

Defiance  
County  
Senior  
Services

August  
2018

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

# Our Times

## Ice Cream Social and Band Concert

Join us **Thursday, August 2nd** at The UAW Park

At 4:30 pm, we'll enjoy a brat or hamburger, baked beans, strawberries and bananas, potato salad and our **home-made Ice Cream!**



We ask a suggested donation of \$6.00 per person. Bring your lawn chair because after dinner, The one and only **Bud Widmer Rube Band** will entertain us!

Transportation is available and pre-sale tickets are on sale at both the Defiance and Hicksville Centers.

**Call us at 419-782-3233 - for the Defiance area  
419-542-5004 - in Hicksville**

## Senior Day and Veteran's Day Celebrations at The Defiance County Fair

FREE Admission to the Fair, if you are 60+  
**Come Enjoy a day full of fun!!**

**Wednesday, Aug. 22nd at The  
Defiance County Fairgrounds.**

9:00am - Coffee & Donuts

10:00am - The Nelson Family - "LIVE"

11:00am - The One Man Band

FREE Lunch at 12:00 - Sloppy Joes,  
Coleslaw, Chips, Cookies and More!

(Lunch is sponsored by The Defiance Co. Fair Board - Thank you!!)

1:00pm - Bingo

2:00pm - The Sundown Band

and the Veteran's Soup Supper begins at 4:00pm.

All are Welcome to all events!

Transportation is available through both the Hicksville and Defiance Centers - Call us for reservations and details - the Defiance Area please call 419-782-3233, In the Hicksville Area, call 419-542-5004.



# Healthy You!

## The Alzheimer Support Group

Our monthly meeting will be held:  
**Thursday, August 2nd at 1:30pm** at  
Defiance County Senior Services -  
140 E. Broadway St. Our facilitators are Pat  
Wagner and Karen Haaser. Private consultations  
and information are also available. Please  
contact Sheri at 419-783-4812.

## Hearing Aid Checks

**Wed., August 29th 10:00am**  
at Defiance County Senior Services

### Shape Up with Senior Services!

#### at The Defiance Center

**Zumba** - Mondays and Thursdays at 10am

**Yoga** - Mondays at 3pm / Tuesdays &  
Thursdays at 4:00pm

**Tai Chi** - Tuesdays and Fridays at 10am

**Stretch Band Exercises** - Thurs. at 10am

#### at The Hicksville Senior Center

**Corn Hole** - August 3rd, 20th & 30th at 10am

**Chair Exercises** - August 2nd, 7th & 30th

**Music & Dancing** - August 10th, 17th, 24th,  
27th & 31st

Please contact Dawn (419-782-3233) or  
Linda (419-542-5004) for any details or fees  
associated with these programs.

## Toe Nail Clinic

**Wednesday, August 1st 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. Thank you!

## Blood Pressure Checks

**At The Defiance Senior Center**

Wed., August 1st at 9:45am

Wed., August 15th at 10am with Ohio Living

Thurs., August 16th at 10:45am with CHP

**And at The Hicksville Senior Center**

Each Wednesday after Lunch - That will be  
August 1st, 8th, 15th and 29th with the  
Hicksville EMTs.

Thanks to all of these wonderful folks for  
providing **FREE Blood Pressure Checks.**

## For Our Spiritual Health

*Join us each Tuesday at 10:00am  
at Defiance County Senior Service's  
Reflection Room for Bible Study.*

*The Hicksville Senior Center will enjoy a  
program called "Inspire Me" on August  
6th & 21st at 10am. All are Welcome!*

## Would you like to Volunteer??

Join us and share your talents. Our wonderful volunteers help  
out in nearly every aspect of Senior Services, so if you would like  
to help out, give Dawn a call and let's talk! 419-782-3233.



# Hicksville Happenings - August



**FREE GROCERY SHOPPING TRIPS** - Trips from the Hicksville area are available **Thursdays at 12:00 noon to Walmart and Meijer** on an alternating basis. **We'll also shop the Defiance Farmer's Market.** Don't go to the store hungry! Have lunch with us at 11:30 am before the trip. Call 419.542.5004 if you would like to go on a specific day OR better yet, set up a standing appointment with us! (Lunch reservations are needed by 9:00 am the day of the trip while you can book a ride up to 11:00 am.)

