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TIFFIN, OH 44883

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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

November 2026
Volume 171

THE GOLDEN NEWS

BEGINNER YOGA CLASS

INSTRUCTOR JANET HERZOG

Mondays 6:00 PM – 7:00 PM

Jan. 4 – Feb. 22, 2027

\$50/person

Pre-registration required

Bring your own mat.

This class is intended as an introduction to yoga and will guide students through the breakdown of basic yoga poses with supportive modifications when needed. Participants will also experience gentle stretching and learn basic yoga breathing techniques that promote relaxation and overall well-being. The class is open to men and women of all ages.

- Suitable for Beginner
- Enhance Flexibility and Strength
- Calm Your Mind
- Improve Posture and Balance

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



MASTER GARDENERS WREATH WORKSHOP

Thursday, Dec. 3, 2026

9:00 AM -11:00 AM OR 1:00 PM - 3:00 PM



REGISTRATION AND PAYMENT DUE BY NOVEMBER 30, 2026

Thank you!

A heartfelt thank you to all of the wonderful supporters and businesses who helped make our October Calendar Raffle possible! We are so grateful for your generosity and continued support of the Allen Eiry Center.

Thank you to everyone who supported AEC by purchasing raffle tickets. Your support helps us continue providing programs, activities, travel, and services for our 50+ community.

And finally, congratulations to all of our October Calendar Raffle winners! We hope you enjoy your prizes!

Thank you for supporting Allen Eiry Center!

Winner's names will be published in the December newsletter.

VOLUNTEERS NEEDED - PLEASE CALL THE CENTER IF YOU CAN HELP

1. Fold Newsletters: Friday, Nov. 20, 2026 @ 9:00 AM* Please call the office to let us know you can help.
2. Passing out pies: Tues., Nov. 24 and Wed., Nov. 25. Various time slots available.

PRESENTATIONS**HANDS ONLY CPR**

Tues., Nov. 10, 2026 10:30

Gain confidence to help in a cardiac emergency. Informational class only – no certification is provided.

THINK, TALK & SWALLOW

What speech therapy can do for you.

Fri., Nov. 13, 2026

12:30 PM

-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.

REDUCE FALL RISK

Presentation by P.T. Services/Mercy

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

Awareness of Risks, Preventive Strategies, Empowerment, Community Resources

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


Edward Jones
MAKING SENSE OF INVESTING

**GAME TIME AT AEC**

Come Play. Have Fun. Make Friends!
There's always a game happening at AEC!

Whether you enjoy cards, dominoes, mahjong, or board games, come join us and bring a friend! Everyone is welcome. Just show up and play.

NEW****BEGINNERS MAHJONG******NEW**

Wed., Nov. 4 - 25, 2026** Call to sign up

WEEKLY GAME SCHEDULE**MONDAYS • 1:00 PM**

Competitive Euchre • Canasta • Bridge

TUESDAYS • 10:00 AM

Mexican Train Dominoes

TUESDAYS • 1:00 PM — FUNDAY

A variety of card, board, and table games!

TUESDAYS • 1:30 PM

Mahjong

THURSDAYS • 1:00 PMCompetitive Pinochle
Bean Bag Baseball**FRIDAYS • 1:00 PM**

Mahjong & Board Games

CHAIR VOLLEYBALL

Wednesdays • 2:00 PM

Fridays • 2:15 PM

Come play, have fun,
and make friends at AEC!

