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Be a part of our journey. Your contribution creates opportunity.



Allen Eiry Center

Activities, Events, Travel, and More

PHONE: (419) 448-9774 MONDAY—FRIDAY 8:30AM-4:00PM

28 HOPEWELL AVE., TIFFIN, OHIO

www.alleneiry.com

OCTOBER 2024 Volume 146



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OSHIP

You do not want to miss this presentation...Dave Painter will be explaining all the updates in Medicare for 2025. He is happy to answer questions you may have.

FRIDAY, OCTOBER 4 @ 10:30AM Open to the public. Please call 419-448-9774 to reserve your seat.

Allen Eiry Center Annual Meeting

Tuesday, October 15, 2024 @ 3:00PM. All AEC Members are invited to attend. We hope to see you there!!

BLOOMVILLE LIONS CLUB DRIVE THRU DINNER

Tickets on sale now!



Dinner will be Monday, November 4, 2024

Ticket Cost: \$18

Drive thru will begin @ 4:30PM

This delicious meal includes 1/4 chicken, 1/3 rack of ribs, baked potato, baked beans, dinner roll and dessert. We have served this meal before and so many have raved about it, so we decided to bring it back! Carry-out only. Tickets will be sold up to Oct. 25th. Pull into lot off Hopewell Ave.

Thank You to all the volunteers who helped with the 2024 Golf Scramble!!!

AEC FITNESS CENTER ****

Our Fitness Center is for AEC members only. To belong to the Allen Eiry Center you need to be 50 years or older. The cost of an AEC annual membership is \$35.00.

Call us today to schedule your orientation and get started in the Fitness Center! Once you have your orientation, you will be able to use the fitness center on your own for two weeks at no cost during open hours. After the two week trial period, if you continue to use the fitness center, the annual cost is \$120 with different options to pay.

Equipment includes:

- * 2 Treadmills
- * Universal multi-gym (strength & conditioning)
- * Dumbbells
- * 1 Elliptical* Weight Stick
- Weight Sticks
 1 Recumbent Bike
 - T Recumbent Bik
- * 2 NuSteps* Schwinn Airdyne



Basic Balance Program

If you are looking for the opportunity to improve your balance, this class may be just for you! Basic Balance class will offer the following:

- 1. Balance education
- 2. Ongoing, weekly exercises to strengthen the legs, core and overall body
- 3. Group accountability
- 4. Fun social interactions and relationships

Class will be held each Monday @ 10AM. Cost per class \$1.00.

Participants must be able to stand, sit, and move around the room independently. There will be no oneon-one support offered.

This class is Open to the Public for anyone 50 years of age and older.

If in doubt, come try it out!

PUZZLE EXCHANGE: BRING A PUZZLE IN AND TAKE A PUZZLE HOME. FOR MEMBERS AT NO CHARGE ANYTIME THE CENTER IS OPEN.

VOLUNTEERS NEEDED - PLEASE CALL THE CENTER IF YOU CAN HELP. 419-448-9774

- 1. October 18, 2024 beginning at 9:00AM to fold newsletters.
- 2. Help pack drive thru meals for the BBQ Monday, November 4, 4:00-6:15PM
- 3. Help bake desserts for the BBQ meal needed Monday, Nov. 4 before 11:00AM.

CORNHOLE FUN AT AEC!!!

SUNDAYS @ 2:00PM

It's fun, easy on the body, and played inside so we don't have to worry about bad weather. You need to be an AEC member to play. Please enter at the Market Street door. Remember if you can't make it every Sunday—that's okay, join us when your schedule allows.

TAI CHI at AEC Beginner Class at 8:30AM

Join us each Friday at 9:00AM

Doctors are recommending Tai Chi for balance, stress relief, and fatigue. Tai Chi actually gives you energy, leaving you feeling refreshed when you finish! The slow, dance-like speed of Tai Chi creates balance, flexibility and calmness.