**PLEASE NOTE** – The Hicksville center is OPEN on grocery shopping afternoons (until our regular closing time of 2:30 pm) if you would like to stop by and join in our scheduled activities OR have business to conduct. Hicksville shopping trips are also available. At times we can accommodate same day trips but with 24 hours notice we can better assist you. Due to our need to serve other seniors, please limit each trip to 2 stops.

**NEXT TOE NAIL CLINIC IN HICKSVILLE** will be **Wednesday, August 1st.** There is a \$15 fee payable to the nurse. Please call 419.542.5004 for an appointment time beginning at 12:30 pm.

Get your **ICE CREAM SOCIAL / BAND CONCERT** tickets at the Hicksville center and set-up a ride if you would like to travel to UAW Park on Thursday, August 2nd, 2018 for this GREAT event. Tickets for the meal and program are just \$6 with FREE transportation!

**Alan Seibert – "The Music Man"** – Friday, August 10<sup>th</sup>, 2018 10 – 11 am. Bring your requests!

**DEFIANCE COUNTY FAIR - The Senior Celebration and Veterans Day is Wednesday, August 22nd from 9:00 am – 3:30 pm.** Enjoy coffee and donuts at 9:00 am and a FREE lunch! Great musical entertainment and BINGO! Transportation reservations can be made up until 12:00 noon on Tuesday, August 21st for Hicksville area seniors – 419.542.5004. Great give a ways, fellowship, friends, and an opportunity to see the fair with no admission charge.

## **IMPORTANT - Information on the CSFP Food Boxes**

**DATE CHANGE** - **The CSFP FOOD BOX DISTRIBUTION** will be held

**Thursday, August 23rd, 2018 in HICKSVILLE**

We will distribute from **1 - 2:30pm on Thursday**  
so we can all enjoy Senior Day at the FAIR!

(The Defiance center will distribute boxes as usual on Wednesday, Aug. 22<sup>nd</sup>, 1 - 2:30 pm.)

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

# August - Hicksville Center

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Defiance Co. Fair</b> <b>Senior Day Celebration</b> <b>August 22nd</b> <b>Fun all day!!</b>	1 9-11:30 Euchre 10:00 Coffee & Conversation 12:30 Toe Nail Clinic - Call Linda for your appt. \$15 fee 12:30 - 1:30 Cards & Games	2 9-11:30 Euchre 10:00 Chair Exercises 12:30 - 1:30 Bingo <b>NO GROCERY SHOP</b> 2:30 Transportation begins for the <b>ICE CREAM SOCIAL &amp; BAND CONCERT</b>	3 9 - 11:30 Euchre 10:00 - 11:00 Bingo with Antwerp Manor 11:45 Our Birthday Celebration!! 12:30 - 1:30 Corn Hole
6 9-11:30 Euchre 10:00 Inspire Me 12:30 - 1:30 Spoons	7 9-11:30 Euchre 10:00 Chair Exercises 12:30 - 1:30 Bingo	8 9-11:30 Euchre 10:00 Cards & Games 12:30 - 1:30 Skipbo	9 9-11:30 Euchre 10:00 BINGO 12:00 - Grocery Shopping at The Farmer's Market	10 No Euchre Today 10:00 - 11:00 "The Music Man" Alan Seibert performs 12:30 - 1:30 afternoon stretch
13 9-11:30 Euchre 10:00 Aggravation 12:30 - 1:30 Ladder ball	14 9-11:30 Euchre 12:00 Grocery Shopping	15 9-11:30 Euchre 10:00 Coffee & Conversation 12:30 - 1:30 Shipwreck	16 9 - 11:30 Euchre 10:00 The Price is Right 12:00 - Grocery Shopping and The Farmer's Market	17 9:00 - 11:30 Euchre 10:30 Music & Dancing 12:30 Root Beer floats after lunch 12:30 Music with Jennifer
20 9-11:30 Euchre 10:00 Corn Hole 12:30 - 1:30 Adult Coloring, Puzzles and Crafts	21 9-11:30 Euchre 10:00 Inspire Me 12:00 - The Hicksville Center will close in preparation for the Fair	22 <b>The Hicksville Center is at The Defiance County Fair</b> <b>Join us at starting at gam</b>	23 9-11:30 Euchre 10:00 - 11:00 Bingo <b>1:00 - 2:30 Hicksville Commodities Distribution - Please NOTE THE DAY CHANGE!!</b> No grocery Shopping	24 9:00 - 11:30 Euchre 10:30 Music & Dancing to the Oldies 12:30 - 1:30 Yahtzee
27 9-11:30 Euchre 10:00 Bingo 12:30 - 1:30 Chair Exercises	28 9-11:30 Euchre 10:00 Senior Choice of Activity 12:30 - 1:30 Shipwreck	29 9-11:30 Euchre 10:00 Adult Coloring 12:30 - 1:30 Cards & Games	30 9 - 11:30 Euchre 10:00 Chair Exercises 12:00 Grocery Shopping 12:30 - 1:30 Corn Hole	31 9:00 - 11:30 Euchre 10:30 Dancing to the Oldies 12:30 - 1:30 Bingo

