

Our Times

Defiance County Senior Services

February 2012



Tax Season is Back at Defiance Senior Services



Free Tax Preparation available at Defiance and
Napoleon:

AARP Tax-Aide is the nation's largest volunteer-run tax assistance and preparation service for low- and middle-income taxpayers with special attention to those age 60 or older.

The NW Ohio branch will be preparing tax returns at the Defiance Senior Center Jan.31st through April 14th. Most individual Federal, State, and School District tax returns can be prepared and e-filed. There is no charge for the service, no age limit and AARP membership is not required.

If interested, please call Kathy at the Defiance Senior Center at 782-3233 to make an appointment. Preparation days will normally be on Tuesday, Thursday and Fridays with some exceptions.



Valentines Day Luncheon Party



Place Defiance: Defiance Senior Center

Time: 11:30-1pm

Date : Tuesday February 14th

Musical Entertainment by Bob Clark from 12-1pm.

Also door prizes will be given away to celebrate the Valentine Holiday.

The meal for the event will be : Super Chicken, Mashed potatoes and Gravy, Corn, Cole Slaw, Valentine cup cakes, dinner roll, and peaches.

We will be selling pre-sold ticket for the days event because seating is limited. Tickets are available NOW for a suggested \$3.00 donation.

For more information please contact Dawn at 419-782-3233. Hope to see you there!

Our Sponsors

♦ The Defiance
County Senior
Services Tax Levy

♦ The Defiance
County
Commissioners

♦ The Area Office
on Aging of
Northwestern
Ohio

♦ The Defiance
County Senior
Services
Auxiliary

♦ And through
Your Generous
Donations

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Transportation - Rides to Doctor Appointments, Grocery shopping and more. In Defiance, call us at 419-782-3233 and in Hicksville, Call 419-542-5004. We suggest a donation of \$1.00 per mile. Your donations are greatly appreciated.

Notary Services - Available at both Centers

Legal Assistance - Legal Aide is every 3rd Tuesday of every other month at 10:00am. Please call Kathy for an appointment at 419-782-3233. **Next Date for an appt. will be March 20th, 2012.**

Health Matters

Alzheimer Support - The Alzheimer Support and Information Groups will meet at both the Hicksville and Defiance County Senior Services on Thurs., Feb. 2nd at 1:30pm. Individual consultations are also available. **Then a evening session, every 3rd Tuesday of the month at 7pm at the Defiance Center only.**

Speakers:

@ **Defiance Center** - Feb. 1st at 1pm

Stephanie Small from the Defiance Public

Library will have a presentation on Finding Your Next Favorite Read+ She will have a give-away of a \$25.00 gift card to Bookland for one lucky winner.

Tuesday Feb. 7th. Speaker from Village of Wayne Trails at 10:30am

Wednesday Feb. 8th. Speaker from Twin Rivers
On various topics.

Monday Feb. 13th. Vicki Griffith from OExO

Tuesday Feb. 21st. Speaker Randy Buchman from the Tuttle Museum at 1pm.

Blood Pressures:

Defiance Co. Sr. Center - Thursday, Feb. 2nd at 9:30am by Brookview. Then on Feb. 16th Blood Press. Clinic by CHP at 10:45.

Hicksville Senior Center - Blood Pressures will be February 2nd, 16th, 23rd.

Then from 9-11:30 the Health dept will be at the Hicksville Center on Feb. 9th .

Toe Nail Clinic

Wednesday, Feb. 1st
at The Hicksville Center.
Please call Pat at 419-542-5004
to make your appointment. Thank you!

Rest and Recuperation

The Defiance County Senior Services Rest and Recuperation Program provides several hours of care to recipients each week. Our trained volunteers visit the homes of individuals with Alzheimer's Disease to provide the primary caregiver with a break. For more information, please contact us at 419-782-3233 and ask to speak with Sheri or Ginny.

Due to the President's Day Holiday the Euchre Tournament will be Feb 27th at 1:30pm. Thank You, for any questions please contact Dawn at 419-782-3233.

