



Summit Sentinel

MONTHLY NEWSLETTER

JANUARY 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!

Event Sponsors:

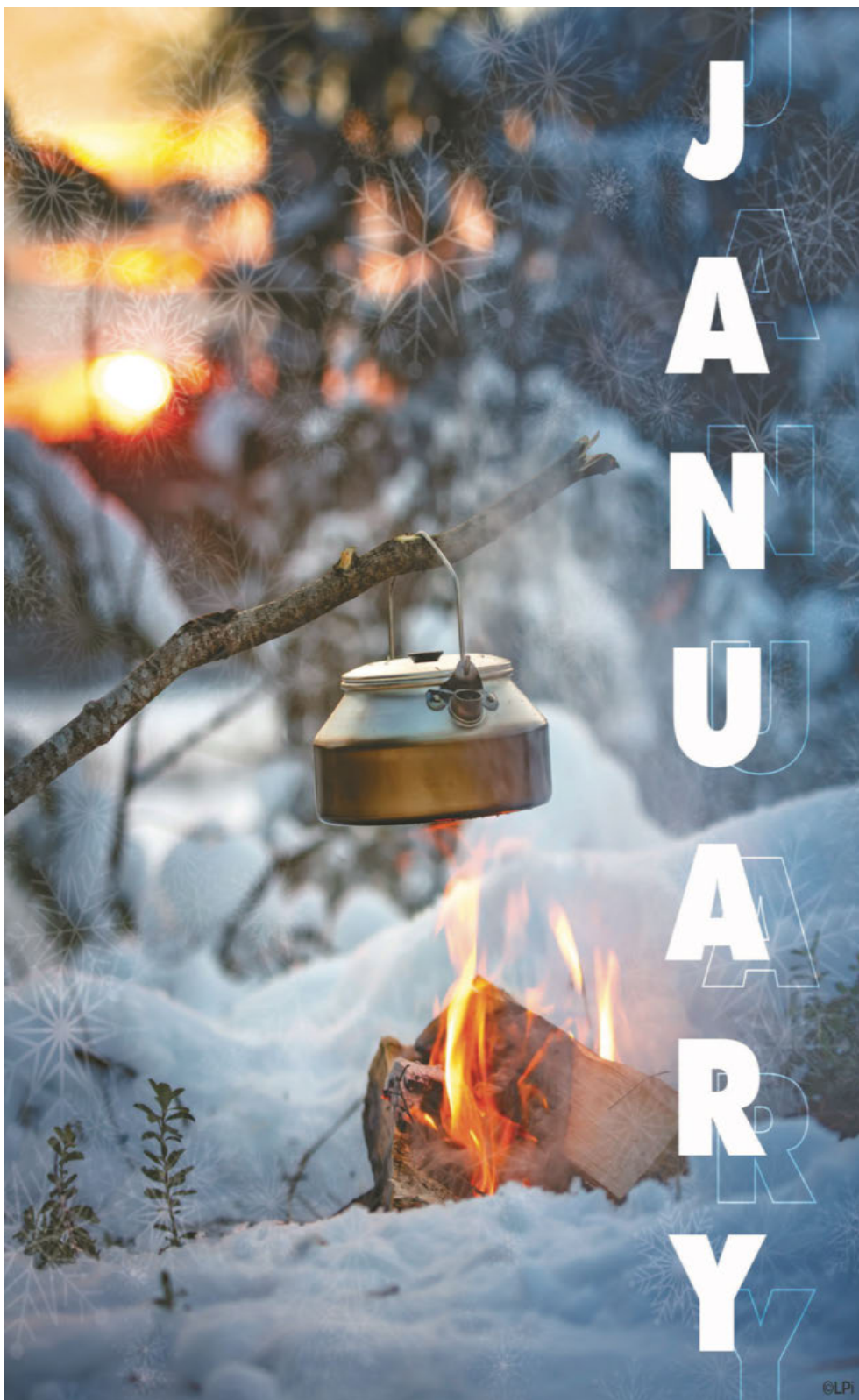
Eagles Aerie 2556—Hicksville
Amvets Post 1991—Defiance
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Bruce Guilford Real Estate

**If you or your business have an
interest 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**



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!



MYSTERY LUNCH

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

Join us for the 1st mystery lunch of the New Year! This fun experience takes the question of where do you want to eat out of the equation!

SUMMIT 60 JANUARY LUNCHEON

Wed. Jan 15th | 11:30am
Tickets - \$10

See to the left for more details!

SENIOR NITE OUT

Thurs. Jan 16th | 4:00 pm
Grabill, IN | \$5 Transportation

Lets head on over to Amish country for what we all know will be an amazing meal at The Woodhouse in Grabill!

