

Defiance
County
Senior
Services

November
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



Thanksgiving Luncheon



Join us **Thursday, November 8th** at Defiance County Senior Services for our delicious *Thanksgiving Lunch*.

At 11:30 pm, we'll enjoy Turkey & Dressing, Mashed Potatoes, Green Beans, Jellied Cranberries with Mandarin Oranges and pumpkin pie (or sugar free pie) for dessert! We ask a suggested donation of just \$5.00 per person.

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

Call us for reservations, transportation and details
419-782-3233(Defiance) and 419-542-5004 (Hicksville)

DCSS Auxiliary Craft Show

Saturday, November 3rd

9:00am - 3:00pm.

**Come shop with talented area crafters!
Lunch, Bake Sale and Door Prizes**

Join Us!

Healthy You!

The Alzheimer Support Group

Our monthly meeting will be held:

Thursday, November 1st 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., November 28th - 10:00am at Defiance County Senior Services. Our Thanks to the Northwest Ohio Hearing Center.

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 - November 13th & 29th at 10am

Chair Exercises - November 2nd, 6th & 21st

Music & Dancing - November 16th at 10am

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

Defiance County Senior Services will be closed:

- ◆ **Monday, November 12th** for Veteran's Day
- ◆ **Thursday and Friday, November 22nd and 23rd** for the Thanksgiving Holiday
- ◆ **and Friday, November 30th** for our annual cleaning day. Thank you!

Toe Nail Clinic

Wednesday, November 7th
at Defiance Co. Senior Services

The session begins at 9:00am until 11:00am and from 12:30pm until complete.

There is a \$15.00 charge for the toe nail clinic. Please call Kathy or Dawn at 419-782-3233 to set your appointment time.

Blood Pressure Checks

At The Defiance Senior Center

Thursday, November 1st at 9:45am with Brookview

Wednesday, November 7th and 21st at 10am with Ohio Living

Thursday, November 15th at 10:45am with Community Health Professionals

Community Action Winter Crisis Program

The Winter Crisis Program is a heating assistance program that may provide a one-time payment toward a utility and / or bulk service.

Services Available Include:

- a payment towards utility service that is currently off or in disconnection status.
- a payment to establish new service
- possible furnace repairs up to \$500
- bulk fuel delivery (propane, fuel oil, wood, coal) must have 25% or less fuel in tank.

Documentation and Income guidelines apply. (Monthly Income for 1 person - \$1,770.42, for 2 people - \$2400.42)

Please visit the community action website - www.nocac.org for more information. To schedule an appointment, call 1-844-493-1193.

Hicksville Happenings - November

Tuesday, November 6th is **Election Day**. Exercise your right to VOTE!! Call us if you need a ride to the polls - 419-542-5004.

Thursday, November 8th - Our Thanksgiving Luncheon at Defiance County Senior Services. We ask just a \$5.00 donation. Seating on our bus is limited, so please call us at 419-542-5004 for your reservation. Our bus will leave the Hicksville Center at 9:00am. After the Luncheon and the entertainment, we'll visit Big Lots in Defiance.

Tuesday, November 13th at 12:30pm - Let's go shopping at the **Goodwill store at Chapel Hill in Ft. Wayne**. They offer a 25% discount this day for senior adults! Seating on our bus is limited, so please call us at 419-542-5004 for your reservation.



LOOKING AHEAD

Tuesday, December 11th - 12:30pm - **Craig from the Hearing Aid Center** will be available to provide complimentary hearing aid cleanings and to answer any questions. Mark your calendar and join us for the FREE service.

Monday, December 17th - 4:30pm - **our Christmas Card Exchange and Pizza Party** - Don't Miss it!

The Defiance County Senior Services Auxiliary Holiday Craft Show

Saturday, November 3rd 9:00am - 3:00pm

Defiance Co. Senior Services

140 Broadway in Defiance

Phone 419.782.3233

Day Trip

Spangler's Candy & Museum Tour

Wednesday, Nov. 14th
leaving the Hicksville Center at 12:30pm
Your cost - just \$10.00 This includes transportation and the trolley ride.

