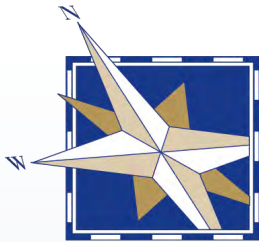


Volume 39 • Issue 11

The Sentinel

November 2022



2375 HARDING HWY. EAST
MARION, OHIO 43302

Office: 740-387-6100
Transportation: 740-387-5444

CENTER HOURS
Monday–Friday: 8 AM–4 PM

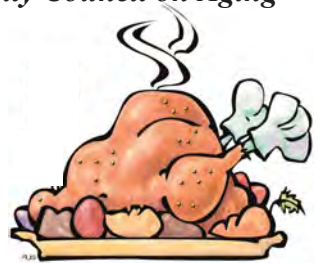
INSIDE THIS ISSUE:

Highlights	Cover
Senior Center Services	2 & 3
Health & Fitness	4 & 5
Classes, Clubs & Activities	6 & 7
Calendar/Birthdays	8 & 9
Brain Games	10
Movie/Upcoming Events	11
Life at the Center	12
Trips on the Horizon	14
Ads	15
Directory	Back

**Join Us for
Veterans Day Celebration
Friday, Nov. 11
(Details on page 11)**

Brought to you by:
CenterWell Home Health & Marion County Council on Aging

Thanksgiving DINNER



Thursday, November 17 - Noon



We will be serving our annual Thanksgiving Dinner at the Senior Center on **Thursday, November 17 at noon**. Dinner will be catered by *Special Occasions* with the help of volunteer members and friends of the Center. The traditional Thanksgiving dinner will feature turkey, dressing, gravy, sweet potato casserole, green beans, cranberry salad, dinner roll, pumpkin pie, and a beverage.

Musical entertainment will be provided by **John Garnes & Friends**, featuring local talents John Garnes, Evan Richardson, Ryan Cluff, and Jon Hansen who are celebrating 10 years of making music together.

Tickets are **\$15**, which includes dinner and entertainment. **Only 100 tickets will be sold**, so purchase yours now. Tickets can be purchased at the Center through **Friday, November 11**, while they last.

**Please note all other activities will be cancelled on this date.*

Senior Center Services

Food Box Program

If you or someone you know are in need of food assistance, please contact **Emilee** at **740-387-6100** to see if you qualify for the **Commodity Supplemental Food Program (CSFP)**. The Center distributes each month in partnership with **Mid-Ohio Foodbank**. To qualify you must be age 60+, live in Marion county and be income eligible.

K of C Christmas Dinner

The Marion K of C cordially invites all area seniors to join them for their annual Christmas Dinner. The meal is **FREE** to all area seniors and will be served **Sunday, December 4 at 6 pm** (doors open at 5:30 pm) in the Marion K of C Hall located at 1232 E. Center Street (adjacent to Garfield Park). **Home-delivered meals are also available same day from 10:45 am - 11:30 am.** Please see Sheryl Simmons at the Center to sign up by Thursday, December 1 at noon.

MEALS-ON-WHEELS

Our Meals-on-Wheels provider **LifeCare Alliance** has decades of experience delivering delicious meals prepared under the direction of a registered dietician. They offer the flexibility of daily hot or cold meals, or weekly frozen meals, with a variety of tasty menu options. For more information call **614-278-3130**.



Handel's Messiah

The Marion Civic Chorus invites you to their 80th presentation of Handel's Messiah on **Sunday, November 27 at 7 pm**. The presentation will be hosted at **Epworth United Methodist Church** in downtown Marion.

FREE PRODUCE MARKETS

Marion City Schools is once again collaborating with **Mid-Ohio Food Collective** to offer **Free Produce** to income eligible families in the Marion area. An ID is required with a limit of two family pick-up per adult. The food will be distributed on the **fourth Wednesday every month from 9 am to 11 am (while supplies last)** at **The Marion County Fairgrounds Main Entrance** parking lot located at 220 East Fairground Street. This distribution is **drive-thru only**.



