

The SENIOR PARTNER

8 PAGES

A NEWSPAPER SERVING MATURE READERS

FEBRUARY 2018



The Maumee Senior Center has teamed with Collette Vacations to offer an eight-day trip to Tuscany in November. The trip includes visits to museums, local shopping and eating, and beautiful landscapes.



An eight-day Canyon Country trip includes visits to three National Parks and an overnight stay on the south rim of the Grand Canyon. The trip is offered through the Maumee Senior Center and takes place on September 28 through October 5.

Maumee Senior Center Travel Series Offers Trips Domestically And Abroad

Chances to explore the beautiful countryside of Tuscany and the rugged terrain of the Grand Canyon are among several upcoming

trips that will be offered through the Maumee Senior Center.

Collette Vacation, Travel Treasures and Shoreline

Tours & Travel are coordinating the trips as part of the senior center's 2018 travel series. This year, the vacation schedule has been expanded, said

Maumee Senior Center executive director Malinda Ruble.

"We've just gotten more requests, especially from the younger seniors," she said.

One of the advantages of taking trips through the center is pricing, which often includes airfare, transportation, meals and other expenses, Ruble said.

In addition, you may find companions to travel with and you don't have to worry about getting lost or parking fees, she said.

"It's just easier. All of the planning is done for you and you can still have free time to do your own thing," she said.

You don't have to be a member of the Maumee Senior Center to take advantage of the trips, she added.

"It's just a good opportunity for people to get out and about and travel in a safe environment," she said.

A special travel preview show will take place on

Friday, February 6 at 10:30 a.m. at the Maumee Senior Center, which is located at 2430 S. Detroit Ave.

For additional information, please call Mary Beth Danford at (419) 893-1994.

The 2018 Maumee Area Friends and Family Trip Calendar includes:

- **Windsor, Ontario, Canada, Tuesday, March 20** – Enjoy hours of gambling in Windsor, Canada.

- **Lancaster, Pa., April 3-6** – Enjoy *Jesus*, an action-packed musical stage adventure. Also visit the Gettysburg Battlefield, Penn Dutch Country and the Gettysburg Museum of American Civil War.

- **Canyon Country: Arizona and Utah, September 28-October 5** – Visit three national parks, including spending a night on the rim of the Grand Canyon and taking a Native American history tour.

- **Shenandoah Valley, Va., Fall Color Tour, October 14-18** – A scenic tour of Greenbrier Bunker.

- **Danube Riverboat Cruise, October 12-21** – Visit beautiful Munich, Germany and Vienna, Austria. See all of the famous attractions and enjoy five-star dining and a luxury riverboat cabin with a unique open-air balcony.

- **Tuscany, Italy, November 3-11** – See the beautiful sights of Tuscany's rolling landscapes and stunning architecture, while enjoying authentic Italian cuisine.

- **Christmas in Chicago, December 11-13** – Get into the holiday spirit with a shopping trip to the windy city. Enjoy shopping at Christ-kindlmarket along with a light tour of the city, a trip to Adler Planetarium and shopping on Magnificent Mile or Navy Pier.

FREE EDUCATIONAL MEDICARE SEMINAR

Saturday, February 24 @ 10:00 a.m.

Stautzenberger College,
Arrowhead Park

1796 Indian Wood Circle, Room 126, Maumee, OH



Join me, Jim Poling, for my free "Welcome to Medicare" seminar. This event is for everyone turning 65 soon with questions about Medicare.

It is critical that you understand your options! We will discuss how Medicare works, when to enroll, Medicare Supplement versus Medicare Advantage Plans, Part D Prescription Plans, and how to identify which plan option is right for you.

This is an Educational Event NOT a Sales Event. No specific carrier or plan materials will be presented or sold. There is no cost or obligation to attend.

Walk-ins are welcome. RSVP is optional. Individual appointments are available if you prefer. Call 419-872-0204 with any questions. (Not affiliated with Medicare or any government agency.)



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TINNITUS AWARENESS WEEK: FEB 5 – 11

Do you or a loved one experience a ringing, buzzing or hissing in your ears that no one else can hear? If so, you are not alone. You have tinnitus, an audiological and neurological condition experienced by nearly 50 million Americans.¹



Tinnitus can interfere with the ability to hear, concentrate and sleep. Untreated tinnitus can lead to depression, sleep disorders, PTSD, anger, anxiety and more.¹

While there is no cure at this time, there is treatment we can offer to relieve or lessen tinnitus symptoms.

Don't suffer needlessly. We are here to help!

Call today to schedule an appointment!



