



Allen Eiry Center News

Activities, Events, Travel, and More

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

28 HOPEWELL AVE., TIFFIN, OHIO
www.alleneiry.com

August 2026
Volume 168

Our October Calendar Raffle is one of the Allen Eiry Center's most important annual fundraisers, with every ticket purchased helping support the programs, services, and activities our members enjoy throughout the year. Please share this opportunity with your friends and family, and help us spread the word. Stop by the office to pick up additional raffle tickets—we appreciate your support in making this fundraiser a success!

THE GOLDEN NEWS



ALLEN EIRY 6th ANNUAL GOLF SCRAMBLE

Saturday, Sept. 5, 2026
Clinton Heights Golf Course

Shotgun Start @ 8:30 AM

Registration Deadline
September 2, 2026

Major Sponsor: \$500
Company name listed on banner
Company name listed in program
1 Team (foursome)

Team Sponsor: \$280
1 Team (foursome)

Hole Sponsor: \$110
Company signage on hole
and in program

Teams of four: \$280
Individuals: \$70

Come join us for a great day of Golf,
Fun, Prizes, and to support The Allen
Eiry Center.

Don't miss out on this special day of
golf!

Participants will compete for
1st, 2nd, & 3rd place
cash prizes, and more!!

Funds raised from this event will
be used to help support the Allen
Eiry Center.

Thank you.

MAJOR SPONSORS

Dell Burtis Law

Good Shepherd Home

Tiffin Eagles #402

XCaret Mexican Restaurant

18 Holes of Golf with Cart
Lunch for Four—

Door Prizes ~Skins
50/50 ~ Mulligans
“Hole In One”
Hole Contest Prizes
and More!

Team Prizes:
1st Place—\$300
2nd Place—\$200
3rd Place—\$100

This special annual event is free to members.

Members who plan to attend need to pick up a ticket at AEC by Aug. 21.

You must present a ticket to go through the food line.

Seneca County Fairgrounds Livestock Pavilion



Wed., Sept. 9, 2026

Seneca County Fairgrounds
Is located at
100 Hopewell Ave., Tiffin.

Plenty of parking available!



FOOD WILL BE SERVED 4:30—5:30 PM

**We invite you to bring games and your own adult beverage
and a lawn chair.**

There will be musical entertainment for your enjoyment provided by
O'Kelley's Entertainment - DJ Dave.

*If you want to bring a non-member guest, a ticket must be
purchased by Aug. 21, 2026, at AEC for \$10.00.*

VOLUNTEERS NEEDED - PLEASE CALL THE CENTER IF YOU CAN HELP

1. Fold Newsletters: Friday, Aug 21, 2026 @ 9:00 AM
2. Annual Picnic Wed., Sept. 9, 2026
3. Annual Golf Scramble: Sat., Sept. 5, 2026

END HUMAN TRAFFICKING

AWARENESS ~ EDUCATION ~ ACTION

Tiffin Police Chief Dave Pauly and Sisters in Shelter Executive Director Jennifer Kin will be at the Allen Eiry Center for an important and eye-opening presentation for our entire community.

**Friday, August 14, 2026
1:00 PM
Allen Eiry Center
28 Hopewell Ave, Tiffin, OH**

- Learn what human trafficking really is
- Recognize common red flags and warning signs
- Discover practical safety tips and prevention strategies
- Hear how law enforcement identifies and investigates trafficking
- Gain insight into the work being done right here in our community

We will also discuss:

- Volunteer opportunities
- Community involvement
- Prevention and awareness trainings available at no cost
- How donations and grants make this work possible
- What services Sisters in Shelter can provide and where our limitations exist

FREE & OPEN TO THE COMMUNITY

**Call to let us know you are coming.
419-448-9774**

WELCOME NEW & RETURNING MEMBERS

Anne Arnold
Teresa McDonald
Gary Cole
Charlotte Cole
Shar Newcome
Herbert McCoy
Nancy Overmyer
Dawn Cooley
Shiela Peterson
Steven Slemmer
Jim Lemmermen
Helen Lemmermen
Terry Kiesel
Sheila Barker

MEMORIALS

In memory of Connie Mizen

Given by: Judy Henderson

In memory of Don Petersen

Given by: Diane Baker

In memory of James "Jim" Burns

Given by: Tom & Joanne Shook

Take advantage of our Senior Health Check Clinic on Wednesday, August 12, from 9:30–11:15 AM. at the Allen Eiry Center. Basic health screenings are provided by healthcare professionals from the Seneca County Health Department, giving you an easy way to monitor your health and ask questions. We encourage all members to stop by—no appointment necessary.



