



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



See Page 2 for details for Summit 60 & Defiance County Senior Services 2nd Annual Community Fall Festival!

YOU are not going to want to miss this one!

Entertainment by: THE HUBIE ASHCRAFT BAND!

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



SPECIAL EVENTS & TRIPS WITH SUMMIT 60 PAGE 02 | SEPTEMBER 2024 NEWSLETTER

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. 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!!

McQueen's Orchard Tues. Oct. 8th, 10:00am

Transportation is \$5 Tickets on sale Thurs, Sept. 19th at 9am

Let's go apple picking! Not only will we get some apples but some other delicious goodies and a lunch out! Thurs. Oct. 10th, 4:30pm Only \$10

October Evening Meal

<u>Tickets on sale</u> <u>Thurs, Sept. 19th at 9am</u>

We are back at it with our Halloween evening meal with a not so spooky magic show!





DAY AT THE MOVIES Wed. Sept. 4th 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.

MAUMEE ANTIQUE MALL

Fri. Sept. 6th | 10:00am Maumee, OH|\$5 - Transportation We are adventuring out to the Maumee Antique Mall and having a delicious lunch at Culvers!

ALZHEIMER'S WALK

Sat. Sept. 7th 8:30am See page 6 for more details!

MYSTERY LUNCH

Wed. Sept. 11th|10:00am \$5 Transportation We will be heading to out of Summit 60 in Defiance at 10am for this month's Mystery Lunch!

> COMMUNITY FALL FEST Tues. Sept. 17th 5:00pm

See to the left for more details

(SOLD OUT) TOLDEO MUDHENS

BASEBALL GAME Wed. Sept. 18th 10:30am Rescheduled from this summer.

FLAT ROCK FESTIVAL

Fri. Sept. 20th|10:00am Paulding, OH|\$5 Transportation Lets give our Paulding county neighbors a visit at the 2024 Flat Rock Festival!

SENIOR NITE OUT

Tues. Sept. 24th|4:00pm Ft. Wayne, IN|\$5 Transportation Join us as we dine at Salvatori's for an amazing Italian dinner with good friends and of course 50/50!!

SAUDERS VILLAGE TRIP

Fri.. Sept. 27th | 9:30pm Archbold, OH | \$40 Transportation, Admission and All you can Eat Buffet included! Join us as we head over to Sauder's Village to enjoy a beautiful fall day

SUMMIT 60 SOCIAL CENTER OF DEFIANCE ACTIVITIES SEPTEMBER 2024 NEWSLETTER | PAGE 03

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
LABOR Day Closed for Labor Day	2:00 UNO	9-11:45 Toe Nail Clinic By Appt Only!! 9- Cardio Drumming 9:30-2- Yahtzee Tournament 10- Movie Day by Kingsbury Place 10- Cardio Drumming 11- Scrabble 12:30— Puzzles 3:45- Yoga -\$5	9:30 Pepper 10-11- Creative Crafts with Dawn Ludwig 11:30 Trivia in the Cafe 11:30 BP with Health Dept <u>.</u> 12:30- Bingo by Vancrest 1- Alzhiemer's Support Group 1:30-Shoot pool, Play Pac-man, & Pinball	Birthday Day 9-Cardio Drumming 9:30 Pepper 9;30 Maumee Antique Mall Trip—\$5 10- Tai Chi 11:30 Yoga—\$5 11:30 Birthday Lunch 12:30- Puzzles 1-2 Zumba—\$5
9	10	11	12	13
9– Cardio Drumming 9:30 Pepper 10– Cardio Drumming 11- Uno 12:30– Bingo with North Crest 1:30—Shoot pool, Play Pac-man, & Pinball	Ant on a Log Day 9-10:30 Shopping at Meijer's 9:30- Pepper 10- Bible Study 10- Tai Chi 11—Shoot pool, Play Pac-man, & Pinball 12:30—Scrabble 1-2 Zumba—\$5 1:30-3pm UNO	9- Cardio Drumming 9:30-2:30- Yahtzee Tournament 10- Mystery Lunch- \$5 10-Cardio Drumming 10:30-2pm- UNO 12-2pm Scrabble 1-3pmPuzzles 3:45- Yoga -\$5	9:30– Pepper 10:30 UNO 11:30 Trivia in the Cafe 11:30-12;30 BP by Lexi 12:30pm Puzzles 1-3pm-Shoot pool & Play Pac-Man & Pinball	9-Cardio Drumming 9:30 Pepper 10-Tai Chi 11:30 Yoga—\$5 12:30—Puzzles 1-2 Zumba—\$5 2pm– Shoot pool, Play Pac-man, & Pinball
16	17	18	19	20
National Choose your Chocolate Day 9—Cardio Drumming 9:30 Pepper 10- Cardio Drumming 10:30 Euchre Tournament 12:30 Bingo by Kingsbury Place 1-3pm –Puzzles 1:30–UNO	9-10:30 Shopping at Walmart 9:30– Pepper 10– Bible Study 10– Tai Chi 11- Puzzles 12:30– Shoot Pool & Play Pac-Man & Pinball 1-2 Zumba—\$5 2- UNO 5pm-Fall Festival -\$15	9-Cardio Drumming 9:30 Yahtzee Tournament 10- Cardio Drumming 12:30 –Scrabble 1:30 Domino's 2-3 Boggle 3:45– Yoga -\$5	9:30 Pepper 10:30-UNO 11:30 Trivia In the Café 12:30 Bingo by Antwerp Manor 1-2pm Creative crafts with Dawn Ludwig 2pm– Shooting pool, Pac-Man, Pinball	9– Cardio Drumming 9:30 pepper 10– Tai Chi 10– Flat Rock Festival- \$5 11:30 Yoga—\$5 12-3pm– Puzzles 1-2 Zumba—\$5 2pm– Shooting pool, Pac-Man, Pinball
23	24	25		27
9– Cardio Drumming 9:30 Pepper 10- Cardio Drumming 11– Penny Pitch with Meadows of Kalida 12:30- Summit 60 BINGO! 1–Puzzles 2– Boggle	9-10:30-Shopping at Aldi's 9:30 Pepper 10-Bible Study 10- Tai Chi 11- Shoot pool & play Pac-Man & Pinball 12:30-UNO 1-2 Zumba—\$5 4- Senior's Nite Out-\$5	9- Cardio Drumming 9:30 Yahtzee Tournament 10 -Cardio Drumming 11 -Scrabble 12:30 ONO 2- Boggle 3:45- Yoga -\$5 Commodity Pick up 1pm-2:30pm	National Love Note Day 9:30- Pepper 10:30 Scrabble 11:30 BP by Lexi 11:30 Trivia in the Cafe 12:30 Bingo by CHP 1:30 UNO 2- Shoot pool & play Pac-Man & Pinball	9- Cardio Drumming 9:30 Trip to Sauder's Village Cost \$40 9:30 Pepper 10-Tai Chi 11:30 Yoga—\$5 12:30- Scrabble 1-2 Zumba—\$5 1:30 -Boggle

