



Defiance County
SENIOR SERVICES

March 2023
HAPPY ST. PATRICK'S DAY!
"OUR TIMES"

Keep up with our events on Facebook!
www.facebook.com/Defiance County Senior Services

GREAT EVENTS TO KICK OFF SPRING!

Senior's Night Out Thursday, March 9 - **EVENT IS SOLD OUT!**

MEET & GREET LUNCH WITH
CONGRESSWOMAN MARCY KAPTUR
MONDAY, MARCH 13 at 12:00 PM
IN THE DEFIANCE CENTER AUDITORIUM

Hicksville Senior Center
FREE Pizza Party

Tuesday, March 14
5 to 7 pm

Includes pizza, salad and soft drinks.
419.542.5004

Defiance Senior Services

MARCH EVENING MEAL

THURSDAY, MARCH 16

4:00pm-6:30pm



4:30pm – 5pm Molly's Irish Dancers
5:30pm– 6:30 pm Trivia with Dawn, See
what team will win the Pot O' Gold!

Corned Beef & Cabbage Dinner

Tickets - \$8 at door – first come basis.
Transportation is available! Call 419.782.3233 for
your ride!

"OUR TIMES" is published by:

Defiance County Senior Services
Defiance Senior Center
140 East Broadway Street
Defiance, OH 43512
dcss@defiancecounty.oh.gov
defiance-county.com/senior_services
www.facebook.com/Defiance County Senior Services

419.782.3233

Business hours: Monday through Friday
7 am – 3 pm

Hicksville Senior Center

708 East High Street
Hicksville, OH 43526

419.542.5004

Business hours: Monday and Thursday
9 am – 2:30 pm

ATTENTION DEFIANCE
CONGREGATE DINERS
EFFECTIVE MARCH 1, 2023

Lunch is served Monday thru
Friday from 11:30 am – 12:30 pm.
Reservations **MUST** be made no
later than 8 am in person or by
calling 419.782.3233 the day of,
if you wish to receive the
advertised meal.

An alternate meal will be served to
those **without a reservation**. The
alternate meal will vary with
product availabilitv.

Need to cancel your
home-delivered meal?

Give Ginny a call as early in the
morning as possible at:
419.782.3321

It's that time AGAIN!

SPRING YOUR CLOCK
ONE HOUR AHEAD ON
SUNDAY, MARCH 12



Don't forget!

March Senior Center Events

See pages 4 and 5 for daily activities at both centers.

March 1 (Wednesday) – **Foot Care Clinic** at Defiance. Call Dawn for an appointment – 419.782.3233

March 3 (Friday) – **Birthday Celebration** at Defiance Center 11:30 am

March 9 (Thursday) – Alzheimer's Association presentation "Healthy Living for your Brain and Body" 10 – 11 am

March 9 (Thursday) – Seniors Night Out – Red Pig Restaurant. **EVENT IS SOLD OUT!**

March 13 (Monday) – Meet & Greet with Congresswoman Marcy Kaptur 11:30 am – Defiance Cafe

March 14 (Tuesday) – **FREE Pizza Party** at Hicksville Center 5 to 7 pm. Advance reservations are needed.

March 16 (Thursday) – Evening Meal at Defiance Center 4 – 6:30 pm. Tickets only \$8! Corned Beef & Cabbage meal. Menu includes potatoes and carrots, baked apples, pistachio pudding, and dinner roll.

(DUE TO LENT, OUR CORNED BEEF & CABBAGE MEAL IS BEING SERVED AT THE EVENING MEAL ONE DAY EARLY.)

March 17 (Friday) – **Happy St. Patrick's Day!**

March 22 (Wednesday) – **Commodity Distribution:** Defiance: 1:00 – 2:30 pm
Hicksville: 12:30 – 2:00 pm. Please, NO PETS.

COMING UP. MARK YOUR CALENDARS

NEXT FOOT CARE CLINIC AT HICKSVILLE –
THURSDAY, APRIL 20

Please note: Friday, April 7 is Good Friday.
Defiance County Senior Services will close at 12 noon. There will be no meals served in the café, home-delivery, or transportation that day. !

Easter Sunday is April 9, 2023.
Please enjoy Easter

Save the date and get your tickets early!

Thursday, April 13
Evening Meal at Defiance Senior Center

Get your MEAL DEAL coupons and save money! \$50 buys 20 tickets. The suggested donation is \$3 per meal OR \$2.50 if you buy 20 meal deal coupons.