TECH TIME WITH ANGELA THOMAS

Need help using your Smartphone or Tablet? **Angela Thomas** from **Beltone** is offering **FREE** technology sessions for anyone who may need help navigating through their smartphone or tablet. Join her at the Senior Center on **Wednesday, October 19 from 10:30 am - 12:30 pm**. Coffee and snacks will be provided.



Transportation
740-387-5444



Senior Transportation

County-wide service is available on a donation basis every Monday through Friday from 8 am to 3:30 pm, with the exception of holidays. Pick-up times for dialysis appointments can be scheduled earlier than 8 am, but must be arranged at least one week in advance of your appointment time. All clients must be age 60+ and a Marion County resident.

We thank our drivers who've served tirelessly on the frontline throughout this pandemic. They are heroes who deserve special praise, going above and beyond in so many ways!

This service is made possible in part due to grant funding provided by Marion County Council on Aging (Senior Levy), Area Agency on Aging - District 5, and the City of Marion.



Improving Seniors Lives

Beginning on Monday, November 7

New! Box Lunch Bingo!

Join us for “**Box Lunch Bingo**” every **Monday** here at the Center. First you’ll enjoy a delicious deli-style meal served at **11 am**, featuring menu items like chicken wraps, roast beef sandwiches, etc. prepared by the culinary staff at **LifeCare Alliance**.



Our **Monday, November 7** menu features a Cold Roasted Chicken & Swiss Sandwich with Mayo, Celery Sticks with Ranch, Apple Sauce and Assorted Juice or Milk. There is a suggested contribution of a \$1.50 per meal.

Following lunch **Carla Poston** of **ProCore Health Brokers** will be calling Bingo and awarding nice prizes. Everyone is welcome!

Congregate Dining Center

In partnership with *LifeCare Alliance*, the Center hosts a Congregate Dining Center every **Tuesday through Friday from 11 am - 12:30 pm**. Please join us for good food and fellowship every Tuesday, Wednesday, Thursday or Friday... or one day a week... or one day a month. It’s completely up to you!

All participants will receive a delicious, nutritious lunch served individually at each table. The meals are provided on a donation basis (a suggested contribution of \$1.50 is welcomed). Meals must be eaten in the dining room. Anyone aged 60 years or older is eligible.

Please call Congregate Dining Room Coordinator **Toni Hurd** at **(740) 360-7863** to discuss menu options and to order your meals at least 24 hours in advance.

Announcements

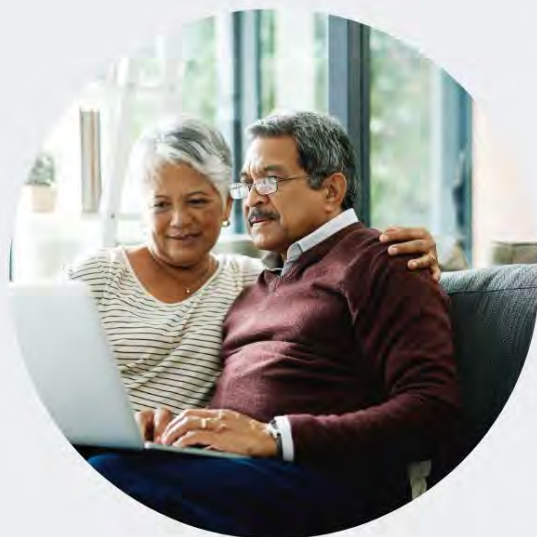
Six-part educational series



Central Ohio Chapter

Hosted by the Marion County Council on Aging and
the Alzheimer's Association Central Ohio Chapter

To Register, call 800-272-3900
Participants may choose to attend
some or all programs.