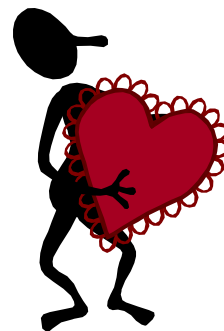
In Good Taste

Lunch is served weekdays
At Defiance County Senior
Services at 11:30am to 1pm
and at The Hicksville
Center at 12:00. Our
Birthday Meal will be
celebrated on February 3rd

Happy Birthday!!



Be sure to have your Senior Services Frozen Meals at home for the bad weather days ahead. Please speak with your friendly Home Delivered Meal route Driver or call Delinda at 419-782-3321



Friendly Reminder!

Please make sure you make your reservations for lunch and evening meals and any special meal we may have listed in the newsletter. Thank You

To access meal ingredients, contact us at 419-782-3321

Menus subject to change with food availability Reduced Fat, Reduced Sodium, High Flavor, Frozen Meals are available at Your Senior Center

Evening Meal Info

Hicksville– Thursday Feb.9th starting at 5pm a meal of Beef and Noodles, mashed potatoes, Green beans, fruit cocktail, whole wheat roll, and orange jell-o. Then at 6pm music by Frank Westfall.

Defiance– Tuesday Feb. 14th Luncheon Party from 11:30-1pm with a meal of Baked Fried Chicken, Mashed Potatoes & Gravy, Corn, Cole Slaw, Dinner Roll, Peaches, and Valentine cup cakes. Then from 12-1pm Music by Bob Clark, and door prizes to be given away. We are Selling pre-sold tickets for the days event for a suggested \$3.00 donation.

A Reminder

Participants may determine for themselves what they are able to contribute toward the cost of a meal. No Older Adult will be denied a nutrition service due to inability to contribute.

Our suggested donation for a lunch is \$3.00. Our Suggested donation for an Evening Meal is \$5.00

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
|  | | <p>1 9- Bowling 9- Walking Club 10- Readers Group 12:30 Shop at Kroger's 12:30 Choir 1- Stephanie Small on "Finding Your Next Favorite Read"</p> | <p>2 9-Walking Club 9:30- Blood Press. By Brookview 10-Zumba 10:30 Cards 12:30- Shop at Meijer's 12:30 Bingo by Brookview 1:30- Alzheimer's Group 3:30 Yoga with Sue</p> | <p>3 9:30- Sit down dancing 10- Defiance Remembers talking on Old time Valentines 10:30 Cards 11-Crafts 11:30 Birthday Lunch</p> |
| <p>6 9- Walking Club 10- Zumba 10- Sit down dancing 10:30 Cards 12:30- Bingo by Twin River's 6-9pm Music by Float Meade and Friends</p> | <p>7 9-Walking Club 9:30-Chair Stretches 9:45 Shop at Aldi's 10-Bible Study 10:30 Speaker from Village of Wayne Trails 3:30-4:30 Yoga with Sue 4:00 Senior's Nite Out to For All Seasons in Bryan</p> | <p>8 9-Walking Club 9-Bowling 10-Reader's Group 10:45 Speaker from Twin River's 12:30 Shop at Kroger's</p> | <p>9 9- Walking Club 10- Zumba Class 10:30 Cards 12:30 Shop at Meijer's 12:30 Bingo by Kingsbury House 3:30-4:30 Yoga with Sue</p> | <p>10 9:30 Sit down dancing 10-Trivia with Dan 11- Crafts</p> |
| <p>13 9- Walking Club 9:30- Sit down dancing 10- Zumba 10:00 Speaker Vicki Griffith from OEXO 11- Donna Lambert with her piano music 12:30 Bingo by CHP</p> | <p>14 9-Walking Club 11:30-1pm Valentines Day Luncheon Party 3:30 Yoga with Sue</p> | <p>15 9- Bowling 9- Walking Club 10-Reader's group 10:30 Cards 12:30 Choir 12:30 Shop at Kroger's</p> | <p>16 9-Walking Club 10- Zumba Class 10:30 Cards 10:45 Blood Press. Clinic By CHP 12:30 Shop at Meijer's 12:30-Bingo by De Tray Chiropractic 3:30-4:30 Yoga with Sue</p> | <p>17 10- Sit down dancing 10:30 Cards 11- Crafts 12:15 Dan Gariepy</p> |
| <p>20 Closed for President's Day Holiday </p> | <p>21 9- Walking Club 9:30 Chair Stretches 9:45 Shop at Aldi's 10-Bible Study 1- Speaker from Tuttle Museum Randy Buchman 3:30- 4:30 Yoga with Sue 7pm- Alzheimer's Group</p> | <p>22 9- Walking Club 9-Bowling 10-Reader's Group 10:30 Cards 12:30 Shop at Kroger's 1-3pm Senior Food Pick-up date</p> | <p>23 9- Walking club 10 Zumba 10:30 Cards 12:30 Shop at Meijer's 12:30 Bingo by Ameri-Care 3:30-4:30- Yoga with Sue</p> | <p>24 9:30 Sit down dancing 10- Cards 11- Crafts 11:30 Music by Allen Seibert</p> |
| <p>27 9- Walking Club 10-Sit down dancing 10- Zumba 10:30 Cards 12:30 Bingo by Meadow of Kalida by Heather Reynolds 1:30 Euchre Tournament</p> | <p>28 9-Walking Club 9:30 Chair stretches 9:45 Shop at Aldi's 10- Bible Study 10:30 Cards 3:30-4:30 Yoga with Sue</p> | <p>29 9-Bowling 9- Walking Club 10- Reader's Group 12:30- Shop at Kroger's</p> |  | |