JANE C. DELL
PAUL F. BURTIS

60 Sycamore Street, Tiffin, Oh 44883
Phone: 419-447-6181
www.dellburtislaw.com

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800.625.5269 | steinhospice.org

HEMPY WATER

227 S. Washington St.
Tiffin, OH 44883
419-448-8885



Tiffin's Local Community Bank!
33 E. Market St. & 634 W. Market St.
1.866.347.3440 | oldfortbank.com



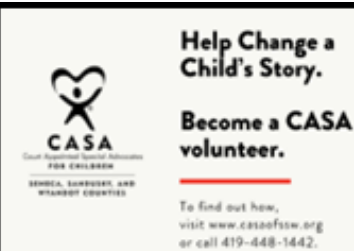
Retiring?
Turning 65?



We offer a variety of services and a drive to find the perfect plan for you.

Toria Felton
Account Executive

419-447-4242 Ext. 1155 | tfelton@uisprotect.com



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AUGUST CELEBRATIONS!



- | | | |
|------------------------------|----------------------------|-----------------------------|
| 1 Kathleen Snyder | 11 Harold Brickner | 22 Dutch & LouAnn Newlove ♥ |
| 2 Dan Gaietto | 12 Brian McKee | 23 Pat & Rachel Herron ♥ |
| 3 Jo Ann Hark | 13 Kelly Rowe | 24 Bruce Cooper |
| 4 Jon Laux | 14 Mary Schreiner | 25 Terry Lemley |
| 5 Steve & Dianne Schafer ♥ | 15 Maria Robinson | 26 Martha J Swander |
| 6 Kevin & Karen Dininger ♥ | 16 John & Joyce Millar ♥ | 27 Teresa Jacobs |
| 7 Robert & Ellen Bland ♥ | 17 Mark & Vi Rumschlag ♥ | 28 Jim & Peg Brickner ♥ |
| 8 Thomas Welter | 18 Gary & Charlotte Cole ♥ | 29 Sue Iannantuono |
| 9 Janet Strausbaugh | 19 Sue Hampshire | 30 Lois Fey |
| 10 David Hohman | 20 Sue Distel | 31 Madeline Scherger |
| 11 Diana Coleman | 21 Mindy Ewald | |
| 12 Rick & Joan Shook ♥ | 22 Bob & Bert Grothaus ♥ | |
| 13 Kathy Venema | 23 Larry Cobb | |
| 14 Charles Eingle | 24 Jane McAdow | |
| 15 Lunette Frase | 25 Bob Bouillon | |
| 16 Ed Lutz | 26 Kimberly Doran | |
| 17 Gene Brown | 27 Joyce Lather | |
| 18 Candace Mustamaa | 28 Wanda Phares | |
| 19 Richard Shook | 29 Jan Kuhn | |
| 20 Theresa Feasel | 30 Connie Swartz | |
| 21 Elizabeth Halm | 31 Paula Wilbert | |
| 22 Sharon Myers | | |
| 23 Richard & Deb Grine ♥ | | |
| 24 Terry & Cynthia Starkey ♥ | | |
| 25 Rick & Patty Kauffman ♥ | | |
| 26 John & Marge Kirian ♥ | | |
| 27 Bob Taylor | | |
| 28 Linda Ennis | | |
| 29 Susan Nighswander | | |
| 30 Ann Carr | | |
| 31 Mike & Janet Wagner ♥ | | |

As we transition to new publishing software, you may notice a few changes to the look and layout of our newsletter. This edition is still a work in progress as we learn and make improvements along the way. Thank you for your patience and understanding during this transition.

AEC BALLROOM RENTAL AVAILABLE

The all-purpose room is available to rent all throughout 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. Rental cost for AEC Members for one section is \$75 for 4 hours and an additional \$25 for each additional hour. You can add full use of the commercial kitchen for \$25. This is a very attractive, comfortable venue! If you are interested, please call 419-448-9774, stop by, or email us at aestciffinohio@yahoo.com.



Edward Jones
MAKING SENSE OF INVESTING

TRAVEL

August 2026

CLUE

The Broadway Show
Cleveland Playhouse Square

When: Wed., Nov. 18, 2026

Depart: 2:15 PM

Return: 11:00 PM

Cost: \$114.00 (meal extra) DUE AT SIGN UP

Murder and blackmail are on the menu when six mysterious guests assemble at Boddy Manor for a night they will never forget! Was it Mrs. Peacock in the study with the knife? Or was it Colonel Mustard in the library with the wrench? Based on the fan favorite 1985 Paramount Pictures movie and inspired by the classic Hasbro board game, CLUE is the ultimate who- dunnit that will leave you dying of laughter and keep you guessing until the final twist. The show has no intermission so it will make for an earlier evening. Has had great audience reviews!