Hosted at Marion County Council on Aging
125 Executive Drive, Suite 102
Marion, OH 43302

Healthy Living for Your Brain & Body

Nov. 1 | 1:00-1:30p.m. | In Person

Understanding Alzheimer's & Dementia

Dec. 5 | 1:00-1:30p.m. | In Person

10 Warning Signs of Alzheimer's

Jan. 4 | 1:00-1:30p.m. | In Person

Dementia Conversations

Feb. 7 | 1:00-1:30p.m. | In Person

Effective Communication Strategies

March 7 | 1:00-1:30p.m. | In Person

Understanding & Responding to Dementia Related Behaviors

April 4 | 1:00-1:30p.m. | In Person

SOCKS FOR SENIORS



Help us warm the hearts (and toes) of
Marion-area seniors this holiday.

From now through **December 31** the Marion Senior Center will be collecting new socks for seniors in our local nursing homes. Please bring your socks (*newly purchased only*) to the Center, and place them in the donation box located by the fireplace near the front entrance. You'll also be entered into a drawing for a Gift Card.



Note: Always consult your healthcare provider when contemplating new ideas to promote better health.

Health & Fitness

Staying Active!

Pickleball

Members and non-members really enjoy playing pickleball, America's fastest growing sport. Marion Senior Center is home to the only public outdoor courts in the area designed specifically for pickleball. The two courts are located on the west side of the building (adjacent to our raised-bed gardens). Pickleball is available to members and guests anytime, however most usually gather to play together on weekday mornings beginning at **8 am**. We have paddles and pickleballs available for use by members just getting started (see Lisa).



Fitness Center

Our Fitness Center is open to members at no additional cost, and boasts a variety of fitness equipment, including treadmills, traditional and recumbent exercise bikes, Airdyne, and elliptical machines, along with resistance training equipment for upper body and lower body strength and conditioning. Due to space considerations, the Fitness Center is limited to 3 members working out at any one time. Please consult your physician before beginning any exercise activities.



Tai Chi

Tai Chi is a low-impact, slow-motion exercise, which reduces stress while increasing flexibility and balance. Which is probably why it continues to be a highly popular activity with our members. That in combination with the fact that our experienced instructors **Steve and Marlene Renick** are extremely patient and very encouraging. They host classes on **Friday at 12:30 pm** and welcome both beginners and those with Tai Chi experience.



Fitness Drumming

Our new fitness drumming program for seniors is hosted in the Multipurpose Room on Monday and Wednesday mornings at 9:15 am. Fitness Drumming is a fun, and highly engaging workout that can greatly benefit not only your overall health, but more specifically, your heart and lung health. No musical experience is necessary and there is no cost for this class. Class size is limited to 18. *Leader: Barb Arms (M) and Belinda Guinther (W)*



Matter of Balance

Matter of Balance is a FREE, 4-week workshop that will teach you how to prevent falls by making simple changes to your home, health, and habits to help build your confidence in your ability to manage falls.

Many older adults experience concerns about falling and restrict their activities. This program is an award-winning program designed to not only manage falls but also increase activity levels.



