



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

October 2026
Volume 170

All October Calendar Raffle tickets and payments must be returned to the Allen Eiry Center office no later than Wednesday, September 30, at 4:00 PM. Every ticket sold helps support the programs and services offered at Allen Eiry Center.

1 ticket = 31 chances to win! 3 tickets = 93 chances to win!

There's still time to increase your chances! Additional tickets are available in the office. Thank you for your continued support and good luck!

PUBLIC FORUM ON DATA CENTERS

HOSTED BY LEAGUE OF WOMEN VOTERS
TIFFIN AREA



FREE & OPEN TO THE PUBLIC
Wed., Oct. 28, 2026
6:30 PM - 8:30 PM

Information will be presented on the Pros and Cons of Data Center development and presence in Ohio, followed by a question-and-answer period.

ALLEN EIRY CENTER
28 HOPEWELL AVE, TIFFIN
419-448-9774
USE MARKET ST. ENTRANCE.

THINK, TALK & SWALLOW

What speech therapy can do for you.



Fri., Nov. 13, 2026
12:30 PM

FREE & OPEN TO THE PUBLIC

-Swallowing-Learn strategies to improve swallowing and enjoy meals with greater confidence.

-Cognition-Speech therapy can improve memory, attention, problem-solving, and other thinking skills to support independence.

-Voice-Speech therapy can help you speak clearly, address voice changes, and express yourself more easily.

ALLEN EIRY CENTER
28 HOPEWELL AVE., TIFFIN

FREE & OPEN TO THE PUBLIC

Call to save your seat.
419-448-9774

OSHIIP

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.

VOLUNTEERS NEEDED - PLEASE CALL THE CENTER IF YOU CAN HELP

1. Fold Newsletters: Friday, Oct. 23, 2026 @ 9:00 AM* Please call the office to let us know you can help.
2. Oct. 26, 2026, 4:00 PM Bloomville Lions Club BBQ

CHRISTMAS LUNCH BUNCH

When: Wed., Dec. 9, 2026
 Depart: 11:00 AM
 Return: after lunch
 Cost: \$14.00 (meal extra) DUE AT SIGN-UP

Yes, it is summer! Many have asked if they could have the Christmas Party Lunch Bunch date to put on their calendars! Wear red and green, bring your wrapped \$1.00 gift to exchange, and come join the fun!

PHANTOM OF THE OPERA

When: Thurs., April 29, 2027
 Depart: 2:30 PM
 Return: after the 7:30 PM show
 Cost: \$149.00 (meal extra) DUE AT SIGN-UP
New trip sign-up begins @ 8:30 AM Mon., Oct 5, 2026.

NEW

About the original classic:
 For those who have not seen Phantom, and those who want to relive the show, this is for you!

The Brilliant Original Returns
 "More Spectacular Than Ever" (Sunday Express) Cameron Mackintosh's legendary production of Andrew Lloyd Webber's Phantom of the Opera is back to thrill American audiences once again! A revitalized production featuring Maria Bjornson's brilliant original design, celebrated direction of Harold Prince, and musical staging and choreography by Gillian Lynne, which was rapturously received by London critics when it reopened at His Majesty's Theatre in 2021, is now on a multi-year tour across North America.

Tickets for this show have a higher price, but I was able to secure excellent seats at a large discount.

We will eat in Cleveland before the show.

NEW TOLEDO WALLEYE VS CINCINNATI CYCLONES

When: Fri., March 12, 2027
 Depart: 4:15 PM
 Return: after 7:15 PM game
 Cost: \$80.00 (all-inclusive) DUE AT SIGN-UP
New trip sign-up begins @ 8:30 AM Mon., Oct. 5, 2026.

The Cyclones are an Ohio-based ice hockey team competing in the ECHL and are affiliated with the Toronto Maple Leafs and Toronto Marlies.

We have excellent SEATS with a wonderful view from the Goal Zone. We will be right where the players come out and on the ice/window seats! Rows 3-6!

You will be treated to an all-you-can-eat American Buffet, see SONIC the Hedgehog cartoon character, special lighting, and team jerseys!

This will be one of our family trips - same member price for everyone.