Join us as we tour the wonderful Spangler Candy factory and museum in Bryan, Ohio. After the Tour, we'll enjoy dinner at The Four Seasons restaurant in Bryan. Dinner is at your own expense. Call Linda to reserve your seat - 419-542-5004
Join the Fun!!



Defiance County Senior Services will be CLOSED

Monday, November 12th for Veteran's Day

Thursday and Friday, November 22nd and 23rd for Thanksgiving

and Friday, November 30th for our annual Cleaning Day.

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

November - Hicksville Center

Monday	Tuesday	Wednesday	Thursday	Friday
		Just an FYI Our next toe nail clinic is Wednesday, Dec 5th starting at 12:30pm Call Linda for your appointment	1 10:00 Rummy / Phase 10 12:00 Grocery Shopping 12:30 Inspirational Readings	2 10:00 Bingo with Antwerp Manor 12:30 Chair Exercise
5 10:00 Skipbo 12:30 Penny Pitch	6 Election Day please call us if you need a ride to the polls 10:00 Chair Exercise 12:30 Inspire Me	7 10:00 Coffee & Conversation 12:30 Aggravation	8 No Grocery Shopping Today 9:00 To Defiance Co. Senior Center for Thanksgiving Meal 1:00 Shop at Big Lots	9 10:00 Phase 10 - card game 12:30 The Price is Right
12 <i>Defiance County Senior Services is Closed for Veteran's Day</i>	13 10:00 Corn Hole 12:30 Shop at Goodwill in Ft. Wayne	14 10:00 Coffee and Conversation 12:30 Spangler's Candy Tour & Senior's Night Out to Four Seasons in Bryan	15 10:00 Aggravation 12:00 Grocery Shop 1:00 - 2:00 Bingo	16 10:00 Music & Dancing 12:30 Cards & Games
19 10:00 Skipbo 12:30 Coloring, Puzzles & Word Search	20 10:00 Bingo with CHP 12:30 Bingo	21 10:00 Chair Exercises 12:30 Penny Pitch	22 Defiance County Senior Services will be Closed November 22nd and 23rd 	
26 10:00 Phase 10 12:30 Senior's Choice	27 10:00 Inspire Me 12:30 Bingo	28 10:00 Coffee and Conversation 1:00 - 2:30 CSFP Senior Food Box Distribution	29 10:00 Corn Hole 12:00 Grocery Shop 12:30 Senior's Choice	30 Defiance County Senior Services will be Closed