Eating in Cleveland before the show.

TWIN OAST BREWING PORT CLINTON, OH

When: Tuesday, August 25, 2026

Depart: 12:00 PM

Return: 5:00 PM

Cost: \$20.00 (meal extra) DUE AT SIGN-UP

New trip signup starts Mon. Aug. 3 @ 8:30 AM.

Before summer ends, we will travel to Port Clinton to a very special, relaxing place where the experience should be savored. They want to bring people together to enjoy good food and beverages. There are so many places to sit inside and out.

1:00 PM - 4:00 PM is happy hour - reduced beer prices, \$10.00 one-topping pizzas, \$12 Catawba Smash Burger, \$12 boneless wings, or you can order from their regular-priced menu; they have many choices of sandwiches, salads, shareables, and desserts. Join us for a relaxing afternoon with wonderful people.

Toledo Zoo Senior Day

When: Wed., Sept. 30, 2026

Depart: 8:45 AM

Return: 5:00 PM

Cost: \$31 (meal extra) DUE AT SIGN-UP

Guests under the age of 60 will also need to purchase a zoo admission ticket at the gate for \$32.00.

The Toledo Zoo & Aquarium is a favorite destination featuring more than 10,000 animals representing over 720 species. Guests can also enjoy the aquarium with more than 3,000 aquatic animals, the Museum of Natural History, and the Davidson Barnyard.

We will be visiting on Senior Day; admission is free for seniors 60 and over. The zoo offers special senior treats and activities throughout the day. Lunch will be available for purchase at one of the many dining locations inside the zoo.

Spend the day exploring at your own pace, relaxing while enjoying your favorite animals, and rediscovering cherished childhood zoo memories.

Ohio State "The Shoe" Tour

When: Wed., Oct. 7, 2026

Depart: 10:00 AM

Return: 8:00 PM

Cost: \$79 (meal extra) DUE AT SIGN-UP

We will have the VIP stadium tour in Columbus which includes: home locker room, band center & rehearsal hall, recruit room, field, press box, Huntington Club, NetJets Landing, University/President's Suite, Commemorative Coin, Commemorative Credential, and Digital Photo Package!

Fun day for all you BUCKEYE FANS or if you want to check out the rival of your team! We will stop on the way home for dinner.

The tour is about 90 minutes with a lot of walking and standing. Wear comfortable clothing and good walking shoes.



Your "OFF OUR ROCKERS CHORUS"

Join us every Thursday at 10:00 AM at the Allen Eiry Center for a lively hour of singing your favorite hits from across the decades. Whether you love classic rock, timeless standards, or feel-good favorites, this chorus brings the music — and the memories — to life in a fun, welcoming, and low-stress environment.

Directed by Mimi Lange Johnston and accompanied by Char Pope and Charlene Thomas, this energetic group is open to everyone age 50+. No auditions. No pressure. Just music, laughter, and great company.

All are welcome. All are wanted. Call the Allen Eiry Center at 419-448-9774 to learn more and join the fun!

GAME TIME AT AEC!

Play. Have fun. Make friends.

Mondays @ 1:00 PM

- Competitive Euchre • Canasta • Bridge Tuesdays
- Mexican Train Dominoes – 10:00 AM
 - Tuesday Fun Days – 1:00 PM
 - Table Top Cornhole 1:00 PM
- Thursdays @ 1:00 PM
 - Competitive Pinochle
 - Bean Bag Baseball
- Fridays @ 1:00 PM
 - Mahjong & Board Games

Chair Volleyball

Wednesdays – 2:00 PM & Fridays – 2:15 PM
Everyone welcome—just show up and play!



Karen Knaur is coming back to AEC to make jewelry with you. Starting Wed., Sept.23 @ 10:30 AM. Limited class size. \$3.00 Please call the office 419-448-9774 or stop in to sign up.

FUNDAY TUESDAYS

Join us Tuesdays @ 1:00 PM

Looking for an afternoon full of laughter, friendly competition, and great company? Come join us for Tuesday afternoon game time, where we play all types of games — and we mean all!

Bring a friend, bring your favorite game from home, or dive into one of the many classics already on the table. Card games, board games, strategy games... if you name it, we'll play it! Whether it's Canasta, Socki, Euchre, Uno, Bridge, Pinochle, Pegs & Jokers, Dominoes, tabletop cornhole, or your personal favorite, there's something for everyone to enjoy.

