



Summit Sentinel

MONTHLY NEWSLETTER

JULY 2024 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

2024 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!

2024 Premier Events Sponsor: **Sam Hornish**

Event Sponsors:

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General Motors Defiance
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The Wholesale House



"SUMMIT SENTINEL"

IS PUBLISHED BY:

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

Making Trip & Event Reservations

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

To best serve you, we have set up these guidelines moving forward:

- 1- Reservations can only be made after 9am on the 1st Monday of the month. *(unless noted in the newsletter)*
- 2- We are only accepting in person reservations at both centers.
- 3- Your non-refundable fee / ticket must be paid 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!!

4th of July Party! **July 5th, 6:00pm-10:00pm**

Join us for a night of **FREE** fun with friends here at Summit 60 in Defiance! We will have outdoor games, bonfires, music and pizza! So Bring a lawn chair and watch the night sky light up with 4th of July Fireworks!

Music by Four of a Kind Entertainment, LLC.
Pizza Provided by Thrivent Financial

Picnic in the Park At Latty's Grove

Thurs. August 1st
4:00pm - 6:30pm
Only \$10!



You can Purchase these tickets starting on Thursday, July 11th.

Join us for our last Picnic in the Park of the season with door prizes, great food and 50/50!

Old School Rock and Country
Musical Entertainment by:
Gene Zenz

Menu will be:
Bratwursts, Pasta Salad,
Baked Beans & Fruit Salad

Lake Erie Island Cruise, Sandusky, OH

Thurs. August 8th
Leaving Defiance at 7:15am

Tickets are \$50, Includes
Transportation, Cruise and All
You Can Eat Buffet!

You can Purchase these tickets starting on Thursday, July 11th

Cruise past famous Cedar Point amusement park; Johnson's Island; Marblehead Lighthouse - the oldest operating lighthouse on the great lakes; past Lakeside Chautauqua, and much more!

Itinerary

9:30a- Depart Sandusky
10:30a- Arrive at Kelleys Island
12:00pm- Depart Kelleys Island
1:00pm- Arrive at Put-In-Bay
4:30pm- Depart Put-In-Bay
5:30pm- Brief Stop @ Kelleys Island
6:30pm- Arrive Back at Sandusky



4TH OF JULY PARTY

Fri. July 5th | 6:00p-10:00p

See to the left for more details!

SENIOR NITE OUT

Wed. July 10th | 4pm

Lima, OH \$5 Transportation

Join us for this month's Senior Nite out at Old Barn Out Back!

AFRICAN WILDLIFE SAFARI

Tues. July 16th | 9am

Port Clinton, OH

\$20 Ticket and Transportation

Come with us to the Ohio Coast line and see exotic animals up close from the comfort of the bus! We will be stopping for lunch at Dock's Beach House too!

MYSTERY LUNCH

Fri. July 19th | 10am

Maumee, OH \$5 Transportation

We will be heading to the Fallen Timbers Shopping Center and then a Mystery Lunch to follow!

PIZZA PARTY

Tues. July 23rd | 5pm

\$5 - Summit 60 of Hicksville

Head on over to the west side of the county as we have a pizza party in our Hicksville location! We will be playing BINGO as well! This is open to all Seniors!

DAY AT THE MOVIES

Fri. July 26th 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.