"LIFE OF PI"

Cleveland Playhouse Square WHEN: Wednesday, January 8, 2025 DEPART: 2:15PM RETURN: After 7:30PM Show COST: \$99.00 (Due at signup) (Meal Extra)

Winner of three Tony Awards, the Broadway sensation "Life of Pi" is an exhilarating evening of theater and it's coming to Cleveland!

After a shipwreck in the middle of the Pacific Ocean, a sixteen year old boy named Pi survives on a lifeboat with four companions– A Hyena, A Zebra, an Orangutan and a Royal Bengal Tiger. Told with jaw-dropping visuals, world class property and exquisite stage craft, "Life of Pi" is a mesmerizing novel that blends adventure, spirituality and the power of storytelling. The puppets are impressive to look at as they come to life. The interior is a skeleton made from wood and aluminum, with joints made out of bungee cords to allow movement, and trigger mechanisms to manipulate ears or mouths. They are so real!

We will eat in Cleveland before the show.

SCAM ALERT

Tuesday, October 1, 2024 @ 10:00AM

Join us to learn about how to 'Protect Yourself From Scams'. Learn the profile of a scammer, common warning signs, and types of scams. Learn how to build your scam defense and

how your bank can help!





Always a fun time!

Friday, October 4 @ 1:00PM at AEC.

Provide by TheWillows

THE WILLOWS

Fri., October 18, 2024 @ 1:00PM



Provided by Bridge Home Health & Hospice Held at AEC.

Thank you to all the volunteers who helped with the 2024 picnic! What a wonderful event, especially the entertainment!

