Chi 11- Pinball 1-Zumba Gold—\$5 2- Word Finds
<u>CLOSED</u> 17	18	19	<u>Margarita Day</u> 20	21
President's Day	9-Shopping- Kroger's 9-Warrior Rhythm Roots Exercise Class 9:30 Pepper 10 Bible Study 10– Tai Chi 11- Skip Bo 1– Zumba Gold \$5 2-Puzzles	9 Cardio Drumming 9:30 Yahtzee Tournament 10– Spa Day-\$5 10-Cardio Drumming 11– Shoot Pool 1– Jewelry Making 2– Origami Art	9-Warrior Rhythm Roots Exercise Class 9:30- Pepper 9:30 Grief Support Group 11- Margaritas! 11:30 Blood Pressures 12:30-Bingo by Legacy Living Defiance 2- Pacman	9– Cardio Drumming 9:30 Pepper 10-Tai Chi 11– Pinball 1-Zumba Gold—\$5 2– Word Finds
24	25	26	Strawberry Day 27	28
9- Cardio Drumming 9:30 pepper 10- Cardio Drumming 11- Penny Pitch with Meadows of Kalida 12:30-Bingo by Summit 60 2- Advanced Coloring	9- Shopping - Aldi's 9-Warrior Rhythm Roots Exercise Class 9:30 Pepper 10 Bible Study 10- Tai Chi 11- Skipbo 1-Zumba Gold—\$5 4-Senior Nite Out #2	9-Cardio Drumming 9:30 -Yahtzee Tournament 10- Cardio Drumming 11- Shoot Pool 1-Left, Right, Center 1- Commodity Box 2-Origami Art	9-Warrior Rhythm & Roots Exercise Class 9:30- Pepper 10- Monopoly 11- Chocolate Covered Strawberries 12:30 Bingo with CHP 1- Board Games 2- Pacman	9- Cardio Drumming 9:30 Pepper 10- Tai Chi 10- Movie Day 11-Pinball 1-Zumba Gold-\$5 2- Word Finds



CARDIO DRUMMING

9:00AM& 10:00AM MON & WED 9:00AM FRIDAY | FREE

Check out this fun exercise class with upbeat music and great company!

TAI CHI

10:00AM TUE & FRI | FREE Come in and try this relaxing video class!

ZUMBA GOLD

1:00PM TUE & FRI | \$5 Let's Dance and move! Zumba Gold is low impact fun fall all!

WARRIOR RHYTHM & ROOTS

9:00AM TUE & THURS. | \$5 Join us for this fun new chair exercise course!

THE SUMMIT 60 FITNESS CENTER

DAILY 7:00AM - 3:00PM | FREE

FEBRUARY RIDDLE

In a cycle of four, I appear only once, adding a day to balance the count. What am I?

Answer: Leap Year



NO MEALS ON WHEELS

Both centers will be closed and we will not be delivering Meals on Wheels on the following date for President's Day:

Monday February 17th



WORD OF THE MONTH

Ailurophobia



An irrational fear of cats.



The Defiance County Veterans Office WE CONNECT VETERANS TO BENEFITS

VA CLAIMS, APPLY FOR VA HEALTHCARE, **VA TRANSPORTATION, EMERGENCY ASSISTANCE**

Veterans Crisis Line - Confidential, Free, Specialized Support 24/7 365 Days A Year

OFFICE: 419-782-6861

FAX: 419-782-6713

9 1300 E Second St., Suite 102, Defiance, OH veterans@defiancecounty.oh.gov

Defiance County Ohio Veterans Office

Veterans Crisis Hotline: 988 Press 1 or text 838255



Discover more with your library card!

- PICK UP & RETURN AT THE DPL CIRCULATION DESK NO ONLINE HOLDS, CALL 419-782-1456 TO RESERVE A PASS

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419-664-5590 755 Ottawa St, Kalida, OH 45853 meadowsofkalida.com | f



Are you facing a utility disconnection?

The Special Reconnect Order* can help!

- Available one-time per utility from Oct. 14, 2024, through April 18, 2025
- Available to any household regardless of income level
- A reconnection fee of no more than \$36 upfront may be charged if the service has been disconnected, any remaining
- amount over \$36 will appear on the following bill
- The \$175 may be split between electric and natural gas if used for both at the same time
- Municipal utilities and rural coops are not required to offer the Special Reconnect Order

*Authorized by the Public Utilities Commission of Ohio (PUCO)

For more utility assistance information visit: www.occ.ohio.gov/utilityassistance



Office of the Ohio Consumers' Counsel

www.occ.ohio.gov

National Wear Red Day

February 7th, 2025

National Wear Red Day, supported by the American Heart Association, raises awareness of women's heart disease and stroke, the leading cause of death for women (1 in 3 deaths annually). Crucially, 87% of these heart issues are preventable, highlighting the importance of awareness, education, research, and resources.