SUMMIT 60 SOCIAL CENTER OF DEFIANCE ACTIVITIES

JULY 2024 NEWSLETTER | PAGE 03

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01	02	03	04	<u>Birthday Day</u> 05
<u>National Jokes Day</u> 9- Cardio Drumming 9:30 pepper 9-3pm Pac-man Pinball and Pool 10 Cardio Drumming 12-3pm Scrabble 12:30 Pie Bingo with Glen Park 1:30 Puzzles	9-10:30 – Shopping at <u>Kroger's</u> 9:30 Pepper 9-3pm– Pac-man, Pinball and Pool 10– Bible Study 10– Tai Chi 10:30 UNO 12-3pm Scrabble 1-3pm Puzzles	9- Cardio Drumming 9-3 Shoot pool , play Pac-Man & Pinball 9:30 Yahtzee Tournament 10- Cardio Drumming 12-2pm- Uno 1- 3pm-Puzzles 3:45-5pm– yoga with Heather (cost \$5)	CLOSED 	9-Cardio Drumming 9-3- Shoot Pool, Pin ball, & Pac-Man 9:30 Pepper 10- Tai Chi 11:30 Yoga with Heather (\$5.00) 11:30 Birthday Lunch 12:30- 2:00- Puzzles 1:30- 3 Scrabble Fire works Celebration 6-10pm
08	09	10	11	12
9- Cardio Drumming 9:30 Pepper 9-3pm Pac-man & Pinball & Shoot pool 10- Cardio Drumming 10:30 Uno 12:30 Bingo with North Crest 1-3 Domino's	<u>Sugar Cookie Day</u> 9-10:30 Shopping at <u>Meijer's</u> 9-3 Shooting pool, Pac-man, Pinball 9:30- Pepper 10- Bible Study 10- Tai Chi 12:00- 2:30 Scrabble 12:30-3pm Puzzles 1:30-3pm UNO	9- Cardio Drumming 9:30-2:30- Yahtzee Tournament 10-Cardio Drumming 10:30-2pm- UNO 12-2pm Scrabble 1-3pmPuzzles 4- Senior's Nite Out to Old Barn Out back 3:45 Yoga with Heather (Cost \$5)	9:30- Pepper 10:30 UNO 11:30 Trivia in the Cafe 11:30-12:30 Blood Pressures by Lexi 12-3pm Puzzles 1- Alzheimer's Support Group 1-3pm-Shoot pool & Play Pac-Man & Pinball	9-Cardio Drumming 9-3pm- Shoot pool, Pinball, Pac-man 9:30 Pepper 10-Tai Chi 11:30 Yoga with Heather (\$5) 12:00 Scrabble & Play Pac-Man & Pinball
15	16	17	18	19
9—Cardio Drumming 9-3pm Pac-man & Pinball and Shoot pool 9:30 Pepper 10- Cardio Drumming 10:30- Euchre Tournament 11:30-2pm -UNO 12:30 Bingo with Kingsbury 1-3pm -Puzzles	9-10:30 Shopping at <u>Walmart</u> 9:30- Pepper 10- Bible Study 10- Tai Chi 10- Trip to Safari in Sandusky 11-3 Puzzles 12-3pm- Shoot Pool, 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 - 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 12:30 Bingo by Antwerp Manor 1-2pm Creative crafts with Dawn Ludwig	9- Cardio Drumming 9- 3pm- Shooting pool, Pac-Man, Pinball 9:30 pepper 10- Tai Chi 10- Mystery Lunch Shopping at Fallen Timbers (\$5) 11:30- Yoga with Heather (\$5)
22	23	24	25	26
9- Cardio Drumming 9:30 Pepper 9-3pm Pac- Man, Pinball & shoot Pool 10 Cardio Drumming 11- Penny Pitch with Meadows of Kalida 12:30 Summit 60 Bingo with Dawn 1-3—Puzzles	<u>Ice Cream Cone Day</u> 9-10:30-Shopping at <u>Aldi's</u> 9:30 Pepper 10-Bible Study 10- Tai Chi 11- Puzzles 12-3pm Shoot pool, Pac-Man & Pinball 1:30- UNO 5:00- Summit 60 of Hicksville Pizza Party	9- Cardio Drumming 9:30-2:30 Yahtzee Tournament 10-Cardio Drumming 10:30 UNO 12- Scrabble 2-3pm Boggle 3:45 Yoga with Heather (Cost \$5.00) 1-2:30— Commodity Box Pick up	9-2 Pepper 10:30 Scrabble 11- Boggle 11:30 Blood Pressures by Lexi 11:30 Trivia in the Cafe 11-3pm- Shoot pool, Play Pac-Man & Pinball 12:30 Bingo 1-2:30 UNO	9- Cardio Drumming 9-3- Shoot Poll, Pac- Man & Pinball 9:30 Pepper 10- Movie Day by Kingsbury Place 10-Tai Chi 11:30 Yoga with Heather (\$5) 12:30- Scrabble 1:30 2:30-Boggle

LUNCH & LEARNS AT SUMMIT 60 OF DEFIANCE

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29	30	31		
9- Cardio Drumming #1 9:30 pepper 9-3pm Pac- Man , Pinball, and Shooting Pool 10- Cardio Drumming #2 11- 2pm- Uno 12-3pm Scrabble 12:30-3pm Putting Puzzles together	9-10:30- Shopping at Meijer's 9-3pm- Shoot pool, Play Pac-Man- and Pinball 9:30 pepper 10- Tai Chi 10- Bible Study 11-3 -Puzzles 12:30-3pm Scrabble 1:30-3pm UNO	9- Cardio Drumming 9-3pm- Shoot Pool, play Pac-Man, and Pinball 9:30-2:30 Yahtzee Tournament 10- Cardio Drumming 10:30- UNO 12-Scrabble 3:45 Yoga with Heather(Cost \$5.00)		Key: Green: Trip or Event Red: Theme of the Day Orange: Grocery Trip Blue: Activities with a low cost to them

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!