No older adult will be denied nutrition service due to inability to pay.

A Wish for a Friend

Wishing you a rainbow
For sunlight after showers -
Miles and miles of Irish smiles
For golden happy hours -
Shamrocks at your doorway
For luck and laughter too,
And a host of friends that never ends
Each day your whole life through!

Author unknown

Funding sources for

*Defiance County Senior Services:
Defiance County Commissioners*

Area Office on Aging

Defiance County Tax Levy

*Defiance County Senior Services
Auxiliary*

& Your generous donations.

Thank you for your support!

In time for St. Pat's Day

Pistachio Pudding Salad

- 1 can crushed pineapple (20 ounce)
- 1 package instant pistachio pudding mix (3 ounce)
- Frozen whipped topping, thawed (8 ounces) OR 4 cups freshly whipped cream
- 3 cups mini marshmallows

To make this recipe diabetic-friendly, use pineapple packed in juice only, "cool whip lite", and no marshmallows. Walnuts, almonds or pistachio nuts can be added before serving.

JOKES FOR SPRING

Why are waterbeds so bouncy?
They're filled with spring water.

Does February march? *No, but April may!*

Which month of the year is the shortest? *May. It only has three letters.*

Did you hear about the pregnant bedbug? *She's having her babies in the spring.*

What can you find in the middle of April and March but not at the beginning or end of either? *The letter R!*

Why is *Star Wars*' Yoda such a good gardener? *He has a green thumb.*

What's the difference between spring rolls and summer rolls?
Seasoning.

What did the dirt say to the rain?
You'd better cut it out, or my name will be mud!

What do you get when you push a bunch of Easter eggs down a hill?
Spring rolls.

*Bring some humor to your day,
every day!*

For you Civil War enthusiasts!

April 27 has been named "Ulysses S. Grant Day" honoring the birthdate in the State of Ohio of our late President.

Grant was born in southern Ohio near the Ohio River in 1822.

How can we assist you?

Transportation	419.782.3233
Meal Delivery Cancellations	419.782.3321
Meal Delivery – NEW Clients	419.783.4812
Defiance Meal Reservations	419.782.3233
Hicksville Meal Reservations	419.542.5004
Commodities	419.782.3233
Director's Office	419.782.3232
Business Office	419.783.4850



We look forward to serving YOU!



*An Irish limerick by Edward Lear from
"A Book of Nonsense"*

There was an Old Man with a beard, Who said, 'It is just as I feared! Two Owls and a Hen, Four Larks and a Wren, Have all built their nests in my beard!

First day of **SPRING**
Monday, March 20 – YEAH!
Go fly a kite!

St. Patrick's Day



Word Scramble

Some "scrambles" may be more than one word.

krsahmoc _____

apnachelru _____

rfrluoevlfeorac _____

daeapr _____

Intrcelbeao _____

egnre _____

fdlogpoot _____

Answers on page 7.

Parkinson's Support

Do you or someone you know have Parkinson's Disease? If so please contact Nick at 419-782-3232!

We are currently looking at a Parkinson's support group and other informational programs to offer and would love to hear from you!

JOIN SENIOR SERVICES ON FACEBOOK!

Get an update on upcoming events, see our newsletter and monthly menu, and get some humor in your week along with educational pieces.

www.facebook.com/Defiance County Senior Services

This issue we'll introduce you to two of our great "behind the scenes" team members!

Senior Services Business Office

Jessica Osborn is Senior Services Business Manager. Jessica's position is responsible for all financial aspects of the organization. From paying bills and seeing that payroll is done, Jessica also manages the budget with Nick our Director, oversees many of our funding sources, and works hard to track employee training and contract requirements.

Over the years, many questions have been received concerning billing for meals. Since all monies received for meals are required to be anonymous donations, Senior Services does not send invoices for meals or any other service. We also cannot, therefore, tell you "when you need to pay again".

Jessica is also ServSafe trained and can provide back-up in the Nutrition Department as needed.

While Jessica's position does not provide a lot of interaction day-to-day with our clients, she thoroughly enjoys the opportunities she does have to meet our seniors and spend time with them.

The entire Senior Services team heavily depends on Jessica to keep us on the move efficiently! Stop in and say hi if you have the chance!

Did you ever wonder how our building stays so clean and appealing?

Each work day, **Penny Cryer**, begins cleaning the building long before the sun rises!

Penny has been with Senior Services for over 10 years and not only sees that everything is fresh, clean, and shiny for your visit to the senior center but she is also responsible for all seasonal decorating.