BINGO

Friday, Nov. 6, 2026

1:00 PM at AEC

Provided by
The Willows
At Tiffin

Friday, Nov. 20, 2026

@ 1:00 PM at AEC

Provided by
Bridge Home
Health & Hospice

**HEMPY WATER**

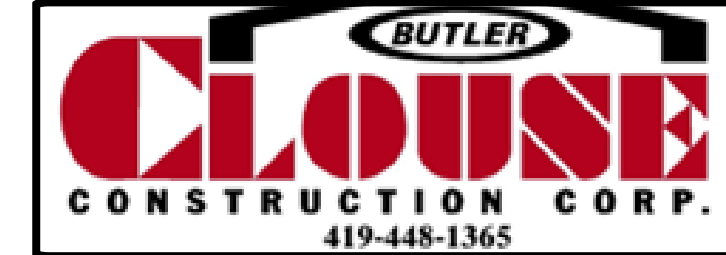
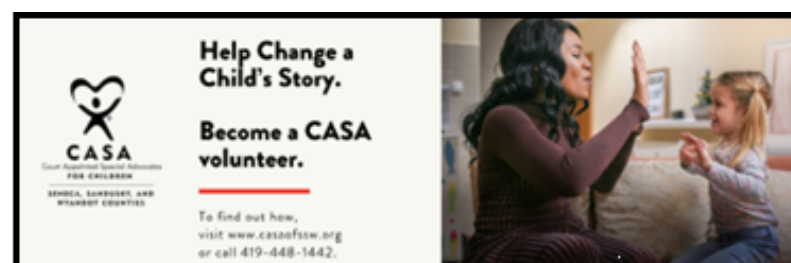
227 S. Washington St.
Tiffin, OH 44883
419-448-8885

**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





NOVEMBER CELEBRATIONS!



- 1 Elinor Boes
Phyllis Riley
- 2 Carole Rinehart
Donna Burger
Jim Brickner
Marsha Kretsinger
- 3 Greg Swartz
Mary Reimer
John Hohman
- 4 Chuck Bowers
Timothy Riley
Brenda Lucius
Rick & Melissa Demoss ♥
Byron & DeeAnn Kent ♥
- 5 Mary Lewis
Sue Pfaff
Holly Amlin
Kathleen Theis
Gwynn Reinhardt
Teresa McDonald
- 6 Adam Brickner
Barbara Maas
Mary Heil
- 7 James Shank
Patricia E Smith
Geraldyn Hammer
Kevin Wasserman
Daniel & Laura Johnson ♥
- 9 Janice Nord
Buddy Schwab
Nancy Rubenstein
Lori Thompson
Allen & Janet Shutt ♥
Matt & Michelle Distel ♥
- 10 Pat Distel
Bart Ludwig
Janet Work
Doris Coleman
Anne Gase
Sandra Snell

- 9 Theresa Huffman
Teresa Hess
Cynthia Fuhrer
Lisa McGinnis
- 10 Fran Genet
James Duty
- 11 Jeanette Lynch
Bonnie Steinmetz
Linda Caseman
Jane Hoke
Steve & Janet A Shutt ♥
- 12 Steve Nighswander
Jane Cummings
- 13 Bill Theis
Anna Holmes
Ron Guisinger
Jeffrey Schmiedebusch
- 14 Donita Smith
Richard & Linda Phares ♥
Buddy & Brenda Schwab ♥
- 15 Kristine Sedlak
- 16 Bobbie Welter
Candance Fries
Roberta Grothaus
Susan Vanderveen
- 17 Nancy Frederick
Timothy Distel
Elaine Hurst
Nancy Miller
Joan Davidson
- 18 Tim Sacksteder
Lisa Kuhn
Herb & Paula Crum ♥
- 19 Bev Digby
Kevin Baughter
Judy McGee
Bernard & Joan Lehmann ♥
Patrick & Jennifer Kerr ♥
Larry & Diane Jacobs ♥
- 20 Timothy Demonte
Donna Hefner