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

November - DCSS Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Saturday, November 3 DCSS Aux. Craft Show 9am - 3pm at The Senior Center 140 Broadway</p>			<p>1 9:30 Cards 9:45 Blood Pressures by Brookview 10:00 Band Stretch 10:00 Zumba 12:30 Shop @ Meijer 12:30 Bingo with Brookview 1:30 Alzheimer's Group 4:00 Yoga</p>	<p>2 9:30 Cards 10:00 Tai Chi 10:30 Crafts 11:30 Birthday Lunch</p> <hr/> <p>Sat. - November 3 DCSS Auxiliary Craft Show 9am - 3pm</p>
<p>5 10:00 Zumba 12:30 Bingo by Glen Park No Yoga Today</p>	<p>6 Election Day 9:45 Shop at Aldi's 10:00 Bible Study No Tai Chi Today</p>	<p>7 9 - 10 AM Toe Nail Clinic 9:30 Cards 10:00 Blood Pressures 10:00 Crafts 12:30 PM Toe Nail Clinic 12:30 Shop @ Kroger</p>	<p>8 <i>11:30 Our Thanksgiving Luncheon</i></p>	<p>9 9:30 Cards 10:00 Tai Chi 10:00 Crafts</p>
<p>12 Defiance County Senior Services will be Closed for Veteran's Day</p>	<p>13 9:45 Shop at Aldi's 10:00 Bible Study 10:00 Tai Chi 4:00 Yoga</p>	<p>14 9:30 Cards 10:00 Crafts 12:30 Shop @ Kroger</p>	<p>15 9:30 Cards 10:00 Band Stretch 10:00 Zumba 10:45 Blood Pressures with CHP 12:30 Shop @ Meijer 12:30 Bingo w/Twin Rivers 4:00 Yoga</p>	<p>16 9:30 9:30 10:00 Crafts 10:00 Tai Chi</p>
<p>19 10:00 Zumba 1:00 Euchre Tournament 3:00 Yoga</p>	<p>20 9:45 Shop at Aldi's 10:00 Bible Study 10:00 Tai Chi 4:00 Yoga</p>	<p>21 9:30 Cards 10:00 Crafts 10:00 Blood Pressures by Ohio Living 12:30 Shop @ Kroger</p>	<p>Defiance County Senior Services will be Closed November 22nd and 23rd</p> 	
<p>26 10:00 Zumba 10:00 Nails & Tails 3:00 Yoga</p>	<p>27 9:45 Shop at Aldi's 10:00 Bible Study 10:00 Tai Chi 4:00 Yoga</p>	<p>28 9:30 Card Club Party 10:00 Hearing Aid Checks 10:00 Crafts 1:00 - 2:30 CSFP Food for Seniors</p>	<p>29 9:30 Cards 10:00 Band Stretch 10:00 Zumba 12:30 Shop @ Meijer 12:30 Bingo by All-caring 4:00 Yoga</p>	<p>30 Defiance County Senior Services will be Closed</p>

DCSS Activities

419-782-3233

Thursday, November 1st - **The Alzheimer Support Group** meets at 1:30pm.

Saturday, November 3rd - The DCSS Auxiliary Holiday Craft Show - 9:00am to 3:00pm at The Senior Center - 140 Broadway Street in Defiance. Come shop with talented area crafters! Lunch, Bake Sale, Door Prizes and more!!

Tuesday, November 6th - is **ELECTION DAY!** Exercise your right to vote.

Wednesday, November 7th - **The Toe Nail Clinic** at 9 to 10am and from 12:30 to they are completed. There is a \$15.00 charge for the toe nail clinic. Please call Kathy or Dawn at 419-782-3233 to set your appointment time.

Thursday, November 8th - joins us at 11:30am for our **Thanksgiving Lunch**. We'll enjoy Turkey & Dressing, Mashed Potatoes, Green Beans, Jellied Cranberries with Mandarin Oranges and pumpkin pie (or sugar free pie) for dessert! We ask a suggested donation of just \$5.00 per person. Dinner tickets are on sale at both the Defiance and Hicksville Centers. Call us for reservations or transportation 419-782-3233(Defiance) and 419-542-5004 (Hicksville).

Monday, November 26th - 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

Wednesday, November 28th - **The Food for Seniors Commodities Program (CSFP)** is available from 1:00 to 2:30pm. Please call Ginny for details - 419-782-3257. Also on Wednesday, November 28th - **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.

Just a reminder: Defiance County Senior Services will be closed Monday, November 12th, Thursday and Friday, November 22nd and 23rd and Friday, November 30th.

November Bingo

Thursday, Nov. 1st - with **Brookview** at 12:30pm

Monday, Nov. 5th with **Glenn Park** at 12:30pm

Thursday, Nov. 15th with **Twin Rivers** at 12:30pm

Thursday, Nov. 29th with **Allcaring** at 12:30pm

Our Thanks to these wonderful organizations for providing our Bingo Games!!

Thank you!!

Our Thanks to the

Stark family of Stark Trucking

for purchasing a hog at The Defiance County Fair, having it processed and donated to the Senior Services Nutrition Program. We are very grateful!

Nutrition News

Thanksgiving Luncheon

Join us **Thursday, November 8th** at Defiance County Senior Services for our delicious **Thanksgiving Lunch**.