February 2012

For more Info call Pat 419-542-5004

| Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|---|--|---|--|--|-----|
|  | | 1 9- Bowling 11- Wii Bowling 12:30 Toe Nail Clinic Call Pat for an Appt. 12:45 Karaoke with Ed | 2 10:30 Blood Press. 11- Wii Bowling 12:45 Bingo 1:30 Alzheimer's Meeting | 3 11- Wii Bowling 12:00 Birthday Lunch 12:45 Euchre | 5 |
| 6 11:00 Wii Bowling 12:45 Euchre | 7 9:30- Pack Commodities 11- Wii Bowling 11- Mystery Lunch 12:45 Bingo | 8 9:00 Bowling 9:30 Deliver Commodities 11- Wii Bowling 12:45 Karaoke with Ed | 9 8:00 Shop at Defiance 9-11 Health dept. 12:45 Bingo 5pm- Evening Meal 6pm- Music by Frank Westfall | 10 11:00 Wii Bowling 12:45 Euchre | 11 |
| 13 10-Wii Bowling 12:45 Euchre | 14 7:30 Breakfast and Walmart 12:45 Valentines Party by Community Health Professional NO BINGO  | 15 9:00 Bowling 11- Wii Bowling 12:45 Karaoke with Ed | 16 10:30 Blood Press. 12:45 Bingo by Kingsbury House | 17 11:00 Wii Bowling 12:45 Euchre | 18 |
| 20 Senior Center Closed for President's Day  | 21 11- Wii Bowling 12:45 Bingo by Manor House 5:00 Senior's Nite Out to Rita's in Edgerton Ohio | 22 9:00 Bowling 11- Wii Bowling 1-3pm Pick-up date for Senior Food Boxes | 23 8:00 Shop at Defiance 10:30 Blood Press. 12:45 Bingo | 24 11:00 Wii Bowling 12:45 Euchre | 25 |
| 27 11- Wii Bowling 12:45 Euchre | 28 11:00 Wii Bowling 12:45 Bingo with Manor House | 29 9- Bowling 11- Wii Bowling 12:45 Karaoke with Ed |  | Legal Aide is every other Month on the 3rd Tuesday of that Month . Next legal Aide date is March 20th 2012. Please call Kathy or Pat to make an Appt. | |

DCSS Bulletin Board

An Transportation Reminder

****A friendly reminder to those who use the Defiance County Senior Service Transportation, please give Kathy a call if your appointment has been cancelled or changed. This will eliminate unnecessary trips to your home. And provide transportation for someone else who may need it.** Thank you**



Open Mic Nite: Due to the Holidays in February Float Meade and Friends are at Defiance Senior Center on Feb. 6th from 6-9pm only. We are closed Feb. 20th for Presidents Day! See ya then.