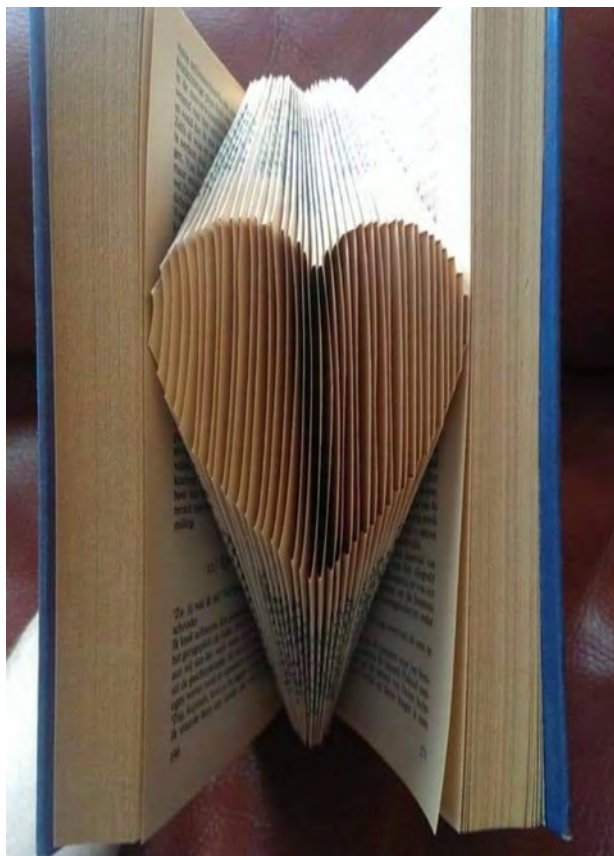
This 4-week workshop will be hosted in the Center's **Multipurpose Room** from **9 - 11 am** on the following **Tuesdays: November 1, 8, 15, and 22**. To register please call **740-387-6100**.

Classes, Activities & Programs

'Exploring the Arts' with Kristin

Instructor **Kristin Bentley** (who teaches a class at the library every month) will host a monthly art class the **third Tuesday** of each month at **1 pm** in the **Craft Room**. All classes (with the exception of a special project) will be **\$5**. This month's project is a **"Book Folding"**.

Note: Participants must sign up by Friday, Nov. 11 at noon.



Color Me Happy

Beginning this month, instructor **Clara Sisson** will be hosting a new **Paint Marker Class** on **Fridays** from **2 pm – 3 pm** in the **Craft Room**. All supplies will be provided. There is no cost for this class.

Jam Session

An amazing group of talented local musicians and vocalists meet and perform at the Center on the **last Wednesday** of each month. Lunch is served at **noon**, featuring a sandwich, side, chips and a beverage. Cost of lunch is **\$4**. *Note: All musicians performing that day receive a complimentary lunch.* Music is performed from **1 to 3 pm**, with cookies served at intermission. Public welcome!

Bridge

If you like to play Bridge join us out front on **Tuesday** mornings at **10 am**. Everyone is welcome to play!

Leader: Shirley Groll

Euchre

Euchre is played out front on **Mondays** at **Noon**.

Everyone is welcome to play! *Leader:* Sonny Hunt

Hand & Foot

Hand & Foot cards is played out front on **Wednesday** at **Noon**. Everyone is welcome! *Leader:* Judy Walker

Hand & Foot

Hand & Foot cards is played in the Game Room on **Thursday** at **9 am**. Everyone is welcome! *Leader:* Phyliss Shirk

Pinochle

Pinochle is played out front on **Mondays** at **noon**.

Everyone is welcome to play! *Leader:* Bill Gossett

Rummikub

Learn to play the popular tile game *Rummikub*, hosted out front on **Tuesday** afternoons at **1 pm**.

Leader: Beulah Owens

Mahjong

Learn to play the popular tile game *Mahjong*, hosted out front on **Thursday** mornings at **11:30 am**.

Leader: Shirley Tolley.

Dominoes

Dominoes is played out front on **Monday** at **11am**.

Everyone is welcome! *Leader:* Cookie Cocherl

Open Sewing Time

Sewing machines, material, patterns, needles and thread are made available for you to create individual items at your own pace on **Wednesdays** from **12:30 - 2 pm** in the *Craft Room*.

Open Craft Time

A variety of paints, brushes, idea books, liquid stain glass patterns, tracing paper, and woodworking items are available for you to create individual projects at your own pace on **Thursdays** from **12:30 - 2 pm** in the *Craft Room*.

Classes, Activities & Programs

Tai Chi

Tai Chi is a low-impact, slow-motion exercise, which reduces stress while increasing flexibility and balance. Instructors **Steve and Marlene Renick** host classes every **Friday at 12:30 pm** in the new *Activity Pavilion* (weather permitting) or the *Multipurpose Room*.