Join us in wearing Red on
February 7th,2025 to raise and spread
awareness in hopes to help eradicate
heart disease and stroke in millions of
women all over the nation. Whether it's
a red dress, a tie, or even a hat, every
splash of color counts!







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Big Changes for 2025

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Annual Enrollment Oct. 15 - Dec. 7, give us a call 1-866-603-0491



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Amanda Nigh
Stephanie Wagner



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SUMMIT 60 TAKES HAWAII - 2025

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SUMMIT 60 SOCIAL CENTER PRESENTS HAWAII

WITH NORWEGIAN CRUISE LINE ON THE PRIDE OF AMERICA 8 DAYS / 7 NIGHTS ~ NOVEMBER 1 – 8, 2025

DAY	PORT	ARRIVE	DEPART
1	Honolulu, Oahu (EMBARK)		7:00 pm
2	Kahului, Maui	8:00 am	Overnight
3	Kahului, Maui		6:00 pm
4	Hilo, Hawaii	8:00 am	6:00 pm
5	Kona, Hawaii	7:00 am	5:30 pm
6	Nawiliwili, Kauai	8:00 am	Overnight
7	Nawiliwili, Kauai		5:30 pm
8	Honolulu, Oahu (DISEMBARK)	7:00 am	

Oceanview and Balcony Cabins Get ALL 4 perks! Inside Cabins Pick 2 Perks.
PLUS Each Cabin receives a \$100 onboard credit!
Package is subject to change. All guests in a cabin must choose the same perks.

Hawaii Beverage Package*
Specialty 2-Meal Dining Package for Balcony Cabins*
Specialty 1-Meal Dining Package for Inside & Oceanview Cabins*
150 Minute Internet Package per person
\$50 Shore Excursion Credit per cabin*

*Gratuities are included. Call for details ~ 1-800-423-0247. Hawaii Beverage Package and Specialty dining applies to first 2 guests in cabin. The \$50 Shore Excursion Credit applies to guest 1.

INCLUDES GRATUITIES FOR AMENITY PACKAGE AND ON-BOARD SERVICE GRATUITIES

Inside Cabin Category	IA	\$5,300
Inside Cabin Category	IB	\$5,300
Balcony Cabin Category	BB	\$5,955

Rates are per person double occupancy and include roundtrip airfare from Ft. Wayne, cruise, service gratuities, beverage and dining package gratuities, port charges, government fees, taxes and transfers to/from ship. AIR PRICES ARE SUBJECT TO CHANGE AND WILL BE TICKETED ONCE YOUR GROUP IS PAID IN FULL. FLIGHTS ARE NON-REFUNDABLE ONCE TICKETED.

DEPOSIT POLICY: An initial deposit of \$350 per person double occupancy or \$700 per person single occupancy is required in order to secure reservations and assign cabins. Final balance is due by June 4, 2025. These are the best rates around! Those who book early get the best prices and the best cabin locations. MAKE A RESERVATION at grandamericantours.com.

Itinerary, Perks, and Prices are subject to change.

FOR RESERVATIONS AND INFORMATION CONTACT JENNIFER NELSON AT 419-769-8046

6/4/25 CW



SUMMIT 60 SOCIAL CENTER OF HICKSVILLE ACTIVITIES

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KEY: Green: Trip or Event Red: Theme of the day Orange: Grocery Trip Blue: Activities with a low cost to them!				
03	Center Closed 04	Center Closed 05	<u>Different Name</u> <u>Day</u> 06	Center Closed 07
9am- Skip-Bo 9am- Rummy 9am- Puzzles 1pm—BINGO with Summit 60 11am- Blood Pressures			9am– Skip-Bo 9am– Rummy 9am– Puzzles 11– Pick a new name 1pm– Penny Pitch	Mystery Lunch
10	Center Closed 11	Center Closed 12	Make a Valentine Day 13	Center Closed 14
9am– Skip-Bo 9am– Rummy 9am– Puzzles 1:00pm—BINGO with Vancrest	Senior Nite Out		9am- Skip-Bo 9am- Rummy 9am- Puzzles 11- Make a Valentine 1pm- Trivia with Jenn Evening meal	
CLOSED 17	18	Center Closed 19	Margarita Day 20	Center Closed 21
President's Day	9am– Skip-Bo 9am– Rummy 9am– Puzzles 11am– Blood Pressures 1pm—BINGO with Summit 60	Spa Day	9am– Skip-Bo 9am– Rummy 9am– Puzzles 11– Margaritas 1pm– Would you Rather Game	
Birthday Day 24	Center Closed 25	Center Closed 26	, , , , , , , , , , , , , , , , , , ,	Center Closed 28
9am- Skip-Bo 9am- Rummy 9am- Puzzles 11am- Blood Pressures 1pm—BINGO with Select Medical Rehab	Senior Nite Out #2	12:30pm- Commodity Box Pick Up	9am– Skip-Bo 9am– Rummy 9am– Puzzles 11– Chocolate Strawberries 12:30pm– Skip-Bo Tournament	Movie Day