Reader's Group meets every Wednesday of the month in our own Senior Center Library. This group selects books to discuss and share with each other in a group from 10-11am. Come in and join them, they would be glad to have you!



Alzheimer's Support Groups meet at the Defiance Senior Center on every First Thursday of every month at 1:30pm and every 3rd Tuesday Evening at 7pm in our own reflection room. And at the Hicksville Center The first Thursday of every month at 1:30pm also.

For any questions about these group meeting please contact Ginny or Sheri at 419-782-3233

Looking to Volunteer?

Defiance County Senior Services is looking for volunteers to work in our café. If interested please call Ginny at 782-3257.

February 2012

To access ingredient content, please call Delinda at 419- 782-3321

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| <p>LS Alt= Low Sodium Alternate LF Alt= Low Fat Alternate (These items must be ordered ahead)</p> |  | <p>1 Chili with Beans Baked Potato Golden Cornbread Frosted Fruit</p> | <p>2 Turkey and Noodles Cornbread Dressing Mashed Potatoes Carrot & Raisins Salad Grape Juice</p> | <p>3 Super Bowl XLVI BBQ Chicken Scalloped Potatoes Broccoli Salad Whole Wheat Roll Purple Plums Birthday Cake</p> |
| <p>6 Black History Month Gala BBQ Ribs (BBQ Chicken-LS/LF Alt) Macaroni & Cheese Prince Charles Blend Golden Cornbread Grape Juice Crumb-Topped Peaches</p> | <p>7 Meat Loaf Baked Beans Diced Tomatoes Waldorf Fruit Salad Buttermilk Biscuit</p> | <p>8 Chicken Salad Broccoli & Cheese Stuffed Baked Potato Apple Slices Bun</p> | <p>9 Roast Turkey Savory Bread Dressing Sautéed Peppers & Onions Green Beans Casserole Orange Juice Wheat Bread</p> | <p>10 Chef's Choice</p> |
| <p>13 Honey Baked Ham (Chicken Breast- LS Alt) Baked Sweet Potato Venetian Blend Vegetables Croissant Mandarin Oranges</p> | <p>14 Valentine's Day Oven Baked Fried Chicken Mashed Potatoes with Gravy Corn Cole Slaw Whole Wheat Roll Peaches Valentine Dessert</p> | <p>15 Mushroom & Swiss Burger On a Bun Three Bean Salad Cauliflower Apricots</p> | <p>16 Meat Lasagna Italian Blend Vegetables Breadstick Orange Juice Plum</p> | <p>17 Pork Chops/with Gravy Diced Potatoes Stewed Tomatoes Golden Cornbread Peaches & Pears</p> |
| <p>20 Closed for President's Day</p>  | <p>21 Turkey & Swiss Sandwich Brussels Sprouts Potato Chowder Apple Juice</p> | <p>22 American Heart Month Lemon Baked Cod Hearty Rice Pilaf Toss Salad Orange Juice Whole Wheat Bread Calico Fruit</p>  | <p>23 Succulent Roast Beef with Potatoes and Carrots Whole Wheat Roll Orange</p> | <p>24 Lenten Friday Chef's Choice</p> |
| <p>27 Chicken & Dumplings Carrots Coins Steamed Cabbage Whole Wheat Bread Mandarin Oranges</p> | <p>28 Chuck Wagon Steak Green Peas Mashed Potatoes with Gravy Pineapple Tidbits Whole Wheat Roll</p> | <p>29 Hearty Beef Stew Over Biscuit Tossed Salad w/Dressing Tropical Fruit</p> |  | |

Defiance County Senior Services - February Activity Highlights

Defiance Co. Senior Center

Mondays - Walking club at 9am daily

Sit Down & Dance weekly - 10am

Zumba at 10am weekly

Feb. 6th. 6-9pm Float Meade and Friends

Feb. 13th-Piano Music by Donna Lambert at 11am

Bingo - Feb. 6th, 13, and 27th at 12:30

Euchre Tournament - **Feb. 27th- 1:30pm** due to

Holiday on Feb. 20th.