- Katherine Ferguson
- 9 Marge Fisher
Gloria Jones
Penny Case
Julie Boner
Steven Norman &
Cheryl Radin- Norman ♥
- 10 Angie Bonnell
Jim Hutchins
Jerry & Susan Platt ♥
- 11 Mary Ellen Zahn ♥
Davis Lather
Amber Stobbs
Bart & Vivian Ludwig ♥
- 12 Jerry Schmidt
John & Caroline Turco II ♥
Kenneth & Janet Gase ♥
Richard & Connie Coppel ♥
Tom & Peg Renninger ♥
Jeff & Cindy Drum ♥
- 13 Becky Pullins
- 14 Patricia Palmer
Margaret Howley
Larry Earl
Roger Murray
Nancy Snajdar
Barbara Sprau
Alton & Joanne Elchert ♥
- 15 Karen Dininger
Sharon Ward
Jim Montz
Marcy Nonnamaker
Richard Ricci
Mike & Mary Baltzell ♥
- 16 Jean Shumaker
Cathy Snyder
Janet Bowers
Debra Swartzmiller
Brenda Burns
Dan & Char Pope ♥
Bob & Janet Straub ♥



- 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



WELCOME NEW & RETURNING MEMBERS

Regina Reamer
Heather Viens
Rick Viens
Scott Larson
Edith Wannemacher
Brian Reamer
Kathleen Shanks
Pamela Murphy
Dennis Strausbaugh
Kathy Strausbaugh
Bridget Shoemaker
Thomas Miller
Bill Streacker
Nerita Streacker

Oleta Miller
Paul Marnell
Carol Marnell
Mary Swartz
Beth Boyer
Laurel Lilly
Oleta Miller
Thomas Miller

MEMORIALS

In memory of Ed Lutz

Given by: Tom & Joanne Shook
Sally Hannay, Benny & Dixie Burgess
Debra Rachul

In memory of Chris Ranieri

Given by: Jim & Diane Baker
Dan & Teresa Roessner

AEC BALLROOM RENTAL AVAILABLE

The all-purpose room is available to rent 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 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 aesctiffinoio@yahoo.com.

MEMBERSHIP & PRESENTATIONS

NOVEMBER 2026



STAY CONNECTED



Staying connected helps us build friendships, find support, and remind one another that we are never alone. Join us for opportunities to share, connect, and support each other through life's journey.

MONDAYS • 9:00 AM

November 9 & 23, 30

We gather to work on handmade crafts throughout the year. We create beautiful and thoughtful items that Calvert Elementary students can purchase as Christmas gifts for their family and friends. Everyone is welcome.

THURSDAYS • 1:00 PM

Needle Art – Bring your crochet, knitting, sewing, quilting, cross-stitch, or any other project and join the fun! Share stories, laughter, and friendship while working on your projects. Need help or want to learn something new? We're happy to help—come see what a great group this is!

THURSDAYS • 10:00 AM

Interested in **Wood Carving**? Stop in and work on your projects, or come learn something new! Our members are happy to share their skills and help you get started!

THURSDAYS • 10:00 AM

"OFF OUR ROCKERS CHORUS"

Lively hour of singing your favorite hits from across the decades. Directed by Mimi Lange Johnston and accompanied by Char Pope and Charlene Tomas, this energetic group is open to everyone age 50+. No auditions. No pressure. Just music, laughter, and great company.

FRIDAYS • 10:00 AM — 12:00 PM

Quilting Class with Sara Welly – Join this wonderful group to work on your own quilting project, learn how to quilt, or get help with a project you're working on. Whether you're experienced or just getting started, come enjoy the fun, friendship, and creativity!

EVERY DAY • 8:30 AM — 4:00 PM

Like to shoot a **Game of Pool**? Stop in anytime to play a game or learn how—it's a great way to have fun and connect with others!

Our **Stained Glass** room is open every day for you to work on your projects! Interested in learning? Stop in or give us a call—our members are happy to teach you!

4TH TUESDAY OF EACH MONTH • 2:00 PM

Supporting Our Loved Ones (SOLO) – Join Mary Lee Creeger for a welcoming support group for those caring for or supporting a loved one living with dementia. Share experiences, find encouragement, and connect with others who understand. Please call if you plan to attend.