ALLEN EIRY CENTER, INC. www.Alleneiry.com 419-448-9774

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT./SUN.
October 2024	1 8:00 Drumming 9:00 Stained Glass 9:00 Table Pool 10:00 Dominos 1:00 Funday Tuesday 1:00 Crochet FRAUD PRESENTATION by Gwen Stallard @ 10:00AM Hudson River Trip	2 8:00 Floor Yoga 9:00 Stained Glass 9:00 Table Pool 10:00 Chair Yoga 11:45 Parkinson's 1:00 Needle Art 2:00 Chair Volleyball	3 8:00 Drumming 9:00 Wood Carving 9:00 Stained Glass 9:00 Table Pool 10:00 Chorus 1:00 Pinochle	4 8:30 Beginner Tai Chi 9:00 Tai Chi 9:00 Stained Glass 9:00 Table Pool 9:00 Quilting 1:00 Board Games 1:00 Mahjong OSHIIP PRESENTATION @ 10:30AM BINGO @ 1:00pm	5 CORNHOLE 2:00PM
7 9:00 Chair Yoga 9:00 Stained Glass 9:00 Table Pool 9:00 Crafts 10:00 Basic Balance 11:45 Parkinson's 1:00 Euchre 1:00 Canasta	8 8:00 Drumming 9:00 Stained Glass 9:00 Table Pool 10:00 Dominos 1:00 Funday Tuesday 1:00 Crochet	9 8:00 Floor Yoga 9:00 Stained Glass 9:00 Table Pool 10:00 Chair Yoga 11:45 Parkinson's 1:00 Needle Art 2:00 Chair Volleyball	10 8:00 Drumming 9:00 Wood Carving 9:00 Stained Glass 9:00 Table Pool 10:00 Chorus 1:00 Pinochle	11 8:30 Beginner Tai Chi 9:00 Tai Chi 9:00 Stained Glass 9:00 Table Pool 9:00 Quilting 1:00 Board Games 1:00 Mahjong	12 Quilt Weekend 9:00AM-3:00PM
1:00 Callasta 1:00 Bridge 4:30 Floor Yoga NEW TRIP REGISTRATION		TRIP: ROCK & ROLL HALL OF FAME Depart @ 8AM		Quilt Weekend 10AM-3:00APM	CORNHOLE 2:00PM
14 9:00 Chair Yoga 9:00 Stained Glass 9:00 Table Pool 9:00 Crafts 10:00 Basic Balance 11:45 Parkinson's 1:00 Euchre 1:00 Canasta 1:00 Bridge 4:30 Floor Yoga TRIP: SPEEDTRAP Depart @ 10AM	15 8:00 Drumming 9:00 Stained Glass 9:00 Table Pool 10:00 Dominos 1:00 Funday Tuesday 1:00 Crochet ANNUAL BOARD MEETING @ 3:00PM Open to all Members S.O.L.O. @ 7PM	16 8:00 Floor Yoga 9:00 Stained Glass 9:00 Table Pool 10:00 Chair Yoga 11:45 Parkinson's 1:00 Needle Art 2:00 Chair Volleyball TRIP: BEAUTIFUL NOISE Depart @ 2:15PM	17 8:00 Drumming 9:00 Wood Carving 9:00 Stained Glass 9:00 Table Pool 10:00 Chorus 1:00 Pinochle FALL CRAFT @ 1:30AM	18 8:30 Beginner Tai Chi 9:00 Tai Chi 9:00 Stained Glass 9:00 Table Pool 10:00 Quilting 1:00 Board Games 1:00 Mahjong BINGO @ 1:00PM FOLD NEWSLETTERS @ 9:00AM	20 CORNHOLE 2:00PM
21 9:00 Chair Yoga 9:00 Stained Glass 9:00 Table Pool 9:00 Crafts 10:00 Basic Balance 11:45 Parkinson's 1:00 Euchre 1:00 Canasta 1:00 Bridge NO Floor Yoga	22 8:00 Drumming 9:00 Stained Glass 9:00 Table Pool 10:00 Dominos 1:00 Funday Tuesday 1:00 Crochet Mike Gilbert "DREAMS" @ 10:30AM	23 8:00 Floor Yoga 9:00 Stained Glass 9:00 Table Pool 10:00 Chair Yoga 11:45 Parkinson's 1:00 Needle Art 2:00 Chair Volleyball	24 8:00 Drumming 9:00 Wood Carving 9:00 Stained Glass 9:00 Table Pool 10:00 Chorus 1:00 Pinochle	25 8:30 Beginner Tai Chi 9:00 Tai Chi 9:00 Stained Glass 9:00 Table Pool 10:00 Quilting 1:00 Board Games 1:00 Mahjong TRIP: CHATEAU WINERY Depart @ 10:30AM <i>Last day to get BBQ</i> <i>tickets</i>	26 27 CORNHOLE 2:00PM
28 9:00 Chair Yoga 9:00 Stained Glass 9:00 Table Pool 9:00 Crafts 10:00 Basic Balance 11:45 Parkinson's 1:00 Euchre 1:00 Canasta 1:00 Bridge NO Floor Yoga	29 8:00 Drumming 9:00 Stained Glass 9:00 Table Pool 10:00 Dominos 1:00 Funday Tuesday 1:00 Crochet Presentation @ 10AM Exploring Care & Support Options RAG QUILT CLASS 4:15PM	30 8:00 Floor Yoga 9:00 Stained Glass 9:00 Table Pool 10:00 Chair Yoga 11:45 Parkinson's 1:00 Needle Art 2:00 Chair Volleyball RAG QUILT CLASS 4:15PM	31 8:00 Drumming 9:00 Wood Carving 9:00 Stained Glass 9:00 Table Pool 10:00 Chorus 1:00 Pinochle Halloween	NOVEMBER 1 Bingo @ 1:00PM	419-448-9774 www.alleneiry.com Like us on



Ron McDannell

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OCTOBER CELEBRATIONS!