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

# August - DCSS Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Ice Cream Social</b> <b>August 2nd</b></p> <hr/> <p><b>Senior Day</b> <b>Veteran's Day</b> <b>@ the Fair</b> <b>August 22nd</b></p>		<p>1 9:30 Cards 10:00 Blood Pressure Checks 12:30 Kroger Shopping</p> <p>Sorry! - No Open Mic due to Ice Cream Social</p>	<p>2 9:30 Cards 10:00 Band Stretch Exercises 10:00 Zumba 12:30 Bingo by Brookview 12:30 Shop at Meijer 1:30 Alzheimer's Support Group 4:00 Yoga</p> <p><b>4:30 Ice Cream Social &amp; Band Concert at the UAW Park.</b></p>	<p>3 9:30 Cards 10:00 Tai Chi 10:00 Crafts 11:30 August Birthday Celebration!</p>
<p>6 9:30 Cards 10:00 Zumba 12:30 Bingo with Glenn Park 3:00 Yoga with Heather</p>	<p>7 9:45 Shop at Aldi's 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 4:00 Yoga</p>	<p>8 9:30 Cards 10:30 Speaker from Twin Rivers 12:30 Shop @ Krogers</p>	<p>9 9:30 Cards 10:00 Band Stretch Exercises 10:00 Zumba 12:30 Shop at Meijer 4:00 Yoga</p>	<p>10 9:30 Cards 10:00 Crafts 10:00 Tai Chi</p>
<p>13 9:30 Cards 10:00 Zumba 3:00 Yoga with Heather</p>	<p>14 9:45 Shop at Aldi's 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 4:00 Yoga 4:00 Seniors Night Out - Red Lobster in Maumee</p>	<p>15 9:30 Cards 10:00 Blood Pressures with Ohio Living 12:30 Shop @ Krogers</p>	<p>16 9:30 Cards 10:00 Band Stretch Exercises 10:00 Zumba 10:45 Blood Pressures with CHP 12:30 Shop at Meijer 12:30 Bingo with Twin Rivers 4:00 Yoga</p>	<p>17 9:30 Cards 10:00 Crafts 10:00 Tai Chi</p>
<p>20 9:30 Cards 10:00 Zumba 12:30 Euchre Tournament 3:00 Yoga with Heather</p>	<p>21 9:45 Shop at Aldi's 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 4:00 Yoga</p>	<p><b>22 Join us at The Fair</b> <b>Senior Day / Veteran's Day Celebration</b> <b>1 - 2:30 Commodities in Defiance</b></p>	<p>23 9:30 Cards 10:00 Band Stretch Exercises 10:00 Zumba 12:30 Shop at Meijer 12:30 Bingo with Allcaring 4:00 Yoga</p>	<p>24 9:30 Cards 10:00 Crafts 10:00 Tai Chi</p>
<p>27 9:30 Cards 10:00 Zumba 10:00 Nails and Tales with Dawn Ludwig 12:30 Bingo with Dawn from Senior Services 3:00 Yoga with Heather</p>	<p>28 9:45 Shop at Aldi's 10:00 Cards 10:00 Tai Chi 10:00 Bible Study 4:00 Yoga</p>	<p>29 9:30 Cards 10:00 Hearing Aid Checks 12:30 Shop @ Krogers</p>	<p>30 9:30 Cards 10:00 Band Stretch Exercises 10:00 Zumba 12:30 Shop at Meijer 4:00 Yoga</p>	<p>31 9:30 Cards 10:00 Crafts 10:00 Tai Chi</p>



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

Thursday, Aug. 2nd- **The Alzheimer Support Group** meets at 1:30pm.