Sign up so we can take two buses this year.
 "Go Walleye"

**Security Protocols -
 CLEAR BAGS OR CLUTCH-SIZE PURSES**

**MASSAGE THERAPY
 by Jenny Theis**

Tuesday, November 3, 2026
 Tuesday, December 1, 2026

**Cost is \$10 for a 15-minute session.
 (Due at sign-up)**

**Sign up early; spots are limited.
 Please call to reserve your seat.
 419-448-9774**

SPONSORED BY GOOD SHEPHERD HOME
 FOSTORIA, OH

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

FERN'S CAFE

Findlay, OH
Evening Diners

When: Mon., Oct. 19, 2026 & Thurs., Oct. 22, 2026

Depart: 4:00 PM

Return: after dinner

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

Fern's is where family and friends have gathered for 75+ years! They have starters like pretzel bites, tots, potato skins, and wings, chef salads, and their famous meatloaf. The Monday special is pizza, and Thursday is their wings-and-chunks special. They have meals such as their meatloaf dinner, Manhattan dinner, chicken, mashed potato bowls, shrimp, perch, and beef on every menu. ***To provide the best experience for everyone, we will take one bus each day. When you register, please let us know which day you would like to attend. To help avoid overcrowding at the restaurant and allow more members to participate, each person may sign up for one of the two available days.

POLARIS & CHERYL'S COOKIES

When: Wed., Oct. 14, 2026

Depart: 9:00 AM

Return: 6:30 PM

Cost: \$40 (meal extra) DUE AT SIGN-UP

We will be able to go and get our sugar fix at Cheryl's—they are great to put in the freezer, then onto the Polaris Mall for a little shopping and lunch. Stopping at the specialty shoe and discount stores on the way home. Polaris has great anchor stores - Macy's, VanMaur, etc.

Come and join a great group, shop Columbus Day Sales, and pick your place to have lunch.

Have an Event Idea? Want to Help Organize One?

Do you or your organization have an idea for a program, class, presentation, or special event that would interest Allen Eiry Center members? Or would you like to help organize an event?

We'd love to hear from you! Contact our office to share your ideas and help us create fun and engaging opportunities for our members.

BETTY BOOP CLEVELAND PLAYHOUSE SQUARE

When: Wed., Feb. 17, 2027

Depart: 2:45 PM

Return: 11:30 PM

Cost: \$116 (meal extra) DUE AT SIGN-UP

New trip sign-up starts @ 8:30 AM Mon., Oct. 5, 2027.

BOOP! The musical is a show based on the animated character Betty Boop. Betty leaves the black-and-white world and finds colorful adventures and romance with Dwayne, a jazz musician boyfriend in present-day NYC, when she is surprised to find that her fame has preceded her.

The show is a feel-good, upbeat show that has great choreography, costumes, and music.

We will eat in downtown Cleveland before the show.

DON'T WAIT. SIGN UP NOW!!!

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!

Karen Knaur is coming back to AEC to make jewelry with you, starting Wed., Oct. 14th @ 10:30 AM. Limited class size. \$3.00. Please call the office at 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!

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!



FREE HEARING SCREENING

Thurs., Oct. 8, 2026



By appointment only, limited spots.
Call 419-448-9774 to schedule
a 15-minute hearing screening.
Allen Eiry Center

28 Hopewell Ave., Tiffin



UPCOMING SINGLE-DAY TRIPS

“Adventure doesn’t retire — it just gets better with company.”

Sept. 30, 2026	Wed.	Toledo Zoo Senior Day	8:45 AM
Oct. 7, 2026	Wed.	Ohio State “THE SHOE” Tour	10:00 AM
Oct. 14, 2026	Wed.	Polaris & Cheryl’s Cookies	9:00 AM
Oct. 19, 2026	Mon.	Fern Cafe 1	4:00 PM
Oct. 21, 2026	Thurs.	NASA 2nd group	11:30 AM
Oct. 22, 2026	Wed.	Fern Cafe 2	4:00 PM
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
Nov. 20, 2026	Fri.	Christmas Connection IX	8:00 AM
Dec. 9, 2026	Wed.	Christmas Lunch Bunch	11:00 AM
Dec. 15, 2026	Tues.	Christmas at Elmwood	6:15 PM
Feb. 17, 2027	Wed.	Betty Boop - Cleveland Playhouse Square	2:45 PM
March 12, 2027	Fri.	Toledo Walleye vs Cincinnati Cyclones	4:15 PM
April 29, 2027	Thurs.	Phantom of the Opera - Cleveland	2:30 PM

UPCOMING MULTI-DAY TRIPS

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., Oct. 5, 2026.