Thomas Shook Gloria Fisher Sharon Scifers **Deb Phillips** Diane Baker Tom & Danielle Coats ♥ 2 Marge Anway John Kasza Jerry Young Patty Kauffman Jean Schalk Paul Burtis Vicki Comer 3 Chervl Dodok Janet Cole

- 4 Della Lenhart Diane Jesse Barb Clark Kevin Elsea Rian & Ann Myers ♥
- 5 Karen Keck Ann Huth-Fretz Mike & Jean Mertes ♥ Allan & Donna Perrine ♥
- 6 John Willman
 Ann Jones
 Mary Powell
 Paul & Linda DeVanna ♥
- 7 Ken Krieger Joe Weaver David King Joyce Kuhn Faul Larry & Bonnie Frankenfeld ♥ William & Jacquelyn Borgen ♥ Tony & Kathy Steyer ♥ Darl & Kathy Theis ♥ Mark & Kristina Keller ♥

Jim & Beverly Shaffer ♥ Tom & Connie Mizen ♥ 8 Christine Good Lorraine Lay Chad Swartz 9 Janet Herzog Linda Warren Paul & Nancy Coffman ♥ Bert & Rosemary Wahrer ♥ 10 Nance Collins Joan Sacksteder Kathy Stahl Groves Jim & Diane Baker ♥ Rick & Kathy Thomas ♥ 11 Christine Smith Lloyd Sand Maria Wahl 12 Anita Fulton **Richard Schreiner** Derek & Anne DeVine ♥ Michael & Cindy Huff ♥ 13 Louise Zoeller George & Carol Iiams ♥ 14 Dee Harper 15 **Bill Bleyle** Nancy Bailey

- Nancy Bailey Tom Coats Don & Judy May ♥ Tom & Joanne Shook ♥ Jim & Marty Croy ♥ 16 Anna Rose Taylor
- Leonard & Kathy Theis ♥ 17 Jim Boroff
- Joyce McGee Janet Joliat Bob & Joann Warnement ♥ 18 Joyce Mosier Sharon Wilbert

Betsy Corfman Kathy Yost Ken & Elaine Hess ♥

- 19 Bill Crist Diana Pasko-Patterson Kathy Theis
- 20 Jim Nimz
- 21 James & Ruth Spotts ♥
- 22 Dorie Bour Terry Nesselhauf
- 23 Susie Hohman Evelyn Scherley Tom & Mary Hay ♥ Richard & Patricia Distel ♥
- 24 Jerry & Sue Platt ♥
- 25 James & Barbara Welly ♥
- 26 Joe Depinet Stephen Fisher Michael & Karen Dotson ♥
- 27 Robert Cook
- 28 Bob Berg Kristi Glanz Chris & Jan Magers ♥
- 29 Laurie Carley Mary Williams Leslie Smith Brian Ferguson
- Lewis & Eloise Reinhart ♥ 30 Sandi Frankart Chris Lewis Rita Stacklin
- Dan & Terry Gaietto ♥
- 31 Jacqueline Yambert Jon & Marcia Abbott ♥

AEC BALLROOM RENTAL AVAILABLE

The all-purpose room is available to rent all through the year. The room fits up to 134 people; tables & chairs are included. You can also rent a section of the room which would fit approximately 35-40 people. If you are interested, please call 419-448-9774, stop by, or email us at aesctiffinohio@yahoo.com.



Your family. Our purpose. **Together.**

Stein Hospice AN AFFILIATE OF HOSPICE OF THE WESTERN RESERVE

800.625.5269 | steinhospice.org

POLARIS MALL

Columbus "AFTER CHRISTMAS SHOPPING"

WHEN: Wednesday, January 15, 2025
DEPART: 8:30AM
RETURN: 6:30PM
COST: \$22.00 (Due at signup) (Meal Extra)

We always have fun – the thrill of the hunt! Finding the last great deals, we will go to Polaris and stop at a couple of extra stores along the way. Come join a fun group for the day!

MONTHLY 50/50 DRAWING

AEC is hosting a <u>monthly</u> 50/50 drawing with the winner being picked on the last day of the month that we are open. Each ticket is 25¢. These are sold at the front desk anytime we are open. For each quarter you spend, you will receive a ticket that you will write your name and phone # on and drop in the bucket. You can purchase as many tickets as you wish during the month. Each month will begin a new drawing. Congratulations to our **August Winner** - **Jane Meisner!**



<u>Supporting Our</u> Loved Ones



S.O.L.O.