We kindly ask that all games be open for everyone to join — the more players, the more fun!

Guests are welcome to come and try Game Time once. We're pretty sure after one afternoon of fun, they'll be excited to join AEC and return each week for more good times!

Come play, laugh, and make Tuesday the best day of your week!

MAHJONG

We're looking to grow our Mahjong group at the Allen Eiry Center—and we'd love to have you join us!

Whether you already know how to play or are interested in learning, Mahjong is a fun, social game that's great for keeping your mind active and meeting new people.

If you're interested in playing or learning, please let us know at the front desk. We'd like to gauge interest and build a group that works for everyone.

Come give it a try—you might just find your new favorite activity!



Friday, Aug. 7, 2026
1:00 PM at AEC
Provided by
The Willows
At Tiffin



Friday, Aug. 21, 2026
@ 1:00 PM at AEC
Provided by
Bridge Home
Health & Hospice



SENIOR RESOURCE FAIR

ALLEN EIRY CENTER
28 HOPEWELL AVE
TIFFIN, OH 44883

Tuesday, August 18, 2026
9:30 AM—Noon

FREE & OPEN TO THE COMMUNITY

Discover valuable resources, services, and programs designed to help older adults live healthier, safer, and more independent lives. Connect with local experts, ask questions, and learn what's available in our community—all in one convenient location!

PEARL HARBOR

Presented by Mike Gilbert

new!

Tuesday, August 11, 2026
10:30 AM

Call to save your seat.
419-448-9774
Open to the public.

Pearl Harbor was a surprise Japanese attack on the US Pacific Fleet on December 7, 1942 that killed approximately 2,400 people, sank or damaged much of Battleship Row and propelled the United States into WWII.

NEW ADVANCES IN ALZHEIMER'S TREATMENTS

Alzheimer's Association Northwest Ohio
Join us for a free program!

Learn more about new advancements in Alzheimer's treatments. This program will provide an overview on how these drugs were designed to work, who may be a candidate for treatment, potential benefits and side effects and availability and pathways for access.

Tuesday, August 25, 2026
10 AM - 11 AM

28 Hopewell Ave
Tiffin, OH
419-448-9774



Call to save your seat.

new!

OSHIIP *new!*

Ohio Senior Health Insurance
Information Program

At the Allen Eiry Center
28 Hopewell Ave., Tiffin, OH

Friday, October 2, 2026 @ 10:30 AM

This program is very instrumental in understanding your Medicare & the updates since Medicare changes each year. You really do not want to miss this!

Sign up by calling AEC @ 419-448-9774

This program is
FREE & OPEN to the public.



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 Sticks
- 1 Recumbent Bike
- 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 @ 10:00 AM.
Cost per class \$1.00.

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

Find Your Flow at AEC Yoga

Join our welcoming yoga classes led by Suzanne Reinhart and Janet Herzog.

These classes are perfect for all experience levels.
\$5 per session
Floor/Mat Yoga (Bring your own mat.)

~~~~~  
AEC Members  
Wednesdays at 8:00 AM (Doors open at 7:45 AM.)  
Led by Suzanne Reinhart

- ~~~~~  
Public Welcome
- Mondays at 4:30 PM (Market St. Door.)  
Led by Suzanne Reinhart
  - Tuesdays at 6:00 PM (Market St Door.)  
Led by Janet Herzog

- Fridays at 7:00 AM (Market St. Door)  
Led by Janet Herzog

Come move, breathe, and feel your best at AEC!

BURNS FINANCIAL SOLUTIONS

Tues., Sept. 29, 2026  
10:00 AM



- Overview of Medicare
- Differences between Medicare Supplements vs. Medicare Advantage Plans
- Part D structure changes
- And more.....