The Defiance County Veterans Office

WE CONNECT VETERANS TO BENEFITS

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

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

Veterans Crisis Hotline

1-800-273-8255 Press 1 or text 838255

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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ALZHEIMER'S ASSOCIATION

JOIN US TO CELEBRATE
THOSE WE LOVE AND
FIGHT FOR A CURE TO
ALZHEIMER'S DISEASE

Sat. Sept. 7, 2024
Kingsbury Park

JOIN OR DONATE
TO TEAM
Defiance County



Scan the QR code or visit
alz.org/nw ohio/walk



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 BOTH Defiance and
Hicksville Centers!

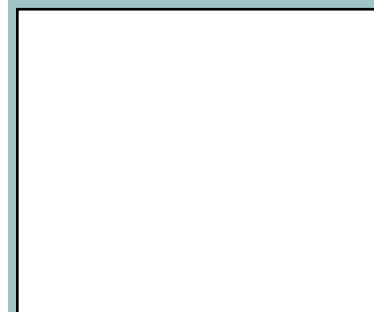
Give us a call and schedule
today at 419-782-3233!

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!

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Amanda Nigh



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CARDIO DRUMMING 9:00 AM & 10:00 AM MON & WED | 9:00 AM FRIDAY | FREE
Check out this fun filled exercise class with upbeat music and great company!

AFTERNOON YOGA 3:45 pm Wednesdays | \$5 Join Heather for a yoga experience for all skill levels!

MORNING YOGA 11:30 am Fridays | \$5 Join Heather for a yoga experience for all skill levels!

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

THE FITNESS CENTER AT SUMMIT 60 DAILY 7 AM - 3 PM | FREE

Happy Birthday America

This yearly birthday bash usually involves family, fireworks, Grills, pools, lots of Sun and fun. While everyone enjoys the holidays, reunions, vacations, walks etc. that happen during the summer, it is also important to make sure you are protecting yourself from harmful UV rays and to stay hydrated. It is recommended to use sunscreen of at least SPF 30 and to reapply as directed. With the warmer temperatures and more time spent outside, you will want to make sure that you are also well hydrated. Signs of Dehydration include:

- Thirst
- Flushed skin
- Headache
- Fatigue
- Increased body temperature
- Weakness
- Dizziness
- Faster breathing and pulse rate
- Dark urine
- Vomiting
- Nausea
- Constipation
- Irritability
- Dry mouth

If you notice signs of dehydration, the first thing to do is drink a glass (or two) of water. You may also want to try these other options that will have you replenished and hydrated in no time:

- Electrolyte-infused water
- Pedialyte
- Gatorade
- Coconut water
- Watermelon

Watermelon Sherbet

TOTAL TIME: Prep: 15 min. + chilling Process: 20 min./batch

YIELD: 1/2 gallon.

My family has been harvesting watermelons for generations. Our church group often serves this refreshing treat at the town's watermelon festival.—Lisa McAdoo, Rush Springs, Oklahoma

Ingredients


8 cups seeded chopped watermelon
1-1/2 cups sugar
1/2 cup lemon juice
2 envelopes unflavored gelatin
1/2 cup cold water
2 cups whole milk

Directions

1. In a large bowl, combine watermelon, sugar and lemon juice. Chill for 30 minutes; place half in a blender. Blend until smooth; pour into a large bowl. Repeat with the other half; set aside.
2. In a saucepan, cook and stir gelatin and water over low heat until gelatin dissolves. Add to watermelon mixture; mix well. Stir in the milk until well blended.
3. Freeze in an ice cream maker according to the manufacturer's directions. Serve immediately or freeze and allow to thaw before serving, about 20 minutes.