MOVE • STRETCH • STRENGTHEN • CONNECT

FITNESS AT THE ALLEN EIRY CENTER

Something for every fitness level!

Staying active helps maintain strength, balance, flexibility, and independence. At the Allen Eiry Center, we offer a variety of fitness opportunities designed for adults 50 and over.

 **CARDIO DRUMMING:** Get moving, have fun, and get your heart pumping with this energetic workout using exercise balls and drumsticks. *Instructor Brandie Gruss*
Tues. & Thurs. @ 8:00 AM; doors open @ 7:45 AM

 **CHAIR CLASS:** A low-impact class focusing on movement, strength, flexibility, and fitness. Exercises can be adapted for those who prefer to remain seated. *Led by Suzanne Reinhart*
Mon. @ 9:00 AM & Wed. @ 10:00 AM

 **MOVE, SMILE & FEEL BETTER:** Slow, smooth, easy movements, perfect for beginners; move while sitting, standing, or both. *Led by Joyce Ricci*
Fri. @ 10:30 AM

 **FLOOR YOGA:** Improve flexibility, strength, balance, and body awareness through yoga movements and poses.
Mon. @ 4:30 PM, Wed. @ 8:00 AM (*Suzanne Reinhart*)
Tues. @ 6:00 PM, Fri. @ 7:00 AM (*Janet Herzog*)

 **BALANCE:** Exercises designed to improve balance, stability, coordination, and confidence in everyday activities. *Led by Suzanne Reinhart*
Mon. @ 10:00 AM

 **TAI CHI:** Gentle, flowing movements that help promote balance, flexibility, coordination, and relaxation.
Fri. @ 8:30 AM for Beginners & 9:00 AM

 **FITNESS CENTER:** Our members-only Fitness Center offers commercial exercise equipment for independent workouts. An orientation is required before using the equipment independently.

 **PARKINSON'S FITNESS:** Specialized exercise designed to support movement, strength, balance, flexibility, and mobility for individuals with Parkinson's. By *Mercy Health*
Mon. & Wed. @ 11:45 AM

CHAIR VOLLEYBALL: Improves cardiovascular fitness, increases stamina, and maintains muscle tone. Enhances upper body mobility and joint flexibility and improves hand-eye coordination and reflexes.
Wed. @ 2:00 PM & Fri. @ 2:15 PM

NEW TO A CLASS? Don't worry! Our fitness opportunities are designed to accommodate a variety of abilities and fitness levels. Find the right class for YOU!

For more detailed information, please check out www.alleneiry.com, our Facebook page, or stop in Mon. - Fri., 8:30 AM - 4:00 PM



JIMMY G'S BARBEQUE FREMONT, OH

When: Mon., Jan. 18, 2027
OR
When: Thurs., Jan. 21, 2027
Depart: 11:00 AM
Return: after lunch
Cost: \$14 (meal extra) **DUE AT SIGN-UP**
New trip sign-up starts Mon., Nov. 8, 2026

Please join us as we travel to Fremont. Chef Jimmy Jones from Tiffin makes scratch-made, low-and-slow craft barbecue. Pulled pork, brisket, ribs, chicken, gourmet brisket burgers, house-made chips, specialty sandwiches including house-cured pastrami, bacon, and traditional sides like mac-n-cheese.

The restaurant can only accommodate one bus at a time. So sign up with your friends or by yourself on the day that is convenient to you.

VALENTINE LUNCH BUNCH

When: Mon., Feb. 15, 2027
Depart: 11:00 AM
Return: after lunch
Cost: \$14 (meal extra) **DUE AT SIGN-UP**
New trip sign-up starts Mon., Nov. 8, 2026

It is not too early to think about our annual Valentine lunch bunch party. Wear your red and enjoy the company of a lot of wonderful Valentine travelers. We will go the day after Valentine's Day to avoid the crowds.