FREE & OPEN TO THE PUBLIC

Call to save your seat.  
419-448-9774

UPCOMING SINGLE DAY TRIPS

*“Traveling together turns strangers into friends and moments into memories.”*

|                |        |                                         |          |
|----------------|--------|-----------------------------------------|----------|
| Aug. 8, 2026   | Sat.   | Toledo Mud Hens vs. Omaha Storm Chasers | 4:15 PM  |
| Aug. 20, 2026  | Thurs. | White Timbers Winery & Vineyard         | 3:00 PM  |
| Aug. 25, 2026  | Tues.  | Twin Oast Brewing, Port Clinton         | 12:00 PM |
| Sept. 3, 2026  | Thurs. | Fall Lunch Bunch                        | 11:00 AM |
| Sept. 24, 2026 | Thurs. | Ohio Star Theater ~ ELIJAH              | 8:45 AM  |
| Sept. 30, 2026 | Wed.   | Toledo Zoo Senior Day                   | 8:45 AM  |
| Oct. 7, 2026   | Wed.   | Ohio State “THE SHOE” Tour              | 10:00 AM |
| Oct. 21, 2026  | Wed.   | NASA 2nd group                          | 11:30 AM |
| Oct. 29, 2026  | Thurs. | Halloween Lunch Bunch                   | 11:00 AM |
| Nov. 12, 2026  | Thurs. | Texas Roadhouse - Findlay               | 3:00 PM  |
| Nov. 18, 2026  | Wed.   | Clue—The Broadway Show                  | 2:15 PM  |

Coming soon:

- Christmas Lunch Bunch, Wed., December 9, 2026 - Sign-up begins in September
- Betty Boop - Cleveland Playhouse, Wed., February 17, 2027 - Sign-up begins in October
- Walleye vs Cincinnati Cyclones, Fri., March 12, 2027 - (Goal Zone on the ice again)

UPCOMING MULTI-DAY TRIPS

SEPTEMBER 13-17, 2026...DISCOVER PHILADELPHIA (Balance due July 13, 2026)

NOVEMBER 2-10, 2026.....ST. AUGUSTINE, FLORIDA & GEORGIA’S “GOLDEN ISLES”  
(Balance Due Sept. 2, 2026)

DECEMBER 1-3, 2026.....INDIANAPOLIS CHRISTMAS  
(Balance Due October 1, 2026)

~ Travelers, please do not park in our main parking lot off of Hopewell Ave. ~

Travel Registration Guidelines

NEW SINGLE-DAY TRIP REGISTRATION BEGINS Mon., Aug. 3, 2026.

1. Each member will be able to sign up a total of two members for each trip. Payment is due at signup.
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—10:00 AM. We will begin taking phone registrations at 10:00 AM.
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 the registration week.

~ Please do not sign up for a Multi-Day Trip during New Trip Monday Rush. ~



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*Downsizing?*

- |                            |                     |
|----------------------------|---------------------|
| -Independent Living        | -Home Services      |
| -Assisted Living           | -SAIDO Learning     |
| -Skilled Nursing/Rehab     | -Memory Care        |
| -Short Term Specialist     | -Outpatient Therapy |
| -Hospice & Palliative Care | -Adult Day Program  |
- Medical Waiver Accepted!



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**Continuing the work of Jesus**  
*Peacefully. Simply. Together.*  
Proudly Serving the Community Since 1904

## TEXAS ROADHOUSE

Findlay, OH



When: Thurs., Nov. 12, 2026

Depart: 3:00 PM

Return: After Dinner

Cost: \$19.00 (meal extra) DUE AT SIGN UP

*New trip signup starts Mon. Aug. 3 @ 8:30 AM.*

Leave the driving to us and enjoy a delicious meal with friends at Texas Roadhouse! Whether you're craving a hand-cut steak, fall-off-the-bone ribs, fresh-baked rolls, or one of their many other favorites, this is a great opportunity to relax, socialize, and enjoy a fun outing. Reserve your seat today by calling the Allen Eiry Center—we'd love to have you join us!

### MURDER & MAYHEM IN SENECA COUNTY *Presented by Mark Steinmetz*



Tues., Oct. 6, 2026  
10:30 AM

Allen Eiry Center  
28 Hopewell Ave  
Tiffin, OH

Just in time for the spooky Halloween season, this program will feature the darker side of our local history with a selection of shocking stories that happened right here in Seneca County. We like to think that nothing terrible has ever happened in our small communities, but over the last 200 years, we've experienced things like murders, riots, train wrecks, grave robbing, and criminal outlaws, to name just a few. The program will cover a span of time from 1881, with the tragic killing of Heidelberg student Phoebe Bernard, to the murderous rampage of the "Mad Dog Killers" who terrorized the State of Ohio in the late 1940's.

**FREE & OPEN TO THE COMMUNITY**

Call to save your seat  
419-448-9774

**Questions? Concerns? Life Changes?**

**Don't Let Medicare Drive You Bananas!**

*Call to Schedule a Free Medicare Review 419-348-7041*



## Indianapolis Christmas

December 1-3, 2026

Celebrate the season with the Indianapolis Christmas Trip, December 1–3, 2026. Enjoy festive markets, holiday lights, great meals, and wonderful company while traveling comfortably with the Allen Eiry Center. Reserve your seat early for this magical holiday getaway!