SUMMIT 60 SOCIAL CENTER OF HICKSVILLE ACTIVITIES

PAGE 07 | JULY 2024 NEWSLETTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01	02	03	04	05
10:00am—Rummy 1:00pm—BINGO with Antwerp Manor National Joke Day!	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!	CLOSED 	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance! Fireworks Party 6pm-10pm
08	09	10	11	12
10:00am—Skip-Bo 1:00pm—BINGO with Smith Farms Manor	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! Senior Nite out to Old Barn Outback Lima, OH	10:00am— Cardio Drumming 12:30pm— Alzheimer's Trivia	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance!
15	16	17	18	19
10:00am—Rummy 1:00pm—BINGO Select Medical Rehab	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance! Drive Thru Safari Trip. Lunch at Dock's Beach House	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance!	10am-Cardio Drumming 11am-Blood Pressure Checks 1pm- Trivia with Jenn	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance! Mystery Lunch and shopping at Fallen Timbers
22	23	24	25	26
10:00am—Skip-Bo 12:00pm - Lunch & Learn with the Health Dept. 1:00pm—BINGO with Vancrest of Hicksville	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance! Pizza Party and Bingo at Hicksville Location! 5pm	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance! Commodity Boxes 12:30pm-2pm	10am-Cardio Drumming 1pm- Cards Against Humanity (Family Edition)	Center Closed. Please reach out to Jenn to schedule Transportation to Summit 60 in Defiance! Movie Day!
29	30	31		
10:00am—Rummy 1:00pm—BINGO! Birthday Celebrations!!				KEY: Green: Trip or Event Red: Theme of the day Orange: Grocery Trip Blue: Activities with a low cost to them!



NO MEALS ON WHEELS DELIVERIES

We will not be delivering meals
on the following dates:

Thursday, July 4th

Defiance County Senior
Services will not be delivering
Meals on Wheels services to
observe the Independence Day
Holiday

COMMODITY BOX PICK UP

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

Wed. July 24th

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 of
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 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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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

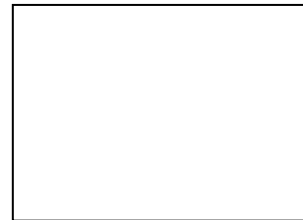
FRIDAY

1 Fish Sandwich Tater Tots Green Beans Apricots	2 Sunshine Chicken Brussel Sprouts Au Gratin Potatoes Diced Pears Dinner Roll	3 Beef Manhattan Cauliflower with Cheese Sauce Fruit Cocktail Dinner Roll	4 Closed for the 4 th of July	5 Baked Chicken Baked Beans Creamed Corn Watermelon Dinner Roll Birthday Cake
8 Pulled Pork Sandwich Potato Pancakes Glazed Carrots Tropical Fruit	9 Beef and Cheese Quesadilla Refried Beans Peach Crisp V8	10 Chipped Beef Gravy Diced Red Skin Potatoes Winter Blend Vegetables Pineapple Tidbits Whole Wheat Bread	11 Sub Sandwich Brown Bean Salad Celery Sticks w/Peanut Butter Grapes	12 Baked Macaroni and Cheese Peas and Mushrooms Cinnamon Apples Carrot Raisin Salad Dinner Roll
15 Chicken Strips Oven Fries 3 Bean Salad Cherry Crisp Wheat Bread	16 Hamburger Gravy Mashed Potatoes Wax Beans Mixed Melon Dinner Roll	17 Beef Tips Buttered Noodles Green Beans Sauerkraut Relish Cranberry Salad Dinner Roll	18 Chef Salad Craisins Apple Juice Bran Muffin	19 BBQ Ribs Baked Potato Tomato Cucumber Salad Cinnamon Peaches Dinner Roll
22 Chili Dog Oven Fries Baked Beans Ambrosia Salad	23 Swedish Meatballs Over Noodles Lima Beans Corn Banana Wheat Bread	24 Beanie Weenies Cole Slaw Sliced Apples Cherry Crisp Cornbread	25 Chicken and Bacon Salad Craisins Pineapple Juice Bran Muffin	26 Cheese Omelet Mushrooms and Onions Stewed Tomatoes Cinnamon Raisin Bagel Orange
29 Creamed Chicken Sandwich Tater Tots Brussels Sprouts Grape Juice	30 Pepperoni Pizza Sliced Carrots Peas Pineapple Blueberry Muffin	31 Goulash Wax Beans Cole Slaw Applesauce Garlic Bread	Menu is subject to change based upon product availability	

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



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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

*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

*Jennifer Lero, Mike Rychener,
Myra Emmons, Suzy Mack,
Vicky Healy, Jodi Cocke,
Karen Fitzwater, Alyssa Geahlen*

Transportation Team

*Dennis Scott, Keith Ashbacher,
Oline Hill*



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!