Do you have a loved one living with dementia? No matter what stage they may be in, this support group exists to provide support for you. The group is lead by MaryLee Creeger, who is now retired after working several years at an adult care facility. Her knowledge is exceptional when it comes to dealing with dementia. This support group is open to all adults and will be <u>held at the Allen Eiry Center the 3rd Tuesday of each month @</u> <u>7:00PM.</u> We hope you join this great group of people and go home with a better feeling and knowledge concerning your loved one and yourself. Please call 419-448-9774 if you plan to attend.

VOLUNTEER HELP NEEDED FOR "PROJECT LINUS" & QUILTING WEEKEND

Project Linus provides handmade blankets to children 0-18 in the United States who are seriously ill, traumatized, or otherwise in need. JOIN US FRIDAY, OCTOBER 11, 10:00-3:00PM AND SATURDAY, OCTOBER 12, 9:00-3:00PM HELP US PUT BLANKETS TOGETHER. OPEN TO THE PUBLIC. IF YOU HAVE A SEWING MACHINE,

FEEL FREE TO BRING IT. COST: \$15 (Due at sign up)

THANK YOU!

Lap Rag Quilt Class



Date: Tues. & Wed., Oct. 29 & 30, 2024 Time: 4:15PM Cost: \$72.00

Supplies needed:

- Sewing Machine
- Gray or Black Machine Quilting Thread
- Sharp Scissors
- Ruler

If you have the following please bring:

• Cutting Mat and Rotary Cutter

A rag quilt is a soft, cozy quilt that you will enjoy for years! There is a sample of one on display in the AEC lobby. This class is being taught by Bonnie Mack. Registration deadline is Oct. 18th.

If you have questions on this project, please let us know.



CHRISTMAS EXTRAVAGANZA PITTSBURGH!

Featuring The Nutcracker & The Pittsburg Ballet Theatre Orchestra DECEMBER 8—10, 2024

TOUR INCLUDES:

- * Modern Motorcoach Transportation
- * 2 Nights Pittsburgh—Doubletree Hotel
- * 2 Breakfasts—2 Dinners
- * Pittsburgh Creche
- * St. Anthony's Chapel
- * The Nutcracker Ballet with the Pittsburgh Ballet Theatre Orchestra
- * Sightseeing Tour of Pittsburgh
- * Phipps Conservatory Winter Flower Show & Light Garden
- * Dinner Detective Murder Mystery Dinner Show
- * Guided Tour & Very Merry Christmas Exhibit @ Heinz History Center
- * Pittsburgh Christmas Market
- * Luggage Handling
- * Tax & Tips on Included Meals
- * Tips for Step-on Guides and Coach Driver

COST PER PERSON:

\$999—Double
\$1,249— Single
\$849— Triple
Deposit: \$200 due at registration
Balance Due: Oct. 8, 2024

Cancellation Protection Available \$80/person due with deposit

Seneca County Commission on Aging

Transportation

Providing rides to medical appointments, grocery store, banking, beauty salon, barber and other appointments.

To make arrangements please call 419-419-5792 or 419-435-0436

24 hour notice required

Donation Based

They do transport to and from the Allen Eiry Center.

"SOME LIKE IT HOT"

Cleveland Playhouse Square

WHEN: Wednesday, November 6, 2024
DEPART: 2:15PM
RETURN: After 7:30PM Show
COST: \$99 (Due at sign up) (Meal extra)

We will eat in Cleveland before the show.

Winner of 4 Tony Awards[®], including Best Choreography and Best Costumes, and the Grammy Award[®] for Best Musical Theater Album, "Some Like It Hot" is "A Super-Sized, all-out song-and-dance Spectacular!"