Also on **August 2nd is our Ice Cream Social and Band Concert**. See details on the front page of this newsletter and JOIN US!!

**Friday, August 3rd** - Enjoy a delicious **Birthdays Lunch** at 11:30am. Join us in wishing everyone born in August a very **Happy Birthday!!**

**Wednesday, August 8th** - we'll have a **speaker provided by Genesis, Twin Rivers** at 10:30am. Plan on joining us.

**Seniors Night Out - Tuesday, August 14th**- we'll leave the Defiance Center at 4:00pm and enjoy a delicious supper at Red Lobster in Maumee. Call Dawn to make your reservation after August 1st - 419-782-3233.

**Wednesday, August 22nd - The Food for Seniors Commodities Program** is available from **1:00 to 2:30pm**. Please call Ginny for details - 419-782-3257.

We'll also have our **Seniors and Veterans Celebration Day** at The Defiance County Fair on Wednesday, August 22nd. See the front page of THIS NEWSLETTER for details!

**Monday, August 27th** - Dawn Ludwig from Genesis- Twin Rivers will help you care for your nails and share some lively conversation at **Nails & Tails!!** Join Dawn at 10:00am in the Activities Room

**Wednesday, August 29th - Hearing Aid checks and cleanings** will be available at 10:00am. This wonderful FREE service is provided by our friends at The Hearing Aid Center of Northwestern Ohio.

## August Bingo

Thursday, August 2nd - with **Brookview** at 12:30pm

Monday, August 6th with **Glenn Park** at 12:30pm

Thursday, August 16th with **Twin Rivers** at 12:30pm

Thursday, August 23rd with **Allcaring** at 12:30pm

and Monday, August 27th with Dawn from **Senior Services**



**JOIN US AT THE FAIR!!  
AUGUST 22ND  
STARTING AT AT 9AM**



**Senior Services offers  
Grocery Shopping Transports to:**  
Aldi's - Tuesdays at 9:45am  
Krogers - Wednesdays at 12:30  
Meijer - Thursdays at 12:30pm  
Transports to other stores are also available - call us at **419-782-3233**

# Nutrition News

## Ice Cream Social and Band Concert

Join us **Thursday, August 2nd** at The UAW Park on Baltimore Road in Defiance.

At **4:30 pm**, we'll enjoy a brat or hamburger, baked beans, strawberries and bananas, potato salad and our delicious **home-made Ice Cream!**

We ask a suggested donation of just \$6.00 per person. Bring your lawn chair because after dinner, The one and only **Bud Widmer Rube Band** will entertain us! Transportation is available and pre sale tickets are on sale at both the Defiance and Hicksville Centers. **Call us 419-782-3233 (Defiance area) and 419-542-5004 (Hicksville area). Join Us!!**

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## Senior Day and Veteran's Day Celebrations at The Defiance County Fair

FREE Admission to the Fair, if you are 60+ -

**Wednesday, Aug. 22nd at The Defiance Co. Fairgrounds.**

9:00am - Coffee & Donuts

10:00am - The Nelson Family - "LIVE"

11:00am - The One Man Band

FREE Lunch at 12:00 - Sponsored by The Defiance Co. Fair Board - Thank you!

1:00pm - Bingo

2:00pm - The Sundown Band

and the Veteran's Soup Supper begins at 4:00pm.