Line Dancing

This **Line Dancing** class meets on **Thursday** mornings at **10:00 am**. This class always welcomes new members.

Choir Practice

Director **Ednita Vaflor** and our choir '*Seniors in Song*' practice from September through May on **Thursday** mornings at **11:30 am** in the *Multipurpose Room*. Ednita is currently seeking a few new voices to join this fun, talented group... **especially a TENOR!** Even if you're not a tenor, but enjoy singing, please join us for our practice this month.

Recipe 'Prepare & Share'

Recipe 'Prepare & Share' is back and will be meeting on the **2nd Tuesday at Noon** each month to prepare and share our favorite dishes along with the recipes. This month's theme will be "Fall Favorite" So bring your favorite fall dish to share along with copies of your recipe. This group meets out front by the kitchen.

Leader: Kathy Hampel

Pickleball

Our outdoor Pickleball courts are open to members and guests at no additional cost. Members typically meet almost every weekday morning for open play from **8 am - 10 am**. No pre-registration is required. We have pickleball paddles and balls available for those members just wishing to try the game out. See Lisa to borrow those items.

Open Billiard Room

We have 3 pool tables available for open play every weekday from 8 am to 4 pm. No matter your experience level, everyone is welcome to play!

Scrabble

Beginning this month, **Scrabble** will meet out front every **Thursday at Noon**. Scrabble is a word game in which players score points by placing tiles, each bearing a single letter, onto a game board. The tiles must form words which, in crossword fashion, flow left to right in rows or downwards in columns. *Leader:* Barb Schwartz

LRC

Florence Wright hosts **LRC** (Left, Right, Center) at **1:00 pm** on the **first & third Thursday** each month. The group meets out front to play this a fun, fast-paced dice game that is easy to learn.

Kingston Bingo

Carma Taylor of *Kingston Residence of Marion* hosts Bingo at **12:30 pm** on the **third Wednesday** each month. Lots of fun and prizes!

Quarter Bingo

Josh Rich of *CenterWell Home Health* hosts Bingo at **2:00 pm** on the **second Wednesday** each month. Players ante a quarter at the beginning and will win the pot upon having a bingo.

Monday Mind Games

Carla Poston from *ProCore Health Brokers* hosts **Mind Games** on **Monday mornings**. This class meets at **10 am**. Come give your brain a workout with trivia and various games. Games change every week, so stop by for some fun! Mind Games is taking a break this month but Carla encourages you to join her for 'Box Lunch Bingo' on Monday mornings at **11 am** (*see article on page 3*).

Chair Yoga

Certified Chair Yoga Instructor **Laura Brown** hosts a class every **Friday morning at 11am** in the **Multi-Purpose Room**. Cost is \$3 per class. Chair Yoga is a gentle form of exercise and relaxation, suitable for beginners and seniors. **Note:** *Chair Yoga will return later this month. Call Lisa for updates.*

Hooks & Needles

Instructor **Candice DeWitt** hosts this fun class on **Tuesdays at Noon** in the Craft Room. Candice owns *Stitch and Skein*, a new shop located in Downtown Marion. Learn a new skill or simply refresh your memory on knitting while bringing a little bit of cozy relaxation to your life, too! **Note:** *Candice will be taking a break until January 1, 2023, however the class will still continue to meet.*

Bible Study

Brad Boston leads Bible Study on **Tuesday** mornings at **10 am** in the Craft Room. Enjoy good fellowship and uplifting discussions. Everyone is welcome!