Set in Chicago when Prohibition has everyone thirsty for a little excitement, "Some Like It Hot" is the "glorious, big, high-kicking" story of two musicians forced to flee the Windy City after witnessing a mob hit. With gangsters hot on their heels, they catch a cross-country train for the life-chasing, life-changing trip of a lifetime. With its irresistible combination of heart and laughs, song and dance, "Some Like It Hot" won more theater awards than any show this season, and was named best Musical by the Drama Desk. No wonder Deadline calls it "a tap-dancing, razzledazzling embrace of everything you love about musical theater!

DELAY THE DISEASE

THE #1 PARKINSON'S EXERCISE PROGRAM

Allen Eiry Center offers the "Delay the Disease" Parkinson's program each Monday & Wednesday @ 11:45AM.

Delay the Disease is a community based fitness program designed to empower people with Parkinson's disease by optimizing their physical function. The fitness class is lead by Mercy's physical therapists and is especially designed to help those with Parkinson's gain a better quality of life through strength, balance, gait and cognitive training. For more information call Mercy's P.T. Dept. at 419-455-8600. COST: \$5 for an 11 week session.

You need to be a member of AEC—\$35/year.

"OFF OUR ROCKERS CHORUS"

Practice every Thursday @ 10:00 at the Allen Eiry Center. This group is exploding with excitement! Thinking about joining or want more details, contact us at 419-448-9774. AEC TRAVEL NEWS



ALLEN EIRY CENTER **UPCOMING SINGLE DAY TRIPS**



Oct. 9, 2024	Wed.	Rock & Roll Hall of Fame	8:00AM
Oct. 14, 2024	Mon.	Speedtrap Diner —Woodville	10:00AM
Oct. 16, 2024	Wed.	"A Beautiful Noise" - Cleveland	2:15PM
Oct. 25, 2024	Fri.	Chateau Winery - VINO Bingo	10:30AM
Nov. 6, 2024	Wed.	"Some Like It Hot" - Cleveland	2:15PM
Nov. 14, 2024	Thurs.	Fun Day with Friends—Findlay	10:00AM
Nov. 22, 2024	Fri.	Christmas Connection—IX Center Cleveland	8:00AM
Dec. 4, 2024	Wed.	Christmas Lunch Bunch	11:00AM
Dec. 12, 2024	Thurs.	"Twas the Night BeforeCirque Du Soleil"	2:15PM
Jan. 8, 2025	Wed.	"Life of Pi" - Cleveland	2:15PM
Jan. 15, 2025	Wed.	Polaris Shopping—Columbus	8:30AM

UPCOMING MULTI-DAY TRIPS

October 1-6, 2024 HALLOWEEN IN THE HUDSON RIVER VALLEY & CASTLES OF NEW YORK

December 8-10, 2024 CHRISTMAS EXTRAVAGANZA, PITTSBURGH

YOU ARE INVITED TO THE ALLEN EIRY CENTER 2024 ANNUAL MEETING TUESDAY, OCTOBER 15 @ 3:00PM.

Travel Registration Guidelines: NEW SINGLE-DAY TRIP REGISTRATION BEGINS MON., OCTOBER 7, 2024.

- 1. Each <u>member</u> will be able to sign up a total of two <u>members</u> for each trip.
- 2. New trip registration dates are announced in the description of the trip.
- 3. On the first day of registration for single-day trips, there will only be "in person" registration from 8:30-10:00AM. We will begin taking phone registrations at 10:00AM.
- 4. Reminder that any trip registrations over the phone must be paid within 10 days.
- 5. Non-members cannot sign up for trips until Thursday of registration week.
- 6. You can register for multi-day trips at any time.

CHRISTMAS CONNECTION 2024

IX Center—Cleveland WHEN: Friday, November 22, 2024 DEPART: 8:00AM RETURN: 7:00PM COST: \$32 (due at signup) (Meal extra)

It's one stop shopping, entertainment, food and fun! Shop more than 500 booths for unique Christmas gifts for everyone on your list, from holiday décor and apparel to toys, treats and more. The Christmas Connection is a festive marketplace where you can shop for holiday gifts, see works from local artisans, experience holiday displays that will inspire your own decorations, and much more!