Transportation is available through both the Hicksville and Defiance Centers - Call us for reservations and details - 419-782-3233 (Defiance) and 419-542-5004 (Hicksville)

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

Our August Birthday Celebration is **Friday, August 3rd**

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



## Commodities Supplemental Food Program

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

Please Note the Date Change for the HICKSVILLE CENTER COMMODITIES: Questions?? contact Ginny at 419-782-3257

**The distribution dates are: Wed., August 22nd in Defiance**

**and Thursday, August 23rd in Hicksville.**

**1:00pm - 2:30pm.**



## August Vegetable Blends

Below is this list of the delicious vegetable blends we'll be using in our August meals  
**Caribbean Blend** - broccoli, carrots and green beans

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

**Oriental Blend** - green beans, broccoli, onions and mushrooms

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.



## Defiance County Senior Services

# August Menu 2018

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Ice Cream Social</b> August 2nd UAW Park 4:00pm - Dinner Music at 6:00</p>	<p><b>Defiance Co. Fair</b> <b>Senior Day Celebration</b> <b>August 22nd</b> <b>Fun all day!!</b></p>	<p>1 Chili with Cheese Coleslaw Ambrosia Salad Crackers  No Salad bar Today</p>	<p>2 Deli Chicken and Cheese Sandwich 3 Bean Salad Diced Pears V-8 Juice</p>	<p>3 Chicken Parmesan Italian Blend Vegetables Mandarin Oranges Beets Bread Stick Birthday Cake ncs = Angel Food Cake</p>
<p>6 Cheese Omelet with Mushrooms &amp; Onions Stewed Tomatoes Raisin &amp; Cinnamon Bagel Apple Juice</p>	<p>7 Beef Stew Tossed Salad Pineapple Tidbits Biscuit Cookie ncs = SF Pudding</p>	<p>8 Cheeseburger Fries Broccoli Tropical Fruit Salad  Salad Bar in Café</p>	<p>9 Sweet &amp; Sour Chicken Oriental Blend Vegetables Asian Rice Cabbage Peaches Bread</p>	<p>10 Chef's Salad with turkey, lettuce, tomatoes, eggs, carrots and cheese Tropical Fruit Crackers Bread Cookie ncs = SF Cookie</p>
<p>13 Meatballs with Gravy Scalloped Potatoes Peas &amp; Carrots Pears Dinner Roll</p>	<p>14 Chicken Fettuccini Alfredo Caribbean Blend Vegetables Fresh Melon Beets Garlic Bread Brownie ncs = SF Cookie</p>	<p>15 BBQ Pork Sandwich Baked Beans Tater Tots Peaches  Salad Bar in Café</p>	<p>16 Turkey Sandwich on Pita Bread Broccoli Cheese Soup Tropical Fruit Grape Juice Crackers</p>	<p>17 Chicken &amp; Gravy Mashed Potatoes Zucchini Applesauce Dinner Roll Cookie ncs = SF Cookie</p>
<p>20 Boneless Chicken Wings Au Gratin Potatoes Peas &amp; Onions Apricots Wheat Bread</p>	<p>21 Ham in Apple Juice alt = Chicken Breast Mashed Potatoes Green Beans Mandarin Oranges Dinner Roll Cookie ncs = SF Cookie</p>	<p><b>22 No Congregate Meal Today - Join us at The Fair!!</b>  <b>Home Delivered Meal</b> Chicken Salad &amp; Cheese Sandwich Pickled Beets Apple Grape Juice</p>	<p>23 BBQ Ribbet Sandwich Scalloped Potatoes Baby Carrots Banana</p>	<p>24 Turkey &amp; Gravy Mashed Potatoes Asparagus Mixed Fruit Graham Crackers Dinner Roll</p>
<p>27 Chicken Breast with Gravy Sweet Peas Zucchini Raisins Dinner Roll</p>	<p>28 Taco Salad with lettuce, hamburger, cheese and tomatoes Apple Juice Cookie ncs = SF Cookie</p>	<p>29 Cheesy Potato Soup Carrot / Raisin Salad Peaches &amp; Cottage Cheese Crackers Fruit Pie ncs = SF Pie</p>	<p>30 Hot Beef Sandwich Potatoes Mixed Vegetables Mixed Fruit</p>	<p>31 Pork Chop with Gravy Sweet Potatoes Peas Applesauce Dinner Roll Rice Krispy Treat ncs = SF Pudding</p>