Tour includes:

- Modern Motorcoach Transportation
- Two nights Embassy Suites – Downtown
- 2 breakfasts – 1 lunch – 2 dinners
- Caramel Christkindlmarket
- Beef & Boards Dinner Theatre
- Sightseeing Tour of Indy
- Historical Society's Festival of Trees
- Eiteljorg Museum
- Skyline Room
- "Circle of Lights" at Monument Circle
- Indiana State Museum
- IMAX Theater
- L. S. Ayres Tea Toom
- Fort Wayne's Fantasy of Lights
- Luggage handling
- Tax and tips on included meals
- Gratuities for driver

Cost per person:

\$999 – Double Occupancy

\$1299 – Single Occupancy

\$879 – Triple Occupancy

Deposit: \$200 due at time of registration

**Balance due: October 1, 2026**

### Cancellation protection:

\$80 per person due with your deposit. This protects all monies (except the \$80) in the event of a cancellation prior to departure for any reason. Cancellation protection is recommended. For more information, please contact Sara Wax or Allen Eiry Center 419-448-9774.

**Don't miss out! Stop in, try something new, make new friends, and discover all the fun and adventures the Allen Eiry Center has to offer.**

## Photo Shoot Fundraiser Benefiting the Allen Eiry Center

*Maria Wahl Photography and Photos by Kendel*

**By Appointment Only**

**Wednesday, October 28, 2026**

**Call right away to schedule your appointment.  
The cost is \$30 paid at the time of the reservation.**

**ALLEN EIRY CENTER  
28 HOPEWELL AVE, TIFFIN, OH  
419-448-9774**

Your participation helps support the Allen Eiry Center while preserving memories that celebrate this meaningful season of life.



OHIOHEALTH

**DELAY THE DISEASE®**

THE #1 PARKINSON'S EXERCISE PROGRAM

### Delay the Disease® Parkinson's Program

The Allen Eiry Center invites you to join Delay the Disease®, a specialized fitness program created to help individuals with Parkinson's disease stay active, independent, and confident.

Held every Monday & Wednesday at 11:45 AM, this community-based class focuses on improving:

- Strength & balance
- Walking (gait) and mobility
- Coordination & cognitive function
- Overall quality of life

Classes are led by Mercy's licensed physical therapists and are specifically designed to meet the unique needs of those living with Parkinson's—at any stage.

For more information or to register:

Call Mercy Physical Therapy at 419-455-8600

Cost: Just \$5 for an 11-week session

Classes are at the Allen Eiry Center, 28 Hopewell Ave., Tiffin. Take an active step toward better movement, confidence, and independence—because staying strong matters.

## Discover the Power of Tai Chi at AEC

Slow down, breathe deeply, and feel better—Tai Chi is a gentle yet powerful way to improve your health and well-being. Whether you're brand new or looking to continue your practice, Tai Chi at AEC is a wonderful way to move, relax, and feel your best.

Beginner Class Friday at 8:30 AM

Regular Class Friday at 9:00 AM

Cost: Just \$1.00 per class

Doctors are increasingly recommending Tai Chi to help with balance, stress relief, and fatigue—and for good reason! This graceful, dance-like practice helps improve flexibility, coordination, and calmness, while actually boosting your energy. Many people finish class feeling refreshed, relaxed, and recharged. Why try Tai Chi?

- Improves balance and stability
- Reduces stress and tension
- Gentle on the body—great for all fitness levels
- Promotes calm focus and steady energy

**Give it a try —  
You may be surprised how good you feel!**

## Move, Smile & Feel Better with Joyce Ricci

Feeling achy? Stiff? Out of sorts?  
No worries — you're not alone!  
Let's move together... slowly, gently, and joyfully.

Fridays at 10:30 AM

Just \$1 per class!

- Slow, smooth, easy movements
- Perfect for beginners
- Move while sitting, standing, or both
- Wake up those "forgotten" muscles
- Improve balance & core strength
- Feel looser, steadier, and more confident
- Friendly faces & social connection

No fancy moves. No pressure to "keep up."

Move at your own pace.

Just movement that meets you where you are.

Come as you are, bring a bottle of water, wear comfortable clothes, and closed-toe rubber-soled shoes.