SUMMIT 60 SOCIAL CENTER OF DEFIANCE ACTIVITIES CONT.

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30		
National Chewing Gum		KEY:
<u>Day</u>		
9– Cardio Drumming		Green: Trip or
9:30 pepper		Event
9-3pm Pac– Man ,		Lvent
Pinball, and Shooting		Red: Theme of
Pool		the day
10– Cardio Drumming		_
12:30– Uno		Orange: Grocery
1 -Puzzles		Trip
2- Scrabble		
		Blue: Activities
		with a low cost

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!



IN OTHER NEWS... PAGE 05 | SEPTEMBER 2024 NEWSLETTER

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

<u>Event Sponsors:</u> Moose Lodge of Defiance Jim Schmidt Dealerships VFW of Defiance Arc Solutions General Motors Defiance Nemco Food Equipment The Wholesale House



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

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!



HEALTH AND WELLNESS SEPTEMBER 2024 NEWSLETTER | PAGE 06

CARDIO DRUMMING 9 AM & 10 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!

ZUMBA WITH SANDY

1:00 PM TUE & FRI | \$5 Join us for this fun new dance exercise class!

THE FITNESS CENTER AT SUMMIT 60

DAILY 7 AM - 3 PM | FREE

September is Tational Suicide Prevention Month

Suicide is one of the leading causes of death in the United States. Older adults tend to have higher rates of suicide for a number of reasons including depression, loss of a loved one, physical and cognitive decline, lack of social interaction and financial troubles.

In 2022, among the nearly 49,449 suicides that took place in the US, 10,433 were attributed to people age 65 and up.

If you or someone you know is displaying some of the signs of suicide listed below, you can call 988 for the Suicide & Crisis Lifeline

Loss of interest in activities they used to enjoy

Giving away beloved items or changing Wills

Avoiding social activities

Neglecting self-care, medical care & grooming

Exhibiting a preoccupation with death

Lacking concern for personal Safety.





BLACK SWAMP/DEFIANCE

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

SAT. SEPT. 7, 2024 KINGSBURY PARK

52 Time: 9:00 am Check in and activities; 10:00 a.m. Opening and Promise Garden Ceremony

Location: Kingsbury Park 118 Auglaize St. Defiance, OH 43512

Remember, Ask the questions, Be there, Keep them safe, Help them connect and Follow up. "While the person who completes suicide, dies once. Those left behind die a thousand deaths,

reliving the moment and trying to figure out Why."