1. Each member will be able to sign up a total of two members for each trip. Payment is due at sign-up.
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. ~

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

Medicaid Waiver Accepted!



725 Columbus Avenue
Fostoria, Ohio 44830
419-937-1801

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

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!

REDUCE FALL RISK

Presentation by P.T. Services/Mercy



Fri., Dec. 11, 2026
12:30 PM

Allen Eiry Center
28 Hopewell Ave
Tiffin, OH

Awareness of Risks
Preventive Strategies
Empowerment
Community Resources

**FREE &
OPEN TO THE COMMUNITY**

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



CHRISTMAS CONNECTION IX CENTER CLEVELAND



When: Fri., Nov. 20, 2026

Depart: 8:00 AM

Return: 6:00 PM

Cost: \$51.00 (meal extra) DUE AT SIGN-UP

We will go to the IX Center - YES, the IX Center - they did not move downtown.

TYLER HYNES: Hallmark heartthrob is taking the stage at the Christmas Connection! Known for hit movies like: Falling For Football, It Was Always You, Unexpected Christmas, and Three Wise Men and a Baby.

There will be hundreds of vendors, lots of entertainment, food, and places you can sit and relax.

This is their 40th year, with 550-700 vendors at every show; you can embrace the festive spirit by visiting the booths with unique crafts, gifts, and treats. You are in for a delightful experience.

A few gentle reminders:

Comfortable shoes - there are many places to sit.
Bring some cash - some vendors are cash-only.
ATMs are available.

Enjoy the day.



St. Francis Ave., Tiffin
(419) 447-2723
csjinitatives.org/tiffin

- Skilled Nursing
- Assisted Living
- Independent Living
- Memory Care
- Rehabilitation

Questions? Concerns? Life Changes?

Don't Let Medicare Drive You Bananas!

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



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



**American
Red Cross**

ATTENTION

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.**

Christmas at Elmwood at the Shawhan

**When: Tues., Dec. 15, 2026
Depart: 6:15 PM
Return: 8:15 PM
Cost: \$7.00 DUE AT SIGN-UP**

Elmwood has 50 decorated trees that they would like to show us! Enjoy an evening in pure beauty. They plan to roll out the red carpet for us! The trees will sparkle in the night. Snacks and refreshments will be provided by the staff. Join us for a magical evening.



54 S. Washington St., Tiffin, OH

ALONE AT THE HOSPITAL Hilarious George Ivers Tale by Bob Adamov award-winning island author

This book has been generously donated to the AEC by Sue Hampshire in memory of her son, Jon Hampshire. It has been dedicated to Jon and is available for anyone to enjoy. We are grateful to Sue for sharing this special book with our AEC community.