Feel better together.

|                                                                                                                                                                                                                                             |                                                                                                                                                                                                                         |                                                                                                                                                                                                                    |                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                     |                              |
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| 9:00 Chair Class<br>9:00 Stained Glass<br>9:00 Table Pool<br>9:00 NO Crafts<br>10:00 Basic Balance<br>11:45 Parkinson's Class<br>1:00 Euchre<br>1:00 Canasta<br>1:00 Bridge<br>4:30 Floor Yoga<br><br><b>NEW TRIP SIGN UP<br/>@ 8:30 AM</b> | 8:00 Drumming<br>9:00 Stained Glass<br>9:00 Table Pool<br>10:00 Dominos<br>1:00 Funday Tuesday<br>6:00 Mat Yoga<br><br><b>Massage Appointments<br/>11 AM - 3 PM</b>                                                     | 8:00 Floor Yoga<br>9:00 Stained Glass<br>9:00 Table Pool<br>10:00 Chair Class<br>11:45 Parkinson's<br>1:00 Needle Art<br>2:00 Chair Volleyball                                                                     | 8:00 Drumming<br>9:00 Wood Carving<br>9:00 Stained Glass<br>9:00 Table Pool<br>10:00 Chorus<br>1:00 Pinochle<br>1:00 Bean Bag Baseball                                                                            | 7:00 Floor Yoga<br>8:30 Beginner Tai Chi<br>9:00 Tai Chi<br>9:00 Stained Glass<br>9:00 Table Pool<br>9:00 Quilting<br>10:30 Keep Moving Class<br>1:00 Games<br>2:15 Chair Volleyball<br><br><b>BINGO @ 1:00 PM</b>                                  | MUD HENS<br>DEPART @ 4:15 PM |
| 9:00 Chair Class<br>9:00 Stained Glass<br>9:00 Table Pool<br>9:00 Crafts<br>10:00 Basic Balance<br>11:45 Parkinson's Class<br>1:00 Euchre<br>1:00 Canasta<br>1:00 Bridge<br>4:30 Floor Yoga                                                 | 8:00 Drumming<br>9:00 Stained Glass<br>9:00 Table Pool<br>10:00 Dominos<br>1:00 Funday Tuesday<br>6:00 Mat Yoga<br><br><b>Mike Gilbert<br/>Pearl Harbor<br/>@ 10:30 AM</b>                                              | 8:00 Floor Yoga<br>9:00 Stained Glass<br>9:00 Table Pool<br>10:00 Chair Class<br>11:45 Parkinson's<br>1:00 Needle Art<br>2:00 Chair Volleyball<br><br><b>Senior Health<br/>Check Clinic<br/>9:30 AM - 11:15 AM</b> | 8:00 Drumming<br>9:00 Wood Carving<br>9:00 Stained Glass<br>9:00 Table Pool<br>10:00 Chorus<br>1:00 Pinochle<br>1:00 Bean Bag Baseball                                                                            | 7:00 Floor Yoga<br>8:30 Beginner Tai Chi<br>9:00 Tai Chi<br>9:00 Stained Glass<br>9:00 Table Pool<br>9:00 Quilting<br>10:30 Keep Moving Class<br>1:00 Games<br>2:15 Chair Volleyball<br><br><b>End Human trafficking<br/>Presentation @ 1:00 PM</b> |                              |
| 9:00 Chair Class<br>9:00 Stained Glass<br>9:00 Table Pool<br>9:00 NO Crafts<br>10:00 Basic Balance<br>11:45 Parkinson's Class<br>1:00 Euchre<br>1:00 Canasta<br>1:00 Bridge<br>4:30 Floor Yoga<br><br>Ways & Means @ 1:30                   | 8:00 Drumming<br>9:00 Stained Glass<br>9:00 Table Pool<br>10:00 Dominos<br>1:00 Funday Tuesday<br>6:00 Mat Yoga<br><br><b>Senior Resource Fair<br/>9:30 AM - Noon</b><br><br>Board Meeting 3:00 PM                      | 8:00 Floor Yoga<br>9:00 Stained Glass<br>9:00 Table Pool<br>10:00 Chair Class<br>11:45 Parkinson's<br>1:00 Needle Art<br>2:00 Chair Volleyball                                                                     | 8:00 Drumming<br>9:00 Wood Carving<br>9:00 Stained Glass<br>9:00 Table Pool<br>10:00 Chorus<br>1:00 Pinochle<br>1:00 Bean Bag Baseball<br><br><b>White Timbers Winery<br/>&amp; Vineyard<br/>Depart @ 3:00 PM</b> | 7:00 Floor Yoga<br>8:30 Beginner Tai Chi<br>9:00 Tai Chi<br>9:00 Stained Glass<br>9:00 Table Pool<br>9:00 Quilting<br>10:30 Keep Moving Class<br>1:00 Games<br>2:15 Chair Volleyball<br><br><b>BINGO @ 1:00 PM</b><br>Fold Newsletters @ 8:30       |                              |
| 9:00 Chair Class<br>9:00 Stained Glass<br>9:00 Table Pool<br>9:00 Crafts<br>10:00 Basic Balance<br>11:45 Parkinson's Class<br>1:00 Euchre<br>1:00 Canasta<br>1:00 Bridge<br>4:30 Floor Yoga                                                 | 8:00 Drumming<br>9:00 Stained Glass<br>9:00 Table Pool<br>10:00 Dominos<br>1:00 Funday Tuesday<br>6:00 Mat Yoga<br><br><b>Advances in Alzheimers<br/>@ 10:00 AM</b><br><br><b>Twin Oasts Trip<br/>Depart @ 12:00 PM</b> | 8:00 Floor Yoga<br>9:00 Stained Glass<br>9:00 Table Pool<br>10:00 Chair Class<br>11:45 Parkinson's<br>1:00 Needle Art<br>2:00 Chair Volleyball                                                                     | 8:00 Drumming<br>9:00 Wood Carving<br>9:00 Stained Glass<br>9:00 Table Pool<br>10:00 Chorus<br>1:00 Pinochle<br>1:00 Bean Bag Baseball                                                                            | 7:00 Floor Yoga<br>8:30 Beginner Tai Chi<br>9:00 Tai Chi<br>9:00 Stained Glass<br>9:00 Table Pool<br>9:00 Quilting<br>10:30 Keep Moving Class<br>1:00 Games<br>2:15 Chair Volleyball                                                                |                              |
| 9:00 Chair Class<br>9:00 Stained Glass<br>9:00 Table Pool<br>9:00 NO Crafts<br>10:00 Basic Balance<br>11:45 Parkinson's Class<br>1:00 Euchre<br>1:00 Canasta<br>1:00 Bridge<br>4:30 Floor Yoga                                              |                                                                                                                                      | STUFF THE BUS<br>DROP OFF @ AEC<br>AUG. 3-7<br>8:30 AM - 3:30 PM                                                                                                                                                   |                                                                                                                                | Annual Golf Scramble<br>Fundraiser for AEC is<br>Sept. 5. Get your teams<br>registered now. Tell all of<br>your friends.                                                                                                                            |                              |