SUMMIT 60 SOCIAL CENTER OF HICKSVILLE ACTIVITIES

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02	03	04	05	06
LABOR Day	Center Closed.	Center Closed. Movie Day	10:00am- Cardio Drumming 11am-Blood Pressure Checks	Center Closed. Antique Mall
CLOSED for Labor Day			12:30pm– Fact or Fiction Game	
09	10	11	12	13
10:00am—Skip-Bo 1:00pm—BINGO with Antwerp Manor	Center Closed.	Center Closed. Mystery Lunch	10:00am– Cardio Drumming 1pm– Smile Toss Game	Center Closed.
16	17	18	19	20
10:00am—Rummy 1:00pm—BINGO	Center Closed.	Center Closed.	10am-Cardio Drumming	Center Closed. Flat Rock Festival
Select Medical Rehab	Community Fall Festival at Summit 60		11am– Blood Pressure Checks	
Choose your chocolate day!	Defiance		12:30pm—Toenail Clinic—\$15 1pm- Price is Right	
			Game	
23	24	25	26	27
10:00am—Skip-Bo 1:00pm—BINGO with Vancrest of Hicksville	Center Closed. Senior Nite Out	Center Closed. Commodity Pick up 12:30pm-2pm	10am-Cardio Drumming 1pm- Name that tune	Center Closed. Sauder's Village Trip
			Love Note Day!	
30				
10:00am—Rummy 1:00pm—BINGO with Smith Farm Manor Birthday Celebrations!!			When Summit 60 of Hicksville is closed, please join us at Summit 60 in Defiance! If you need a ride please let Jenn know!	KEY: Green: Trip or Event Red: Theme of the day Orange: Grocery Trip Blue: Activities with a low cost to them!

NUTRITION NEWS SEPTEMBER 2024 NEWSLETTER | PAGE 08



NO MEALS ON WHEELS DELIVERIES

We will not be delivering meals on the following dates:

Monday, September 2nd

Defiance County Senior Services & Summit 60 Social Centers will be closed and not delivering Meals on Wheels to observe Labor Day. We will resume normal operations 9/3.

COMMODITY BOX PICK UP

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

Wed. September 25th

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

<u>Please no pets at pick up,</u> <u>Thank you!</u>



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!



NUTRITION NEWS CONT. PAGE 09 | SEPTEMBER 2024 NEWSLETTER



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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COMMUNITY WSLETTER

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SUMMIT 60 CAFÉ & MEALS ON WHEELS MENU

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	ct availability	sed upon produc	Menu is subject to change based upon product availability	Menu is subje	30 Sloppy Joe Succotash Tater Tots Fruit cocktail
call Ginny 419 782-3321	BBQ Ribs Baked Beans California Blend Ambrosia Salad Dinner Roll	26 Beef Manhattan Cauliflower with Cheese Sauce Spinach Fruit Cocktail Dinner Roll	Potato Soup Tossed Salad Cottage Cheese Pears	Pork Chop Scalloped Potatoes Brussels Sprouts Apricots Cornbread	23 Grilled Chicken Sandwich Potato Wedges Green Beans Mandarin Oranges
To cancel a meal, or inquire about ingredients, please	20 Spaghetti and Meat Sauce Cole Slaw Asparagus Hot Cinnamon Peaches Garlic Bread	19 Hamburger Gravy Mashed Potatoes Blueberry Crisp Carrot Raisin Salad Dinner Roll	Tomato Soup 18 Grilled Cheese Sandwich Broccoli Salad Tropical Fruit	Swedish Meatballs 17 Over Noodles Lima Beans Corn Banana Wheat Bread	Fish Sandwich 16 Hash Brown Casserole Pea Salad Baked Apples
Meals must be consumed within 30 minutes of delivery, or refrigerated and reheated at 350	13 Cook's Choice	Cheeseburger Baked Beans Potato Salad Strawberries	11 Beef Vegetable Soup Tossed Salad Fresh Apple Bosco Stick	10 Sweet and Sour Chicken Brown Rice Oriental Vegetables Egg Roll Orange Juice Whole Wheat Bread	9 Pulled Pork Sandwich Sweet Potato Casserole Peas and Carrots Raisins
<u>News</u> Home Delivered	BBQ Chicken Winter Blend Vegetables Baked Apples 3 Bean Salad Dinner Roll Birthday Cake	5 Salisbury Steak Scalloped Potatoes Corn Apple Juice Dinner Roll	4 Chili Peanut Butter and Jelly Sandwich Tossed Salad Diced Peaches	3 Beanie Weenies Steamed Cabbage Applesauce Cherry Crisp Cornbread	Closed ² For Labor Day
0-	FRIDAY	THURSDAY	WEDNESDAY	TUESDAY	MONDAY
2024		Meals 419 7	Home Delivered Meals 419 782-3321	Hom	



`_September_

FOLLOW US ON FACEBOOK AT **f**

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, Ric Varner

Transportation Team Dennis Scott, Keith Ashbacher, Oline Hill





FUNDING SOURCES FOR DEFIANCE COUNTY SENIOR SERVICES:

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

Thank you for your continued support!