*A special thank-you to the
Friends of the Tiffin-Seneca
Public Library for their
generous donation of large-
print books to our AEC Book
Nook. Your thoughtfulness is
greatly appreciated!*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
ALLEN EIRY CENTER, INC. 419-448-9774 OCTOBER 2026			1 8:00 Drumming 9:00 Wood Carving 9:00 Stained Glass 10:00 Chorus 1:00 Pinochle 1:00 Bean Bag Baseball	2 7:00 Floor Yoga 8:30 Beginner Tai Chi 9:00 Tai Chi 9:00 Stained Glass 9:00 Quilting 10:30 NO Class 1:00 Games 2:15 Chair Volleyball OSHIIP @ 10:30 AM BINGO @ 1:00 PM	3 4
5 9:00 Chair Class 9:00 Stained Glass 9:00 Crafts 10:00 Basic Balance 11:45 Parkinson's Class 1:00 Euchre/Canasta 1:00 Bridge 4:30 Floor Yoga NEW TRIP SIGN UP @ 8:30 AM	6 8:00 Drumming 9:00 Stained Glass 10:00 Dominos 1:00 Funday Tuesday 6:00 Mat Yoga Mark Steinmetz MURDER & MAYHEM IN TIFFIN @ 10:30 AM <i>Massage with Jenny Theis</i>	7 8:00 Floor Yoga 9:00 Stained Glass 10:00 Chair Class 11:45 Parkinson's 1:00 Needle Art 2:00 Chair Volleyball OSU "THE SHOE" DEPART @ 10:00 AM	8 8:00 Drumming 9:00 Wood Carving 9:00 Stained Glass 10:00 Chorus 1:00 Pinochle 1:00 Bean Bag Baseball HEARING SCREENING Call to sign up.	9 7:00 Floor Yoga 8:30 Beginner Tai Chi 9:00 Tai Chi 9:00 Stained Glass 9:00 Quilting 10:30 Keep Moving Class 1:00 Games 2:15 Chair Volleyball	10 11
12 9:00 Chair Class 9:00 Stained Glass 9:00 Crafts 10:00 Basic Balance 11:45 Parkinson's Class 1:00 Euchre/Canasta 1:00 Bridge 4:30 Floor Yoga	13 8:00 Drumming 9:00 Stained Glass 10:00 Dominos 1:00 Funday Tuesday 6:00 Mat Yoga BE RED CROSS READY @ 10:30 AM MEAL IN A JAR Seneca Conservation @ 1:00 PM	14 8:00 Floor Yoga 9:00 Stained Glass 10:00 Chair Class 11:45 Parkinson's 1:00 Needle Art 2:00 Chair Volleyball POLARIS & CHERYLS COOKIES DEPART @ 9:00 AM	15 8:00 Drumming 9:00 Wood Carving 9:00 Stained Glass 10:00 Chorus 1:00 Pinochle 1:00 Bean Bag Baseball	16 7:00 Floor Yoga 8:30 Beginner Tai Chi 9:00 Tai Chi 9:00 Stained Glass 9:00 Quilting 10:30 Keep Moving Class 1:00 Games 2:15 Chair Volleyball BINGO @ 1:00 PM Fold Newsletters @ 9:00 AM	17 18
19 9:00 Chair Class 9:00 Stained Glass 9:00 NO Crafts 10:00 Basic Balance 11:45 Parkinson's Class 1:00 Euchre/Canasta 1:00 Bridge 4:30 Floor Yoga FERN'S CAFE @ 4:00 PM Ways & Means @ 1:30	20 8:00 Drumming 9:00 Stained Glass 10:00 Dominos 1:00 Funday Tuesday 6:00 Mat Yoga Board Meeting 3:00 PM	21 8:00 Floor Yoga 9:00 Stained Glass 10:00 Chair Class 11:45 Parkinson's 1:00 Needle Art 2:00 Chair Volleyball NASA DEPART @ 11:30 AM	22 8:00 Drumming 9:00 Wood Carving 9:00 Stained Glass 10:00 Chorus 1:00 Pinochle 1:00 Bean Bag Baseball FERN'S CAFE 2 4:00 PM BURNS FINANCIAL TAX PRESENTATION @ 10:00 AM	23 7:00 Floor Yoga 8:30 Beginner Tai Chi 9:00 Tai Chi 9:00 Stained Glass 9:00 Quilting 10:30 Keep Moving Class 1:00 Games 2:15 Chair Volleyball	24 25
26 9:00 Chair Class 9:00 Stained Glass 10:00 Crafts 10:00 Basic Balance 11:45 Parkinson's Class 1:00 Euchre/Canasta 1:00 Bridge 4:30 Floor Yoga LIONS CLUB DINNER @ 4:30-5:30 PM	27 8:00 Drumming 9:00 Stained Glass 10:00 Dominos 1:00 Funday Tuesday 6:00 Mat Yoga	28 8:00 Floor Yoga 9:00 Stained Glass 10:00 Chair Class 11:45 Parkinson's 1:00 Needle Art 2:00 Chair Volleyball PHOTO SHOOT SESSIONS LEAGUE OF WOMAN VOTERS 6:30 PM	29 8:00 Drumming 9:00 Wood Carving 9:00 Stained Glass 10:00 Chorus 1:00 Pinochle 1:00 Bean Bag Baseball LUNCH BUNCH DEPART @ 11:00 AM	30 7:00 Floor Yoga 8:30 Beginner Tai Chi 9:00 Tai Chi 9:00 Stained Glass 9:00 Quilting 10:30 Keep Moving Class 1:00 Games 2:15 Chair Volleyball	31

Fall at AEC

The leaves are falling, the air is crisp,
And everyone's looking for something to
do!