November 2022 • Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 <p>REMEMBER TO VOTE ON ELECTION DAY</p> <p>TUESDAY, NOVEMBER 8</p>	<p>Open Pool Room 1 Open Fitness Room</p> <p>10:00-Bible Study 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 12:00-Hooks & Needles 1:00-Rummikub</p>	<p>Open Pool Room 2 Open Fitness Room</p> <p>9:15-Fitness Drumming 11:00-Congregate Dining/Lunch 12:00-Hand & Foot 12:30-Open Sewing Time</p>	<p>Open Pool Room 3 Open Fitness Room</p> <p>9:00-Hand & Foot 10:00-Line Dancing 11:00-Congregate Dining/Lunch 11:30-Choir 11:30-Mahjong 12:00-Scrabble 12:30-Open Craft Time 1:00-LRC</p>
<p>Open Pool Room 7 Open Fitness Room</p> <p>9:15-Fitness Drumming 11:00-<i>New!</i> Box Lunch Bingo 11:00-Dominoes 12:00-Euchre 12:00-Pinocle</p>	<p>Open Pool Room 8 Open Fitness Room</p> <p>10:00-Bible Study 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 12:00-Hooks & Needles 12:00-Recipe 'Prepare & Share' 1:00-Rummikub</p>	<p>8:00-LaComedia Trip Departs 9 Open Pool Room Open Fitness Room</p> <p>9:15-Fitness Drumming 11:00-Congregate Dining/Lunch 12:00-Hand & Foot 12:30-Open Sewing Time 2:00-New! Quarter Bingo</p>	<p>Open Pool Room 10 Open Fitness Room</p> <p>9:00-Hand & Foot 10:00-Line Dancing 11:00-Congregate Dining 11:30-Choir 11:30-Mahjong 12:00-Scrabble 12:30-Open Craft Time 12:30-Popcorn & Movie 'Elvis'</p>
<p>Open Pool Room 14 Open Fitness Room</p> <p>9:15-Fitness Drumming 11:00-<i>New!</i> Box Lunch Bingo 11:00-Dominoes 12:00-Euchre 12:00-Pinocle</p>	<p>Open Pool Room 15 Open Fitness Room</p> <p>10:00-Bible Study 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 12:00-Hooks & Needles 1:00-Rummikub 1:00-Exploring the Arts with Kristin</p>	<p>Open Pool Room 16 Open Fitness Room</p> <p>9:15-Fitness Drumming 10:30-Tech Time with Angela 11:00-Congregate Dining/Lunch 12:00-Hand & Foot 12:30-Open Sewing Time 12:30-Kingston Bingo</p>	<p>12:00-Thanksgiving Dinner</p> <p><i>*Note: All other activities are cancelled today.</i></p>
<p>Open Pool Room 21 Open Fitness Room</p> <p>9:15-Fitness Drumming 11:00-<i>New!</i> Box Lunch Bingo 11:00-Dominoes 12:00-Euchre 12:00-Pinocle</p>	<p>Open Pool Room 22 Open Fitness Room</p> <p>10:00-Bible Study 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 12:00-Hooks & Needles 1:00-Rummikub</p>	<p>Open Pool Room 23 Open Fitness Room</p> <p>9:00-Board Meeting 9:15-Fitness Drumming 11:00-Congregate Dining/Lunch 12:00-Hand & Foot 12:30-Open Sewing Time</p>	<p>24</p> 
<p>28</p> <p>Senior Center is Closed Today for Food Box Day & Deep Cleaning</p>	<p>Open Pool Room 29 Open Fitness Room</p> <p>10:00-Bible Study 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 12:00-Hooks & Needles 1:00-Rummikub</p>	<p>Open Pool Room 30 Open Fitness Room</p> <p>9:00-Board Meeting 9:15-Fitness Drumming 11:00-Congregate Dining/Lunch 12:00-Hand & Foot 12:00-Jam Session Lunch 12:30-Open Sewing Time 1:00-Jam Session*</p>	<p><i>This Month!</i></p>  <p>A MATTER OF BALANCE MANAGING CONCERNS ABOUT FALLS</p> <p>Tuesday Mornings November 1, 8, 15 & 22 9 - 11 am</p>

Birthdays & Anniversaries

FRIDAY

Open Pool Room **4**
Open Fitness Room

11:00-Congregate Dining/Lunch
11:00-Chair Yoga
12:30-Tai Chi
2:00-Color Me Happy
Paint Marker Class

Open Pool Room **11**
Open Fitness Room



11:00-Chair Yoga

**12:00-Veterans Day
Celebration Lunch**

12:30-Tai Chi
2:00-Color Me Happy
Paint Marker Class

Open Pool Room **18**
Open Fitness Room

11:00-Congregate Dining/Lunch
11:00-Chair Yoga
12:30-Tai Chi
2:00-Color Me Happy
Paint Marker Class

25

**Senior Center is
Closed Today**

Veterans Day Celebration!