At 11:30 pm, we'll enjoy Turkey & Dressing, Mashed Potatoes, Green Beans, Jellied Cranberries with Mandarin Oranges and pumpkin pie (or sugar free pie) for dessert!

We ask a suggested donation of just \$5.00 per person.

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

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!*



Fish!!

*Yes - that Right!! The December Menu will once again have our delicious fish!
Enjoy!!*

Commodities Supplemental Food Program

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

Are You a part of CSFP??

This wonderful, income based program provides about 40 pounds of food each month to senior adults.

Questions?? To find out if you qualify, please call Ginny at 419-782-3257

**Our next distribution date is :
Wednesday, November 28th
1:00pm - 2:30pm.**



Our November Birthday Celebration is **Friday, November 2nd**

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

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

November Menu 2018

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>We love to GOBBLE UP that food at the Senior Center!!</p>	<p>ncs = no concentrated sweets sf = sugar free To access ingredients please call Delinda at 419-783-4813</p>	<p>1 Chicken Salad Sandwich Tomato Soup Orange Apple Juice Cookie ncs = sf Cookie</p>	<p>2 Dinner Ham Alt = Chicken Mashed Potatoes Cinnamon Apples Green Beans Dinner Roll Birthday Cake ncs= Angel Food Cake</p>
<p>5 Cheeseburger Tater Tots Brussels Sprouts Pears</p>	<p>6 Chicken with Gravy Sweet Potatoes Broccoli Peaches Dinner Roll Cookie ncs = sf cookie</p>	<p>7 Sloppy Joe with Cheese Ranch Potatoes Harvard Beets Fruit Cocktail (No Salad Bar Today)</p>	<p>8 Thanksgiving Dinner Turkey & Dressing French Green Beans Mashed Potatoes Jellied Cranberries w/ Mandarin Oranges Dinner Roll Pumpkin Pie ncs = sf Pie</p>	<p>9 Ham & Bean Soup Alt = Chicken & Bean Soup Cole Slaw Crackers Apple Orange Juice Wheat Bread</p>
<p>12 <i>Defiance County Senior Services will be closed in observance of Veteran's Day</i></p> 	<p>13 BBQ Pork Sandwich Baked Beans Pickled Beets Grape Juice Sugar Cookie ncs = sf Cookie</p>	<p>14 Chicken Noodle Soup 3 Bean Salad Tropical Fruit Raisins Crackers Hawaiian Roll salad bar in café</p>	<p>15 Goulash Italian Blend Vegetables Mandarin Oranges Asparagus Bosco Stick</p>	<p>16 Beef & Bean Burrito with Cheese and Enchilada Sauce Stewed Tomatoes Spanish Rice Fruit Cocktail Butterscotch Pudding ncs = sf pudding</p>
<p>19 Chicken Strips Diced Red Potatoes Asparagus Pineapple Tidbits Dinner Roll</p>	<p>20 Spinach Lasagna Lima Beans Apple Crisp Garlic Bread</p>	<p>21 Beef Vegetable Soup Waldorf Salad Carrot & Celery Sticks with Peanut Butter Crackers salad in café</p>	<p>Senior Services will be closed November 22nd and 23rd for Thanksgiving</p>	
<p>26 Teriyaki Chicken Strips Stir Fry Vegetables Brown Rice Cabbage Mandarin Oranges Wheat Bread</p>	<p>27 Beef Manhattan Mashed Potatoes Peas & Onions Pears Cookie ncs = sf Cookie</p>	<p>28 Chili & Cheese Peaches Cornbread Sugar Free Jell-O with Pineapple salad bar in café</p>	<p>29 Chicken Paprika over Noodles Broccoli Tropical Fruit Salad Cauliflower Hawaiian Bread</p>	<p>30 Egg Salad Sandwich Carrot & Raisin Salad Potato Salad Tangerine We are closed Nov.30. This meal will be delivered on Nov 29th</p>