At AEC, the answer is easy—
There's always a game, a class, or a friend
to see you through!

Bring your sweater, bring your smile,
Stay awhile and laugh a mile.

From cards and crafts to trips and fun,
There's something here for everyone!

So let the leaves fall where they may—
Come to AEC and enjoy the day!

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.

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!

HANDS ONLY CPR



American Red Cross
North Central Ohio

TUES., NOV. 10, 2026 10:30 AM

FREE & OPEN TO THE PUBLIC
PLEASE CALL TO SAVE YOUR SEAT
419-448-9774

Learn the two simple steps of Hands-Only CPR. Recognize when someone needs CPR. Know when to call 911. Practice proper hand placement and chest compressions. Gain confidence to help in a cardiac emergency. Informational class only – no certification is provided.



**Harrison-Price
Insurance**
6815 Township Rd 1068
Tiffin, OH
(419) 397-2590

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Downsizing?

CALL TODAY!
419-937-6133



Friday, Oct. 2, 2026
1:00 PM at AEC
Provided by
The Willows
At Tiffin



Friday, Oct. 16, 2026
@ 1:00 PM at AEC
Provided by
Bridge Home
Health & Hospice



MEMORIALS

In memory of Alvin Thomas Jr.

Given by: Ed & Diana Wise

WELCOME NEW & RETURNING MEMBERS

Mike Kelbley
Kathy Shuff
Kevin Boughter
Janice Snyder
Janet Stover
Robert Stover
Jodi Salyer
Jerry Salyer
Kathy Stierwalt
Kay Kieffer
Ed Jacobs
Robin Jacobs
Heather Fisher
Sandi Gambescia
Deana Depinet

Vicki Hartenstein
Virginia Shellhouse
Bernie Wilfong
Mark Shafer
Randy Fassler
Martha Everhart
Patricia Palmer
Trisha Spayde
Tom Spayde

**1021
MEMBERS
STRONG!**

- **Connect, laugh & make friends — A welcoming place to meet people, try new things, and stay active in your community.**
- **Something for everyone 50+ — Fitness, games, classes, trips, social activities, and plenty of opportunities to have fun!**

What a Week!

Allen Eiry Center had two fantastic events — our 2026 Golf Scramble and Annual Picnic — and we couldn't have done either one without the incredible support of our **volunteers**, staff, sponsors, and community!

Our Golf Scramble was a great success, filled with fun, fellowship, and plenty of time on the course. Then we followed it up with our Annual Picnic — another wonderful event filled with good food, laughter, and great company. Two events in one week and two great reminders of what makes AEC so special!

A heartfelt **THANK YOU** to all of the businesses, organizations, and individuals who sponsored one or both of these events. Your generosity helps us continue providing activities, programs, travel, fitness, and opportunities for connection to our 50+ community.

Our Sponsors: A.T. Home Campers, Ace Hardware Angela Roush, Autumnwood Care Center, Baumann Chevrolet Buick, Burger King — Tiffin, CMB Farms, Clouse Construction, Courtyard of Tiffin, Dawn Cooley, Dan Roessner, Dell Burtis Law, Edward Jones Tiffin, Elmwood at the Shawhan, Fran Andersons, Good Shepherd Home, Harrison-Price Insurance, LLC, Hempy Water, Hometown Hearing, Lakeside Book Company, Larry Kisabeth, Lisa Young, CPA, Lowe's, Michelle Martin, Old Fort Bank, Phyllis Watts, Rural King, Shook Family Funeral Home, Sue Klopfenstein, Tiffin Eagles, Tiffin Paper Company, Tiffin University, Tom & Mary Hay, Tong's, TSC For Ball Pizza, United Way of North Central Ohio, Willows of Tiffin, Xcaret Mexican Restaurant

And, of course, a huge thank-you to our volunteers! You are the ones who jump in, lend a hand, and make these events happen. We appreciate you more than you know!

AEC Is ROCKING! Our membership continues to grow, and we are loving the energy at the Center! AEC is ROCKING our membership! Thank you for being part of our AEC family and for making Allen Eiry Center such a fun, active, welcoming place for our 50+ community.

We couldn't do it without YOU!



SENECA
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MEAL IN A JAR

**Tues., Oct. 13, 2026
1:00 PM**

This event is free and
open to the public.