Feb. 20th Senior center Closed for President's Day

Feb.21st –Alzheimer's Evening Support Group at 7pm

Tuesdays - Walking Club at 9am weekly

Chair Stretches by Twin Rivers - 9:30am - weekly

Bible Study -10:00am - weekly

Senior's Nite Out—Feb.7th– to Four All Seasons in Bryan Ohio what used to be Lester's

Feb 7th. Speaker from Village of Wayne Trails

Feb.14th Valentines Day Luncheon Party from 11:30 –1pm

Feb. 21st– Speaker Randy Buchman from the

Tuttle Museum at 1pm

Shop at Aldi's at 9:45 weekly

3:30pm . 4:30pm - Yoga Classes with Sue

Wednesdays - Walking club at 9am

Bowling - 9:00am - weekly

Book Club at 10:00 - weekly

Kroger shopping at 12:30pm - weekly

Choir. Feb. 1st and 15th at 12:30pm

Speaker. Stephanie Small from the Defiance Public

Library doing a presentation on **finding Your Next Favorite Read** and a chance to win a \$25.00 gift certificate from Bookland on Feb. 1st

Speaker by Twin Rivers on Feb. 8th at 20:45 on various topics

Thursdays - . Walking club at 9am

Zumba Class from 10-11am weekly

Blood Pressures - Feb. 2nd 9:30:am by Brookview

Blood Press. Clinic by CHP at 10:45 on Feb.16

Alzheimer's Support Group - Feb. 2nd- 1:30pm.

Bingo. Feb. 2nd, 9th, 16th, 23rd. at 12:30

3:30pm - 4:30pm Yoga with Sue

Fridays - 9am walking club

Sit down dancing - 10am on Feb.6th , 13, and 27th then at 9:30am on Feb. 3rd, 10th, and 24th

Feb. 3rd - 10:00am Defiance Remembers

Every Friday Crafts through out the day check newsletter for times.

Trivia with Dan– Feb.10th only

Hicksville Center

Mondays - Wii Bowling weekly - 11:00am
Euchre - 12:45 weekly

Closed on Feb. 20th for President's Day

Tuesdays - Feb.14th-7:30am Breakfast and Shop at Wal-Mart

11am Wii Bowling

Feb. 7th. Valentines Party by Community Health Professionals

Feb. 7th. 9:30am Pack Commodities

Feb.7th-11am Mystery Lunch

Feb.21st. Senior's Nite Out to Rita's in Edgerton Ohio at 5pm

Bingo - 12:45pm weekly

Wednesdays - Bowling - 9:00am - weekly,

Wii Bowling. 11am weekly

Feb.1st Toe Nail Clinic at 12:30. Please call Pat for an appointment.

9:30am. Deliver Commodities on Feb.8th

Karaoke with Ed - 12:45pm weekly,
1-3pm Date for Senior Food Boxes on Feb.22nd

Thursdays

Bingo - 12:45pm - weekly

Blood Pressures - Feb.2nd, 16th 23rd.at 10:30. Then on Feb. 9th the Health dept. from 9-11:30.

Feb. 9th and 23rd Shop in Defiance at 8am

Feb. 9th Evening Meal at the Hicksville Pavilion

staring at 5pm, then at 6pm music by

Frank Westfall.

Fridays - 11am Wii Bowling -weekly

Euchre -12:45pm .

Bring a new face to Lunch at the Hicksville Center and Pat will be giving away a nice gift for your efforts. Call Pat for more details at 419-542-5004..