TRANSPORTATION

We offer transportation to doctors appointments, haircuts, medication pick-ups and more to anyone in **Defiance County 60+!**

Suggested donation is only 50¢ a mile!

Please note we do not turn away anyone who cannot afford the donation.

We also offer transportation to and from Summit 60 Social Centers in Defiance & Hicksville!

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

COMMODITY BOX DISTRIBUTION

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

Wed. February 26th

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 Weller

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 of our delivery route that day at 419-782-33211



419-782-6324

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https://www.trustwellliving.com/senior-living/oh/defiance/kingsbury-place/

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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 Meals on
Wheels 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!







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February

2025

Home Delivered Meals 419 782-3321

	/			100	
Menu is s	Beef Stew Sauerkraut Relish Mandarin Oranges and Pineapple Biscuit	Closed 17 For President's Day	Sloppy Joe Sandwich String Cheese Mixed Vegetables Tater Tots Grapes	Pizza Burger Pizza Burger Hashbrown Casserole Coleslaw Baked Apples	MONDAY
ubject to cha	Chicken Fettuccini Alfredo 25 Green Beans and Mushrooms 7 Layer Salad Grapes Bread Stick	Stuffed Cabbage Roll 18 Succotash Baked Apples 3 Bean Salad Dinner Roll	Beef Manhattan 11 Mashed Potatoes Red Beets Tropical Fruit	Baked Ham 04 Sweet Potatoes Green Beans Pears Dinner Roll	TUESDAY
nge based o	Chili 26 Peanut Butter and Jelly Sandwich Tossed Salad Apple	Beef Vegetable Soup Tossed Salad Fruit Cocktail Orange Juice	Chicken Noodle Soup Tossed Salad Craisins Diced Peaches	Minestrone Soup 05 Tossed Salad Tossed Mandarin Oranges Apple Cinnamon Muffin	WEDNESDAY
Menu is subject to change based on product availability	Chicken Parmesan 27 Broccoli Wax Beans Orange Juice Garlic Bread	Pork Chop 20 Cabbage Garlic Mashed Potatoes Apricots Wheat Bread	Baked Fish 13 Scalloped Corn Potato Salad Cherry Crisp Wheat Bread	Teriyaki Chicken 06 Asian Rice Stir Fry Vegetables Raisins Fortune Cookie Wheat Bread	THURSDAY
ailability	Baked Potato 28 with Broccoli Cheese Sauce V8 Juice Ambrosia Salad Dinner Roll	Pancakes 21 Hash Browns Sausage links Hard Boiled Egg V8 Juice Orange	Pepperoni Pizza 14 Cole Slaw Brussels Sprouts Hot Cinnamon Applesauce Blueberry Muffin	Beef Stroganoff Buttered Noodles Peas and Pearl Onions Stewed Tomatoes Apricots Dinner Roll Birthday Cake	FRIDAY
ingi	Crus Tree Whe	The	٩	mir n H	

News

degrees for 15 neals must be eheated at 350 refrigerated and nutes of delivery sumed within 30 lome delivered minutes

d allergens may ingredients: following major be used as

eat, Soy, Sesame e nuts, Peanuts, stacean Shellfish Ailk, Egg, Fish,

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







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SUMMIT 60 SOCIAL CENTER & DEFIANCE COUNTY SENIOR SERVICES!

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

Client Concierge & Commodities Coordinator

Dawn Knox

Activities Coordinator

Penny Cryer

Custodian

Suzy Mack

Staff Assistant

Kitchen Team

Mary Mansfield, Sandy Kaufman, Deb Vajen, Laura Sroufe

Meals on Wheels Team

Jennifer Lero, Mike Rychener, Myra Emmons, Vicky Healy, Jodi Cocke, Karen Fitzwater, Michael Imber, Isaiah Almanza, Gae Ann Lind

Transportation Team

Dennis Scott, Keith Ashbacher, Oline Hill, Don Heffner





FUNDING SOURCES FOR DEFIANCE COUNTY SENIOR SERVICES:

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