Bowling Green 960 W. Wooster Bowling Green, OH 43402 (888) 319-0485	Toledo 3450 W. Central Ave. Toledo, OH 43606 (888) 319-7781	Wauseon 725 S. Shoop Ave. Wauseon, OH 43567 (888) 445-6903
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Diann M. Harrison, M.A., CCC-A, Sarah M. DeLauter, Au.D., CCC-A, Emily A. Sansom, Au.D., FAAA, Joyce Kinker-Johnson, M.A., CCC-A

¹American Tinnitus Association. The purpose of this hearing assessment and/or demonstration is for hearing wellness to determine if the patient(s) may benefit from using hearing aids. Products demonstrated may differ from products sold. Test conclusion may not be a medical diagnosis. The use of any hearing aid may not fully restore normal hearing and does not prevent future hearing loss. Testing is to evaluate your hearing wellness, which may include selling and fitting hearing aids. Hearing instruments may not meet the needs of all hearing-impaired individuals. One offer per customer. Insurance benefit, including Managed Care or federal reimbursements, cannot be combined with any of our promotional offers, coupons or discounts. Other terms may apply. See office for details. Information within this offer was correct at time of printing. CCRGXFC

New Outreach Coordinator Enjoys Energy In The Maumee Senior Center Community

BY NANCY GAGNET
MIRROR REPORTER

New Maumee Senior Center outreach coordinator Marilyn Taylor enjoys the vigor and vitality that members bring to the center each day.

"I've been meeting some wonderful people who bring a lot to the table. They've lived life to the abundance and they are still going," she said.

In December, Marilyn began her new role as the outreach coordinator. She hopes that even more seniors will discover the center as well as more businesses, churches and other organizations.

"I want to work with the community to enhance the programs offered here while members of the local community see the wonderful things going on," she said.



Marilyn Taylor was named the new outreach coordinator at the Maumee Senior Center. She began her new job in December, and had previously worked as an education supervisor for Head Start. MIRROR PHOTO BY NANCY GAGNET

Before coming to the senior center, Marilyn spent 15 years working as an education supervisor for the Economic Opportunity Planning Association Head Start program. She also worked for

Toledo Public Schools as a paraprofessional for students with special needs and she worked with a program to help high school students who drop out of school return to complete their high school educations.

Marilyn works at the senior center Monday through Friday from 9:00 a.m. until 2:00 p.m., unless special circumstances call for her to be there later in the day.

Marilyn grew up in Kentucky and currently lives in Perrysburg. She has also lived in Toledo and Maumee. She holds a bachelor's degree in individualized studies from The University of Toledo.

She and her husband Ron have been married for 38 years. They have two children and two grandchildren.

Marilyn said experiencing a career change from working with young children to working with the senior population has been very rewarding.

"It's really awesome to watch them with all of their experience. I really love it here. It's wonderful," she said.

SENIOR CALENDAR

Sweeten A Senior's Day With Valentine Cookies

Perrysburg Commons Retirement Center and Heartland of Perrysburg will offer a complimentary box of Valentine's Day cookies with delivery for that special Perrysburg-area senior citizen (individual receiving the delivery must be 65 or older). Deliveries will be made the week of February 12 for seniors residing in the Perrysburg zip code (43551), along with a special message.

To order: Call Perrysburg Commons at (419) 874-1931 by Friday, February 9. Provide the recipient's complete name, Perrysburg address and phone number along with the Valentine greeting to be delivered with the cookies.

Heartland Rehab Holds SilverSneakers Programs

Heartland Rehabilitation Services at Arrowhead Park, 518 The Boulevard, Maumee, is a SilverSneakers location and offers the following SilverSneakers classes: Classic Classes on Mondays and Wednesdays from 1:30 to 2:30 p.m. and Tuesdays and Thursdays from 11:00 a.m. to noon, and SilverSneakers Yoga on Tuesdays from 2:30 to 3:30 p.m. The gym is available during business hours. There is no cost for SilverSneakers members and low cost for nonmembers.

Call for information at (419) 897-9822.

Free Home Safety Checklist Available For Seniors

The Home Instead Senior Care office serving the greater Toledo area is offering a free home safety checklist and other helpful tools for area seniors and their families.

According to the Centers for Disease Control and Prevention, nearly 20 million seniors ages 65 and older visit the emergency room each year, with almost a third of the visits related to injuries, many of which are sustained in the home. However, almost half of all home accidents by seniors (48 percent) can be avoided, according to a recent survey of emergency room doctors, conducted by the Home Instead Senior Care network.

To request a free home safety checklist, call the local Home Instead Senior Care office at (419) 472-8181 or visit www.makinghomesaferforseniors.com.

SENIOR CITIZENS' CALENDAR OF EVENTS

The following events are planned at the Maumee Senior Center, located at 2430 S. Detroit Ave. For additional information about programs, call the center at (419) 893-1994 or visit www.maumeeseniorcenter.com.