DAY AT THE MOVIES

Tues. Jan. 21st 10:00am |
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.

SPA DAY

Wed. Jan 22nd | 8:30 am
Archbold, OH | \$5 Transportation

What is better than being pampered on a cold winter day?! We will be heading over to Four County Career Center for a day of relaxation and finish the day off at Moms Dinner!

BOWLING GREEN STATE UNIVERSITY HOCKEY GAME

Fri. Jan 24th | 4:00 pm
Bowling Green, OH |

\$25 for Ticket & Transportation
GO FALCONS!!! Lets go to a hockey game and support the BGSU Falcons. We will be making a pit sop to Buffalo Wild Wings for dinner before the game!

SENIOR NITE OUT—TAKE 2

Tues. Jan 28th | 4:00 pm
Grabill, IN | \$5 Transportation

For those who couldn't make it the first time, lets head on over to Amish country for what we all know will be an amazing meal at The Woodhouse in Grabill!

The graphic features a purple background with a yellow cloud-like shape in the center containing the text "TRIVIA DAY!". Above the cloud, it says "Defiance County SENIOR SERVICES PRESENTS" and "SUMMIT 60 Social Center". Below the cloud, it says "JANUARY LUNCHEON ONLY \$10!". At the bottom, it lists the date and time: "WEDNESDAY JANUARY 15TH 11:30AM-1:00PM". It also includes a description: "JOIN US FOR A DAY OF TRIVIA FUN ON A COLD WINTER'S DAY! THERE WILL BE GOOD FRIENDS, FUN PRIZES, 50/50 RAFFLES AND GREAT FOOD!". The menu is listed as: "MENU INCLUDES: MEAT LOAF, CHESSY MASHED POTATOES, GLAZED CARROTS, DINNER ROLLS & CHERRY CRISP!". The graphic is decorated with question marks and exclamation points.

SUMMIT 60 SOCIAL CENTER OF DEFIANCE ACTIVITIES

JANUARY 2025 NEWSLETTER | PAGE 03

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		CLOSED 1	Chocolate Snack Day 2	Birthday Party Day 3
KEY: Green: Trip or Event Red: Theme of the day Orange: Grocery Trip Blue: Activities with a low cost to them!			9:30 Pepper 10- Creative Arts Class 11- Chocolate Tastings 11:30 Blood Pressures 1- Board Games 2- Pacman	9-Cardio Drumming 9:30 Pepper 10- Tai Chi 11:30 Birthday Lunch 1-Zumba Gold—\$5 2- Word Finds
6	7	8	Hot Cocoa Day 9	10
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- Mystery Lunch- \$5 10- Bible Study 11-Skipbo 1- Brain Teasers 2- Puzzles	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- Hot Cocoa Bar 11:30 Blood Pressures 1-Alzheimer's Support Group 2- Pacman	9- Cardio Drumming 9:30 Pepper 10- Tai Chi 11- Pinball 1-Zumba Gold—\$5 2- Word Finds
13	14	15	Hat Day 16	17
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	9-Cardio Drumming 9- Jewelry Making 9:30 - Yahtzee Tournament 10- Cardio Drumming 11- Shoot Pool 11:30-January Luncheon—\$10 1- Left, Right, Center 2-Origami Art	9-Warrior Rhythm & Roots Exercise Class 9:30 Pepper 9:30- Grief Support Group 10- Monopoly 11- Best Hat Contest 12:30-Bingo w/ Legacy Living Defiance 1- Creative Arts Class 4- Senior Nite Out -\$5	9- Cardio Drumming 9:30- Pepper 10- Tai Chi 11- Pinball 1-Zumba Gold—\$5 2- Word Finds
CLOSED 20	21	22	Silly Sock Day 23	24
	9-Shopping- Kroger's 9-Warrior Rhythm & Roots Exercise Class 10- Movie Day 9:30 Pepper 10 Bible Study 10- Tai Chi 11- Skip Bo 1- Brain Teasers 2-Puzzles	8:30 -Spa Day -\$5 9 Cardio Drumming 9:30 Yahtzee Tournament 10-Cardio Drumming 11- Shoot Pool 1- Left, Right, Center 2-Origami Art 1- Commodity Box Distribution	9-Warrior Rhythm & Roots Exercise Class 9:30- Pepper 10- Monopoly 11- Silly Sock Contest 11:30 Blood Pressures 12:30-Bingo by CHP 2- Pacman	9- Cardio Drumming 9:30 Pepper 10-Tai Chi 11- Pinball 1-Zumba Gold—\$5 2- Word Finds 4- BGSU Hockey- \$25
27	28	29	Face Painting Day 30	31
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-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- \$5	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- Face Painting 1- Board Games 2- Pacman	9- Cardio Drumming 9:30 Pepper 10- Tai Chi 11-Pinball 1-Brain Teasers 2- Word Finds

JANUARY TRIVIA

January is the best time to spot me in some northern states. I'm one of the largest land mammals. What animal am I?