Penny is also responsible for the safe handling of all cleaning chemicals and trains employees in their use.

If you enjoy what you see in the building, stop in and let Penny know!



DEFIANCE ACTIVITIES – MARCH 2023

Mon	Tue	Wed	Thu	Fri
<p>NOTE: *Every first Monday of the month, we will be doing some Mini Manicures, some minor filing of the nails and a polish for \$5.00 donation. Call Dawn for details!</p>	<p>New activities marked with *. We are going to start to bring back activities we had before COVID and some NEW projects on the way!!</p>	<p>1 *7-2:30pm Walking Club *</p> <p>9- Cardio Drumming 9-10am Diamond Painting Erika Cline 9:30 Pepper 9:30-2:30pm Yahtzee tournament</p>	<p>2 *7-2:30pm Walking Club*</p> <p>9:30 Pepper *12-1pm Blood Pressures by Health Dept.* 12:30 Bingo by Brookview 1pm- Alzheimer's Support Group</p>	<p>3 *7-2:30 pm Walking Club*</p> <p>9:30 Pepper 10- Tai Chi 11:30 Birthday Lunch 10-12 Matter of Balance Class 12:30-1:30 Stretching to Mozart</p>
<p>6 *7-2:30- Walking Club*</p> <p>9-Sweets and Coffee 9- Cardio Drumming 9:30 Pepper *10-12pm Mini Manicures *cost \$5.00 donation</p>	<p>7 *7-2:30 Walking Club*</p> <p>9:30 Pepper 10-Bible Study 10- Tai Chi *10-12 Matter of Balance Class 12:30-1:30 -Stretching to Mozart</p>	<p>8 *7-2:30 Walking club*</p> <p>9- Cardio Drumming 9:30 Pepper 9:30 -2:30pm Yahtzee tournament</p>	<p>9 9:30 Pepper *10-11am- A presentation from the Alzheimer's Assoc. "Healthy Living for your Brain and Body!" *Call Dawn to sign- up at 419.782-3233! 12:30 Bingo by Antwerp Mano</p>	<p>10 *7-2:30 Walking Club*</p> <p>9:30 Pepper 10-Tai Chi 10-12pm Matter of Balance Class 12:30-1:30 Stretching to Mozart</p>
<p>13 *7-2:30 Walking Club*</p> <p>9- Cardio Drumming 9:30 Pepper 11:30 Café – Meet & Greet with Congresswoman March Kaptur 12:30 Bingo by North Crest</p>	<p>14 *7-2:30 Walking Club*</p> <p>9:30 Pepper 10- Bible Study 10- Tai Chi *10-12 Matter Of Balance Class 12:30-1:30—Stretching to Mozart</p>	<p>15 *7-2:30 Walking Club*</p> <p>9- Cardio Drumming 9:30 Pepper 9:30 -2:30pm Yahtzee tournament</p>	<p>16 *7-2:30 Walking Club*</p> <p>9:30 Pepper 4-7pm St. Patrick's Day Evening Meal Irish Dancers from 4:30-5pm and Trivia with Dawn from 6-7pm</p>	<p>17 *7-2:30 Walking Club*</p> <p>9:30 Pepper 10- Tai Chi *10-12- Matter of Balance Class* 12:30-1:30 Stretching to Mozart</p>
<p>20 *7-2:30 Walking Club*</p> <p>9:30 Pepper 10:30 Euchre Tournament 12:30 Bingo by Kingsbury Place</p>	<p>21 *7-2:30 Walking Club*</p> <p>9:30 Pepper 10 Bible Study 10 Tai Chi *10-12 Matter of Balance Class 12:30-1:30 -Stretching to Mozart</p>	<p>22 *7-2:30 Walking Club*</p> <p>9-10 Diamond painting with Erika Cline 9- Cardio Drumming 9:30-2:30 Yahtzee Tournament 1-2:30 Senior Food Boxes</p>	<p>23</p> <p>*7-2:30 Walking Club* 9- Pepper 12:30 Bingo by CHP</p>	<p>24 *7-2:30 Walking Club*</p> <p>9:30 Pepper 10- Tai Chi *10-12 Matter of Balance Class* 12:30-1:30- Stretching to Mozart</p>
<p>27 *7-2:30 Walking Club*</p> <p>9- Cardio Drumming 9:30 Pepper 12:30 Bingo By Senior center</p>	<p>28 *7-2:30 Walking Club*</p> <p>9:30 Pepper 10 Bible Study 10- Tai Chi *10-12 Matter of Balance Class* 12:30-1:30 -Stretching to Mozart</p>	<p>29 *7-2:30 Walking Club* *7-2:30 Walking Club*</p> <p>9-Cardio Drumming 9:30 Yahtzee Tournament</p>	<p>30 *7-2:30 - Walking Club*</p> <p>9:30 Pepper 12:30 Left over Bingo with Dawn</p>	<p>31 *7-2:30 Walking Club*</p> <p>9:30 Pepper 10- Tai Chi *10-12pm- Matter of Balance* 12:30-1:30 Stretching to Mozart</p>