## BE RED CROSS READY

**new!**

**TUES, OCT. 13, 2026  
10:30 AM**

**Free & open to the public**

**Please call to save your seat.  
419-448-9774**

- ° Learn how to prepare for emergencies
- ° Create a family emergency plan
- ° Build an emergency supply kit
- ° Stay safe during the severe weather and disasters
- ° Know what to do before, during, and after an emergency
- ° Free educational presentation-no certification required



**American  
Red Cross**



## Oil Painting Class

By Carol Hoffman

No experience is needed. You will be working on an 11x14 canvas; all supplies are provided. Carol makes the class fun and the job easy! Enjoy the evening with friends. Bring your own beverages, bring a friend or two, and make it a "friends night out". Please sign up, and payment is due by Sept. 9, 2026.

**Wed., Sept. 23, 2026  
5:00 PM -8:00 PM**

**NEW!**

**\$40/Due at sign-up**

**Allen Eiry Center  
28 Hopewell Ave, Tiffin  
Please use the Market St. door.**



**Department of  
Taxation**

**NEW**

## SENIOR RESOURCES

Learn about fraud prevention, filing requirements, tax deductions, and income credits available for older Ohioans

**JOIN US!  
September 22, 2026  
@ 10:30 AM**

**FREE & OPEN TO THE PUBLIC**

**Allen Eiry Center  
28 Hopewell Ave., Tiffin**

**Call 419-448-9774  
to save your seat.**

## DID YOU KNOW.....

- The Allen Eiry Center has three rooms available for rent for meetings, parties, showers, and other special events. You do not have to be a member to rent a room. Stop by or call the office for details and availability.
- We offer beautiful handmade greeting cards for every occasion. Browse the unique creations by Marilyn Mangano in our lobby.
- Our lobby features a variety of handcrafted items for sale.
- Our fundraisers and educational presentations are open to the public. Invite your friends, family, and neighbors to join us!
- Our north entrance (facing W. Market Street) now has an accessible call button. Press the button, and we'll unlock the door for you. This entrance also provides additional parking options for your convenience. (Mon. - Fri. 8:30 AM - 4:00 PM) NOTE: If we do not answer you right away, we may be on the phone. We can see you and will open the door as quickly as possible.