Answer: Moose



NO MEALS ON WHEELS

We will be closed and not delivering meals on wheels on the following dates For New Year's Day and MLK Jr. Day:

Wednesday Jan. 1st and Monday Jan. 20th



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

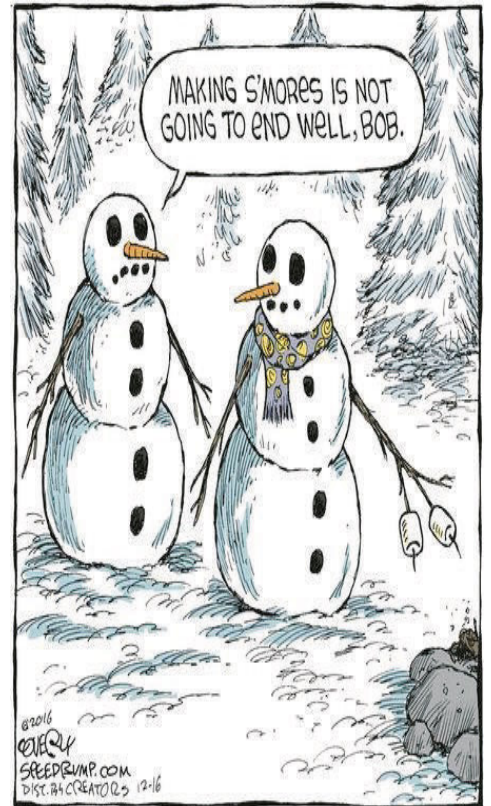
Let's Dance and move! Zumba Gold is low impact fun fall all!

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



The Defiance County Veterans Office
WE CONNECT VETERANS TO BENEFITS

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OFFICE: 419-782-6861 | FAX: 419-782-6713

📍 1300 E Second St., Suite 102, Defiance, OH

✉ veterans@defiancecounty.oh.gov

🌐 www.defiance-county.com/veterans-office/

Defiance County Ohio Veterans Office

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THS-9129-24



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 co-ops 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

SEASONAL DEPRESSION

IS MORE THAN "WINTER BLUES." IT'S A TYPE OF DEPRESSION THAT FOLLOWS A SEASONAL PATTERN.

Recognize the Signs:

- Persistent low mood or sadness
- Loss of interest in activities
- Changes in appetite or weight
- Difficulty sleeping or oversleeping
- Feeling Sluggish/agitated
- Feelings of despair, guilt, or worthlessness

Approaches to combat Seasonal Depression:

- Maximize Natural light exposure (time outside or move furniture close to a window)
- Stay active, even light activities, such as walking or gentle stretching, can have positive impact.
- Establish a Routine, consistent sleep patterns, mealtimes and social activities.



IT'S OKAY TO ASK FOR HELP

THRIVE
LOCALLY

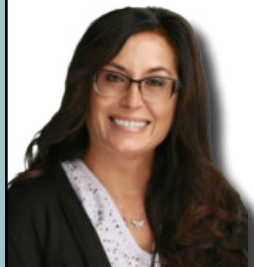


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SUMMIT 60 SOCIAL CENTER PRESENTS
HAWAII

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
		CLOSED 01	Chocolate Snack Day 02	Center Closed 03
<p>KEY:</p> <p>Green: Trip or Event Red: Theme of the day Orange: Grocery Trip Blue: Activities with a low cost to them!</p>			9am- Skip-Bo 9am- Rummy 9am- Puzzles 11- Chocolate Tasting 12:30pm- Skip-Bo Tournament	
06	Center Closed 07	Center Closed 08	Hot Cocoa Day 09	Center Closed 10
9am- Skip-Bo 9am- Rummy 9am- Puzzles 1:00pm—BINGO with Jenn 11am- Blood Pressures	Mystery Lunch		9am- Skip-Bo 9am- Rummy 9am- Puzzles 11- Hot Cocoa Bar 1pm- Penny Pitch	
13	Center Closed 14	Center Closed 15	Hat Day 16	Center Closed 17
9am- Skip-Bo 9am- Rummy 9am- Puzzles 1:00pm—BINGO with Select Medical Rehab		Luncheon at Defiance Location	9am- Skip-Bo 9am- Rummy 9am- Puzzles 11- Best Hat Contest 1pm- Trivia with Jenn Senior Nite Out	
CLOSED 20	Center Closed 21	Center Closed 22	Silly Sock Day 23	Center Closed 24
	Movie Day	Spa Day 12:30pm-Commodity Box Pick Up	9am- Skip-Bo 9am- Rummy 9am- Puzzles 11- Silly Sock Contest 1pm- Would you Rather Game	BGSU Hockey Game
Birthday Day 27	Center Closed 28	Center Closed 29	Face Paint Day 30	Center Closed 31
9am- Skip-Bo 9am- Rummy 9am- Puzzles 11am- Blood Pressures 1:00pm—BINGO with Vancrest	Senior Nite Out #2		9am- Skip-Bo 9am- Rummy 9am- Puzzles 11- Face Painting 1pm- Trivia with Jenn	