DAY IN PEMBERVILLE, OHIO

When: Wed., April 21, 2027
Depart: 9:00 AM
Return: 4:30 PM
Cost: \$53.00 (meal included) **DUE AT SIGN-UP**
New trip sign-up starts Mon., Nov. 8, 2026

Todd Beeker of Beekers General Store says they will be rolling out the red carpet for us. Our day will start at his store and three other places, including a yarn shop, women's clothes and hats, an antique shop and accessories, and gift shops! Second stop: brunch at the Gathering, soup, salad, and sandwich with a choice of iced tea, lemonade, water, or coffee. After lunch, we will be treated to a program about candy, and each traveler will come home with a treat bag of candy. On to the Pemberville Opera House for a tour, and our last stop is Frobaase Meat Market, fresh and frozen meats. Bratwurst, meat sticks, and cheese.

BETTY BOOP CLEVELAND PLAYHOUSE SQUARE

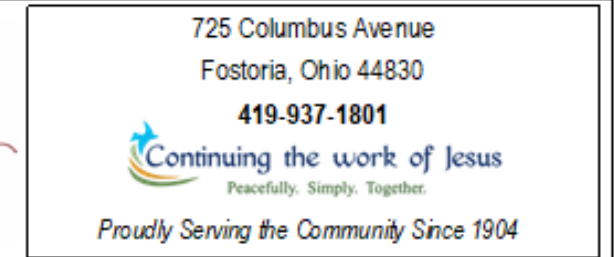
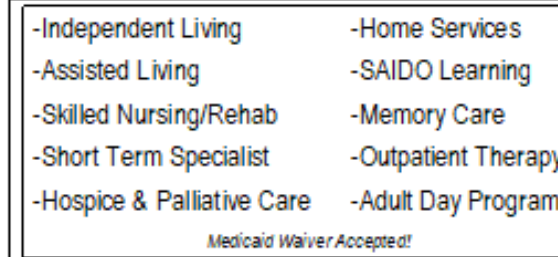
When: Wed., Feb. 17, 2027
Depart: 2:45 PM
Return: 11:30 PM
Cost: \$116 (meal extra) **DUE AT SIGN-UP**
New trip sign-up starts Mon., Nov. 8, 2026

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!!!



5

UPCOMING SINGLE-DAY TRIPS

Please don't assume a trip is full! Please call or stop in to check if space is still available.

Oct. 29, 2026	Thurs.	11:00 AM	\$14.00	Halloween Lunch Bunch
Nov. 12, 2026	Thurs.	3:00 PM	\$19.00	Texas Roadhouse - Findlay
Nov. 18, 2026	Wed.	2:15 PM	\$114.00	Clue—The Broadway Show
Nov. 20, 2026	Fri.	8:00 AM	\$51.00	Christmas Connection IX
Dec. 9, 2026	Wed.	11:00 AM	\$14.00	Christmas Lunch Bunch
Dec. 15, 2026	Tues.	6:15 PM	\$7.00	Christmas at Elmwood
Jan. 18, 2027	Mon.	11:00 AM	\$14.00	Jimmy G's Barbeque #1
Jan. 21, 2027	Thurs.	11:00 AM	\$14.00	Jimmy G's Barbeque #2
Feb. 15, 2027	Mon.	11:00 AM	\$14.00	Valentine Lunch Bunch
Feb. 17, 2027	Wed.	2:45 PM	\$116.00	Betty Boop - Cleveland Playhouse Square
March 12, 2027	Fri.	4:15 PM	\$80.00	Toledo Walleye vs Cincinnati Cyclones
April 21, 2027	Wed.	9:00 AM	\$53.00	Day in Pemberville
April 29, 2027	Thurs.	2:30 PM	\$149.00	Phantom of the Opera - Cleveland

MULTI-DAY TRIPS

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. ~

"Adventure doesn't retire — it just gets better with company."

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

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

Travel Registration Guidelines

NEW SINGLE-DAY TRIP REGISTRATION BEGINS Mon., Nov. 9, 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. ~