Whether you're joining us at the IX Center with a long shopping list or just looking for a fun day out with family and friends, there's something for everyone at the show with hundreds of vendors to explore and unique features to enjoy. Your shopping experience will include quality products and services, tasty treats, festive fun for everyone, entertainment and a chance to save money. Places to sit and enjoy! This is a fun day full of excitement! Come join us!

Thanks you:

A VERY SPECIAL THANK YOU TO ALL OF OUR SUPPORTERS THAT HELP US WITH ALL OUR EVENTS YEAR ROUND. IT'S BECAUSE OF YOU THAT AEC IS SUCCESSFUL IN HELPING OTHERS!!

LEAVING A LEGACY FOR AEC

Legacy gifts are planned gifts that designate part of an individual's estate as a donation to a nonprofit organization. Often times, these gifts are the most significant ones we can make. Legacy giving does not require a large gift, it only requires a thoughtful choice to include the Allen Eiry Center, Inc. in your financial planning.

Legacy gifts have been fundamental in the growth of the Allen Eiry Center since it opened its doors in 1971. If you share our vision, or if you or a loved one has enjoyed services at the Allen Eiry Center, consider how a planned gift could benefit you and our organization.

Please share with your family how important the Allen Eiry Center is to you in your life!

Thank you for being a part of this wonderful organization!

2024 OCTOBER CALENDAR FUNDRAISER THIS IS YOUR LAST CHANCE TO PURCHASE TICKETS!

The October Calendar is our most significant fundraising event of the year, and it's made possible through the generous contributions of businesses and individuals. In previous years, we've raised between \$11,000 and \$21,000! These funds are crucial to ensuring we remain a vital resource, helping seniors in our community stay active, social, and healthy. With over 45% of our local population aged 50 and older, our organization plays an essential role in serving their needs.

Purchase one ticket and you have 33 chances to win, purchase 3 tickets and you have increased your winning chances to 99!!

Throughout the month of October, we will be drawing a winner each day, with the prize being the dollar amount listed on the calendar for that specific day.

Thank you for your continued support!

CARDIO DRUMMING 50+ CLASSES Tuesdays & Thursdays @ 8:00AM Cost per class: \$1.00

This class can be done by standing or sitting and by people of different physical abilities. It's fun, keeps you active and lots of benefits will be gained! This class is lead by Brandie Gruss, Life Coach. You need to be a current member of AEC to participate. You can start at any time. Bring your

own exercise ball ble clothes and ten-



NOTE: This class is for men and women alike! Come join the fun!

Local, Professional Agent



8.

ACTIVITIES



Sisterly Love!!



Fun at Work!!



Florence celebrating!



RENEW YOUR MEMBERSHIP

REMINDER:

IT'S TIME TO RENEW YOUR ALLEN EIRY CENTER MEMBERSHIP FOR 2025!

The cost for our annual membership is \$35.00. Gift Cards are also available for membership, activities and travel. Share this with your family—this would make a great Christmas present for mom and dad, grandpa & grandma!

MONDAY MORNING CRAFTS

Each Monday at 9:00AM we invite you to come join us to work on crafts. We work all year to make attractive items for Calvert Elementary students to purchase as Christmas items for their family and friends. We invite you each Monday to share ideas for crafts which can be made by the group and the

students would enjoy purchasing for their families. Help is needed to create these items.



You are always welcome to join us!

MIKE GILBERT PRESENTS





Tuesday, October 22 @ 10:30AM

Common to most people, dreams project our feelings and concerns from our unconscious mind. This talk will focus on dreams and their effects on the waking world. How dreams become reality gives an intriguing look on how the unconscious mind affects world events.

This presentation is open to the public. Please call 419-448-9774 to reserve your seat.

EXPLORING CARE AND SUPPORT SERVICES

PRESENTATION BY JENNIFER MILLER TUESDAY, OCTOBER 29 @ 10:00AM



Examine how best to prepare for future care decisions and changes, including respite care, residential care and end-of life care. Jennifer will be explaining the difference of each type of care along with what each level provides. This is a wonderful presentation for those who are care givers, or for those who have a loved one that needs care provided from outside the family. Please call to reserve a spot 419-448-9774. This is free and open to the public.