MONDAY, FEBRUARY 5

- Menu:** To be announced.
- Chair Zumba, 9:00 a.m.
 - Zumba Lite, 9:30 a.m.
 - Simply Lite Jazzercise, 11:00 a.m.
 - Hand and Foot, 12:30 p.m.
 - Duplicate Bridge, 12:30 p.m.
 - Strength and Balance, 12:45 p.m.
 - Cardio Drumming and Tai Chi, 5:30 p.m.

TUESDAY, FEBRUARY 6

- Menu:** To be announced.
- Line Dancing with Claudette Davis, 9:00 a.m.
 - Cardio Drumming, 9:00 a.m.
 - Mahjong and Six-Handed Euchre, 10:00 a.m.
 - Tai Chi with Gavin-Qigong for Stability, 10:00 a.m.
 - Tai Chi: Moving for Better Balance, 11:00 a.m.
 - Four-Handed Euchre, 12:30 p.m.
 - Beginning Four-Handed Euchre, 12:30 p.m.
 - Maumee Senior Center Singers Practice, 12:30 p.m.
 - Chair Yoga Senior Stretch, 12:45 p.m.
 - Cardio Drumming, 1:45 p.m.
 - Advanced Line Dancing with Michael, 3:00 p.m.

WEDNESDAY, FEBRUARY 7

- Menu:** To be announced.
- Chair Zumba, 9:00 a.m.
 - Line Dancing with Michael, 9:00 a.m.
 - Zumba Lite, 9:00 a.m.
 - Pokeno, 10:30 a.m.
 - Simply Lite Jazzercise, 11:00 a.m.
 - Hand and Foot, 12:30 p.m.
 - Poker, 12:30 p.m.
 - Strength and Balance, 12:45 p.m.
 - Bingo, 1:00 p.m.
 - Cardio Drumming and Tai Chi, 5:30 p.m.

THURSDAY, FEBRUARY 8

- Menu:** To be announced.
- Cardio Drumming, 9:00 a.m.
 - Line Dancing with Glenn LeFever, 10:00 a.m.
 - Tai Chi with Gavin-Qigong for Stability, 10:00 a.m.
 - Tai Chi II with Gavin, 11:00 a.m.
 - Six-Handed Euchre and Duplicate Bridge, 12:30 p.m.

FRIDAY, FEBRUARY 9

- Menu:** To be announced.
- Line Dancing with Michael, 9:00 a.m.
 - Advanced Tai Chi with Dennis, 9:30 a.m.
 - Simply Lite Jazzercise, 11:00 a.m.
 - Tai Chi: Moving for Better Balance, 11:00 p.m.
 - Pinochle and Skip-Bo, 12:30 p.m.
 - Chair Yoga Senior Stretch, 12:45 p.m.

Souper Bowl Lunch Fundraiser Planned

The Maumee Senior Center will host its annual Souper Bowl Lunch Fundraiser on Wednesday, February 14 at 11:30 a.m. Attendees can enjoy soup, fresh-baked bread, dessert and beverage for \$5.00 per person. To compete for the 2018 Silver Ladle Award, sign up at the front desk to cook and enter your favorite soup.

Senior Center Singers Plan Practices

The Maumee Senior Center Singers, led by director Jim Burns, meet on Tuesdays at 12:30 p.m. Beginners are welcome. The choir has presented over 500 performances in Northwest Ohio. For more information, call (419) 893-1994.

Art Classes With Julie Harrison Available

Watercolor, drawing and oil/acrylic classes are available at the Maumee Senior Center. Watercolor and drawing is offered on Tuesday mornings at 9:30 a.m., and oil/acrylic on Thursdays at 11:30 a.m. The cost is \$30.00 for a six-week session. Art instructor Julie Harrison will teach the classes

LUNCH AND LEARN SEMINAR



EVENT INFORMATION:

"Funeral Preplanning Workshop"

FEBRUARY 16TH FROM 11:00 AM - 1:00 PM

Funeral preplanning is about taking control of how you will be remembered. It's about relieving your family of the stress of planning during their time of grief. It's about making sure you're wishes are followed. We will show you how, covering topics in the workshop such as:

- Options for burial & cremation services
- Where to get started
- Creating official documentation that clearly outlines your directions
- How to guard against inflation
- Options for and benefits of pre-payment
- Our Travel Protection Program

Join **Jennifer J. Waldron**

Family Services Advisor
at **Clara J's Tea Room**

219 West Wayne St., Maumee, Ohio

for practical, helpful information on preplanning.



LUNCH PROVIDED

RESERVATIONS ARE REQUIRED

Call Jennifer at 419-893-7686 between 9 am - 5 pm
or email jennifer@walkerfuneralhomes.com
to reserve your seat.



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