

## Asian Resource Center

*The Asian Resource Center (ARC) provides services for ALL ages from prenatal to elderly services.*

*ARC is a community-based, non-profit organization. such as: interpretation, translation, health and social services liaison, referrals, health screening, health education, English classes, and social for the elderly.*

*Call us if you have questions or need help!*

Any questions, please call us:

419-297-5373 Miranda Tsang (Cantonese & Mandarin)

734-854-5385/419-297-7860 Ingrid Wang (Mandarin)

419-450-1855 Nina Chao (Korean and Mandarin)

419-297-7915 Ely Huang (Cantonese, Taishanese & Mandarin)

419-902-4402 Kay Lee (Korean)

419-290-1725 Esther Wang (Korean and Mandarin)

419-290-8399 Miranda Yeung (Cantonese & Mandarin)

419-297-7542 (for other ASIAN languages)

*Join us for fun & activities with other seniors.  
We welcome **non-seniors** to our activities!*

## Senior Center Activities

*(activities funded by AOoA NW Ohio)*

Open: Mondays, Wednesdays, & Thursdays

Time: 9:15 a.m. – 3:00 p.m.

Place: Highland Park Shelter House

1865 Finch Street, Toledo 43609

Phone #: 419-936-2866

***\*NOTE:** the Senior Center is closed whenever the Toledo Public School classes are delayed or cancelled.*

## Activities

*8 Movements & Fall prevention exercises –*

*Mons. Wed. & Thurs 10:30-11 a.m.*

*Stretching & Zumba – Mon. & Wed. 11:00-11:30 a.m.*

*Singing oldies - Mon, Wed. & Thurs 11:30-12:00 p.m.*

*Walking – Mon. & Wed. 12:30-1:00 p.m.*

*Tai Chi exercise - Mon, Wed., & Thurs 1:00 -1:30 p.m.*

*Line dancing - Mon., Wed., & Thurs 1:30-2:30 p.m.*

*Bingo - Mon., Wed. & Thurs. 2:30-3:00 p.m.*

*Note: Grocery shopping available on Wednesdays.*

*Please let staff know if you need transportation.*

*Every month - Blood Pressure*

*Every other month – Glucose and Blood Pressure Screening*



### *May 2017 Activities*

Wed. May 3, 2017 – S.L.I.P. - *Balance Your Life*

12:30 – 1:30 p.m. *(fall prevention) (#1)*

*By Nicole, K. RN, BSN*

Mon., May 8, 2017 – *BP screening by Li Xue*

10:30-11:30 .m.

Wed. May 10, 2017 *Mouth sores & mouth washes (#3)*

12:30 – 1:30 p.m. *by Jayne K.*

Sun. May 14, 2017 – *Mother's Day – Enjoy your day!*

*Tues. May 16, 2017 - Spring Fling by AOA – Tam-O-Shanter*

10-2 p.m. 7060 Sylvania Ave. Sylvania, OH 43560

Wed. May 17, 2017– *Social Security 12:30 – 1:30 p.m. (#2)*

Wed. May 24, 2017 - *First Aid tips for seniors- how to*

12:30-1:30 pm *help the Elderly by ProMedica (#1)*

*By Vicki E. ProMedica*

Thurs. May 25, 2017 – *BP screening by Li Xue*

10:30-11:30 a.m.

Mon. May 29, 2017 *Memorial Day – Senior Center closed*



### *JUNE 2017*

Thurs. June 1, 2017 - S.L.I.P. Program - *My Home, Safe Home*

12:30 – 1:30 p.m. *(home safety) by Nicole K. RN, BSN (#2)*

Wed. June 7, 2017 – *BP and Glucose Screening*

From 10:30 a.m.

Wed. June 14, 2017 – *BP screening by Li Xue*

10:30 a.m. to 11:30 a.m.

Thurs. June 15, 2017 – *Social Security Updates (#3)*

12:30-1:30 p.m.

Sun. June 18, 2017 *Happy Father's Day*

Wed. June 21, 2017 *First Aid tips for seniors –*

12:30-1:30 pm *cuts & abrasions by Vicki E. (#2)*

Wed. June 28, 2017 - *'Ten warning signs of*

12:30-1:30 p.m.

*Alzheimer's disease'*

*by Brenda H. Alzheimer's Association*