Friday, Nov. 11 - Noon

November Birthdays

Russell Miley	Nov 01	William Kyle	Nov 08	Sue Miley	Nov 24
Odessa Myers	Nov 01	Doris Sneed-Rapp	Nov 10	Jo Anne Cook	Nov 24
Gerald Wyant	Nov 01	Robert DeVore	Nov 11	Kyong Starkey	Nov 25
Mike Perry	Nov 01	Millie Pritt	Nov 11	Cinda Callahan	Nov 26
Ednita Vafloor	Nov 02	Cheryl Lemley	Nov 14	Mila Jones	Nov 27
Becky Willauer	Nov 02	Carroll Neidhart	Nov 14	Mary Lou Cook	Nov 28
Steve Renick	Nov 03	Morrita Wolbert	Nov 14	Ruth Lutz	Nov 28
Shirley Tolley	Nov 03	Virginia Murray	Nov 16	Jenny Hedges	Nov 29
Doris Decker	Nov 03	Betty Lou Krist	Nov 18	Alice Bower	Nov 29
Linda Adkins	Nov 04	Kenneth Ellwood	Nov 19	Gary Murray	Nov 29
Kristin Webb	Nov 04	John Moodie	Nov 20	Jim Detwiler	Nov 29
Jo Henning	Nov 04	Joyce Bourge	Nov 22	Clara Bolander	Nov 30
Brenda Devine	Nov 05	Donna Branham	Nov 22	Fred Saull	Nov 30
Cheryl Bowers	Nov 06	Sandy Hall	Nov 22	Judy McGinnis	Nov 30

November Anniversaries

Ken & Shirley Anderson	11/2/1958	64 years
Jim & Brenda Devine	11/8/1975	47 years
Kenneth & Carolyn Ellwood	11/8/1969	53 years
John & Carolyn Heimlich	11/3/1996	26 years
Frank & Linda Jorgensen	11/24/2007	15 years
Harry & Elaine Uber	11/20/1964	58 years
Jerry & Marietta Wood	11/23/1962	60 years