HICKSVILLE ACTIVITIES – MARCH 2023

<u>Monday</u>	<u>Thursday</u>
<p>Monday, March 6 BINGO with Antwerp Manor 1 pm</p>	<p>GAME DAY! PRIZE CARDS! <i>Collect 10 for a \$10 gift card!</i></p>
<p><u>FREE Congregate Meal</u> 12 noon</p>	<p><u>FREE Congregate Meal</u> 12 noon</p>
<p>Monday, March 13, 20, 27 BINGO at 1 pm WIN BINGO BUCKS!</p>	<p>Thursday, March 16 IRISH BINGO 1:00 pm Wear your green! We're all Irish that day!</p>
<p>Tuesday, March 14 FREE PIZZA PARTY 5 – 7 PM Reservations needed. <i>(We had a great time at the February event!)</i></p>	<p>Next Foot Care Clinic at Hicksville will be Thursday, April 20. Make an appointment, please. \$15 fee payable to the nurse.</p>

A huge thank you to

Life Changing Church

Edgerton, Ohio has graciously donated all congregat meals at the Hicksville location **ONLY** during the month of March! Offer good for those over 60 only with a completed 2023 Participation Form. Under 60 guests are welcome with a reservation and \$8.00 donation.

RESERVATIONS ONE DAY IN ADVANCE 419.542.5004

*(Offer good only for congregat meals at Hicksville dining location. Sorry **no** home-delivery, carry-out or meals with this offer at the Defiance café.)*

ACTIVITIES

At long last, we have some great activities returning in 2023! This month we are continuing to bring back Evening Meals and Seniors Night Out has been **SOLD OUT** for March 9. We are exploring the possibility of Open Mic Night if we can find interested talent. Of course Senior's Day at the Fair, bus trips, and more in the coming months are in the planning stages.

Do you like to sing or dance? Maybe you'd like to bring your special talent to your fellow seniors. Games that you are interested in playing? Perhaps others do too and you can share your interest at one of the centers.

While the staff coordinates and manages the schedule, your suggestions can be invaluable to the success of different events.

If you have an idea, please let us know. We are anxious to hear what you would like to see at YOUR senior center. Thank you for your continued support as **we all JUST WANT TO HAVE FUN!**

Nick, Dawn, and Linda

March Seasonal Foods

All of these foods are full of vitamins and usually stocked in your grocery store during March:

- Asparagus.
- Avocado – Try it on toast with a little olive oil.
 - Broccoli.
 - Brussels Sprouts.
- Cabbage – *Of course! St. Patrick's Day!*
 - Cauliflower.
 - Citrus Fruits.
 - Spring Greens.

Enjoy your favorites! Stores usually have great specials on seasonal items.

Answers to Word Scramble

From page 3

Shamrock, leprechaun, four leaf clover, parade, celebration, green, pot of gold!

Change of business hours –

Defiance Senior Center

140 East Broadway Street
Defiance, OH 43512
419.782.3233

Based on your requests, the Defiance Senior Center is now open

Monday through Friday

7 am – 3 pm

*Join the walking club for safe indoor exercise!
Smooth, trip-free walking with heat and air conditioning and NO weather to contend with!*

COMMODITY PICK-UP

Wednesday, March 22

Defiance: 1 – 2:30 pm
Hicksville: 12:30 – 2 pm

**40 lbs. of shelf-stable food &
2 lbs. of cheese**



This is a great way to stock your pantry with great, nutritious food at no cost.

Contact Sue if you need an application. **419.782.3233**
Please, NO PETS at pick up.

Foot Care Clinics

Defiance

Wednesday, March 1

Give Dawn a call to schedule.

419.782.3233

Hicksville:

Thursday, April 20

Call 419.542.5004 to schedule

\$15 fee payable to the nurse at both locations.

Rule #1:

**Life is supposed to be fun! Enjoy it!
Come to YOUR Senior Center.**