Participants will layer dried beans and spices in an 8-ounce jar, learn meal prep tips, and leave with a ready-to-cook chili jar and recipe card.

DON'T MISS THIS!

**Space is limited!
Sign up early. Call 419-448-9774**



OCTOBER CELEBRATIONS!



- | | | |
|--|---|--|
| 1 Ron McDannell
Tom Shook
Gloria Fisher
Sharon Scifers
Pat Silardi
Diane Baker | Vicki Hartenstein
Joe & Annette Worland ♥ | Kathy Yost
Ken & Elaine Hess ♥ |
| 2 Marge Anway
Jerry Young
Patty Kauffman
Jean Schalk | 10 Nance Collins
Joan Sacksteder
Jim & Diane Baker ♥
Rick & Kathy Thomas ♥ | 19 Bill Crist
Diana Pasko-Patterson
Kathy A Theis
Dianne Selvey |
| 3 Cheryl Dodok
Janet Cole
Chuck & Janet Bowers ♥ | 11 Christine Smith
Lloyd Sand
Maria Wahl | 20 Bernie Wilfong
21 Mary Coleman
22 Dorie Bour
Terry Nesselhauf
Edward & Cheryl Schalk ♥ |
| 4 Della Lenhart
Diane Jesse
Barb Clark | 13 Derek & Anne Devine ♥
Anita Fulton
Richard Schreiner
Patricia Butturff
Michael & Cindy Huff ♥ | 23 Susie Hohman
John Turco II
Evelyn Scherley
Richard & Patricia Distel ♥ |
| 5 Debra Erndt
Tammy Hushour
Allan & Donna Perrine ♥ | 14 Louise Zoeller
15 Dee Harper
16 Bill Bleyle
Nancy Bailey
Shar Newcome
Teresa Shafer
Don & Judy May ♥
Tom & Joanne Shook ♥ | 24 Margaret Benner
25 Nancy Steinmetz
Rosemary Morris
26 Joe Depinet
Stephen Fisher
Kathy Shuff |
| 6 John Willman Jr
Ann Jones
Mary Powell | 17 Anna Rose Taylor
Leonard & Kathy Theis ♥
William & Barbara Sprau ♥ | 27 Mark O Griffin
Robert Cook
Caroline Turco |
| 7 Larry & Bonnie Frankenfeld ♥
Erma Reinhart
Darl & Kathy Theis ♥
Mark & Kristine Keller ♥
Jim & Beverly Shaffer ♥ | 18 Jeff Smith
Jim Boroff
Janet Joliat
Jeff & Nancy Stover ♥ | 28 Robert Berg
Kristi Glanz
29 Mary C Williams
Leslie Smith
Brian Ferguson |
| 8 Christine Good
Chad Swartz
9 Janet Herzog
Linda Warren
Paul & Nancy Coffman ♥ | 19 Joyce Mosier
Sharon Wilbert | 30 Dan & Terry Gaietto ♥
31 Jacqueline Yambert
Jon & Marsha Abbott ♥ |

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 aescstiffinohio@yahoo.com.





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THE GOLDEN NEWS



BLOOMVILLE LIONS CLUB CHICKEN OR RIB DINNER

Mon., Oct. 26, 2026

Drive-through or picnic-style eat-in dinner.

Pick up 4:30-5:30 PM

Choose between 1/2 rack of Ribs
Or 1/2 a Chicken

Includes: Baked Potato, Baked Beans &
Dessert

Cost per meal: \$18.00

Tickets need to be purchased at AEC by
Oct. 16, 2026

Pick up at 28 Hopewell Ave., Tiffin.
Food prepared for this event is by the
Bloomville Lions Club.

Thank you for supporting this AEC fundraiser!

MASTER GARDENERS WREATH WORKSHOP



new!

Thursday, Dec. 3, 2026

9 AM - 11 AM or 1 PM - 3 PM

\$30.00

**Allen Eiry Center
28 Hopewell Ave, Tiffin
419-448-9774**

Do you love decorating for the holidays but have nothing to decorate your front door? Join the Seneca County Master Gardeners and learn to make your own wreath! This workshop will offer a hands-on, instructor-led training to help you create the perfect wreath from fresh greens. All materials and instructions will be provided. Please bring your own work gloves and cutters. The cost to attend is \$30, and registration is required. Registration and payment can be made to the Allen Eiry Center.