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. January 22nd

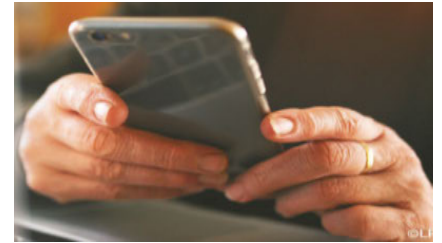
Summit 60 Defiance Center:
1:00pm-2:30pm

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 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 off our delivery route that day at 419-782-3321!



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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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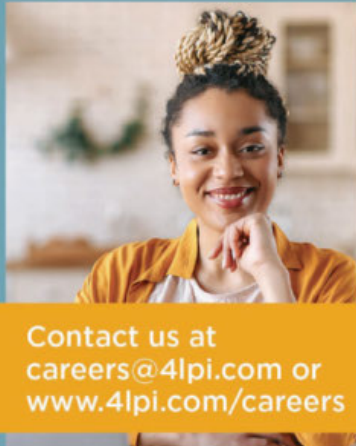
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14-1829

January

2025

Home Delivered Meals 419 782-3321

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ Pulled Pork Sandwich Sweet Potato Fries Coleslaw Fruit Cocktail 6	Hamburger Gravy Mashed Potatoes 3 Bean Salad Peach Crisp Dinner Roll 7	Ham and Bean Soup Tossed Salad Cinnamon Applesauce Corn Bread 8	Chicken Parmesan Broccoli Wax Beans Orange Juice Garlic Bread 9	BBQ Ribs Baked Beans Garlic Mashed Potatoes Pineapple Dinner Roll 10
Hot Beef Sandwich Potato Wedges Cauliflower with Cheese Sauce Grape Juice 13	Sweet and Sour Chicken Oriental Blend Vegetables Brown Rice Banana Wheat Bread 14	Meat Loaf Cheesy Mashed Potatoes Glazed Carrots Cherry Crisp Dinner Roll 15	Fish Sandwich Tater Tots Spinach Mixed Fruit 16	Chicken and Noodles Broccoli Normandy Cole Slaw Baked Apples Dinner Roll 17
Closed Martin Luther King Day 20	Grilled Chicken Breast Sandwich Steamed Cabbage Brown Bean Salad Grapes 21	Potato Soup Cottage Cheese Diced Peaches Carrot Raisin Salad 22	Mushroom Steak Buttered Noodles Harvard Beets Tangerine Pineapple Juice Dinner Roll 23	Baked Chicken Carrots Peas and Pearl Onions Tropical Fruit Dinner Roll 24
Cheeseburger Oven Fries Green Beans Apple Juice 27	Pork Chop Lima Beans Corn Ambrosia Salad Wheat Bread 28	Chili Peanut Butter and Jelly Sandwich Tossed Salad Apple 29	Chicken Fettuccini Alfredo Brussel Sprouts V8 Juice Blueberry Crisp Bread Stick 30	Goulash Mixed Vegetables Cinnamon Applesauce Cole Slaw Garlic Bread 31

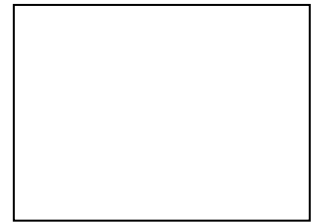
News
Home delivered meals must be consumed within 30 minutes of delivery or refrigerated and reheated at 350 degrees for 15 minutes

The following major food allergens may be used as ingredients:
Milk, Egg, Fish, Crustacean Shellfish
Treenuts, Peanuts, Wheat, Soy, Sesame

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



**Defiance County
SENIOR SERVICES**
140 E. Broadway St.
Defiance, OH 43512



f FOLLOW US ON FACEBOOK AT

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!

Thank you for your continued support!