FUNDAY TUESDAYS

Join us Tuesdays @ 1:00PM

Play games of all types! Invite friends to come and enjoy the afternoon. Feel free to bring games from home to share. Any card games, board games, you name it and we will play it! You can enjoy the games between 1:00— 3:30PM each Tuesday.

Please keep in mind that we would like to open all games for everyone to enjoy. Games such as Canasta, Socki, Euchre, Uno, Bridge, Pinochle, Pegs & Jokers, Dominoes, board games, etc. are all good options.

Non-members can join us as a guest a single time; when they enjoy the afternoon, we're sure they will want to join AEC and come back each week for more fun!

AEC LIBRARY

IS FULL OF GREAT BOOKS AT A BARGAIN PRICE! VOLUNTEER, TAMMY WASSERMAN KEEPS THE ROOM VERY ORGANIZED AND EASY TO FIND EACH AUTHOR.

Help AEC by joining Kroger Community Rewards

This program makes fundraising easy by donating to local organizations based on the shopping you do every day. Once you link your Card to an organization, all you have to do is shop at Kroger and swipe your Shopper's Card. Here's how it works:

1. Create a digital account.

A digital account is needed to participate in Kroger Community Rewards. If you already have a digital account, simply link your Shopper's Card to your account so that all transactions apply toward the organization you choose.

2. Link your Card to an organization. -Sign into your digital account. -Search for your organization HERE.

-Enter the name or NPO number of the organization you wish to support.

-Select the appropriate organization from the list and click "SAVE". Your selected organization will also display in the Kroger Community Rewards section of your account. If you need to review or revisit your organization, you can always do so under your Account details.

3. Your Organization Earns.

Any transactions moving forward using the Shopper's Card number associated with your digital account will be applied to the program, at no added cost to you.

If you have any questions, please contact our local Kroger's Customer Service Center.



FALL CRAFT Thursday, October 17 @ 1:30PM Cost: \$10

This is a very nice craft to decorate for the fall season! You can choose from a seafoam green or pumpkin orange, both will make a colorful addition to your décor. We have limited space, so please be sure to sign up soon. This program will be led by AEC staff. Join the fun—sign up today!

There is a sample on display in the office.



FUN DAY WITH FRIENDS FINDLAY WHEN: Thursday, November 14, 2024 DEPART: 10:00AM RETURN: 4:00PM



COST: \$10 (Due at signup) (Meal & Ice Cream extra) NEW TRIP registration begins Mon., Oct. 7 @ 8:30AM.

A funday was had by our lunch/shopping group last time , so we are to do it again. This time we will be eating at the Olive Garden, doing a little shopping and going to Dietsch Brothers for delicious ice cream before coming home.

YOGA CLASSES at AEC

All Yoga classes are lead by Instructor, Suzanne Reinhart

CHAIR YOGA: For AEC Members Only

Mondays @ 9:00AM Wednesdays @ 10:00AM

FLOOR/MAT YOGA

Bring your own mat—no experience necessary. Mondays @ 4:30PM Wednesdays @ 8:00AM

All classes are by donation and are given to AEC for the use of the facility.

There is no Monday PM Yoga on Oct. 21 & 28, 2024.



2024 SOUP COOK-OFF

We are looking for some cooks who would like to enter Allen Eiry Center's "third" soup cook-off

Thursday, November 7, 2024

11:00am – 1:00pm

Maybe you have a favorite soup recipe that you have inherited from grandma or maybe you have created your own.

We would like you to share your special soup with us!

Prizes will be awarded for the top 3 soups.

Registration deadline to enter your favorite soup is

Friday, October 30, 2024.

Guidelines for this contest may be requested

by calling 419-448-9774 or emailing aesctiffinohio@yahoo.com