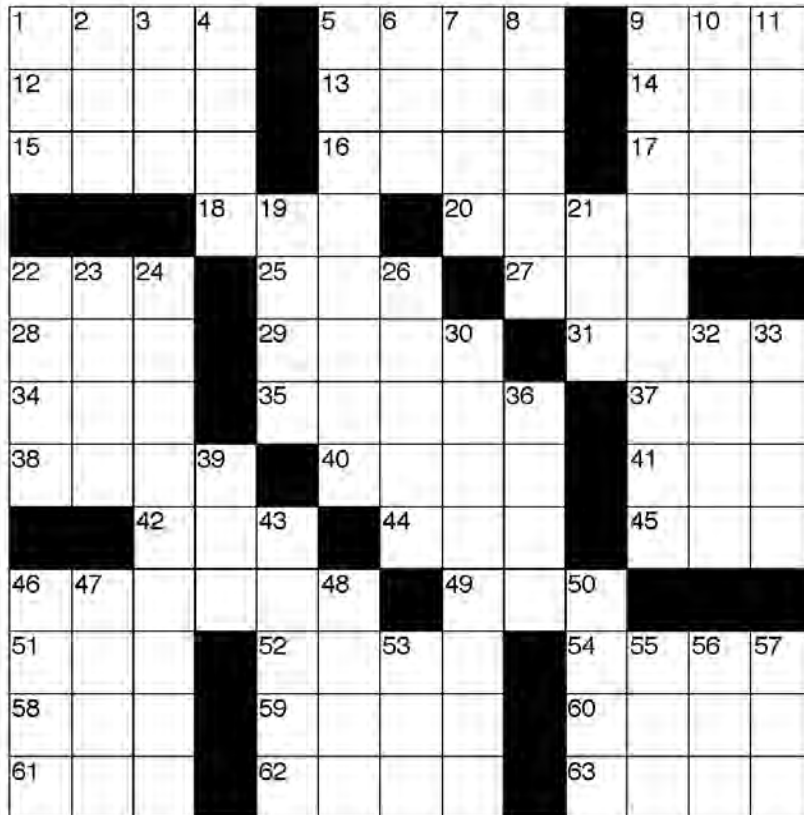
New Members

We welcome the following New Members that have recently joined:

Randy Taylor	Beverly Everly
Martha Bright	Jim and Connie Grose
Michael and Carol Lee	Maggie Snyder
Janis Walters	Dorothy Lewis
Kathy Griffen	Dolly Davis
Dottie Cluff	

CROSSWORD PUZZLE

Answers on Page 13



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A49

ACROSS

- 1 Sleeping
- 5 New Mexico art colony
- 9 S.A. sloths
- 12 Womb (pref.)
- 13 Ancient Gr. contest
- 14 Recombinant letters
- 15 King Atahualpa
- 16 Taro root
- 17 Grease
- 18 Stinging insect
- 20 Biblical mountain
- 22 Globe
- 25 Cardiopulmonary resuscitation (abbr.)
- 27 To be announced (abbr.)
- 28 Council for Econ. Advisors (abbr.)
- 29 S. Afr. dialect
- 31 To be (Fr.)
- 34 Roofing material
- 35 Circuit
- 37 Hawaiian frigate bird
- 38 Dawn love song
- 40 Duration
- 41 Observation (abbr.)
- 42 Appendage
- 44 Drug
- 45 Capture
- 46 Nab
- 49 Tender loving care (abbr.)
- 51 Fr. medieval tale
- 52 Moselle tributary
- 54 Berne's river
- 58 pro nobis
- 59 Occasional
- 60 Lady's title
- 61 Indite
- 62 Plumlike fruit
- 63 Mississippi

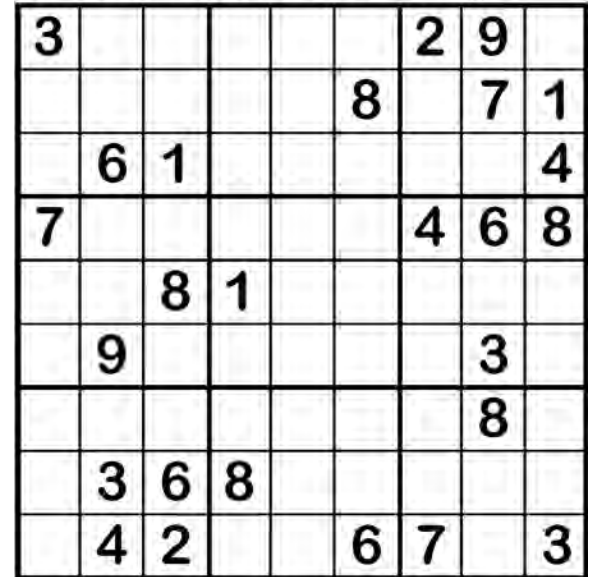
DOWN

- 1 Male friend (Fr.)
- 2 Son of, in Hebrew names
- 3 List-ending abbreviation
- 4 Thick fabric
- 5 Side (2 words)
- 6 Oriental potentate
- 7 Girlfriend of Alley Oop
- 8 Animal sound
- 9 Veneration
- 10 Occipital
- 11 Sodium chloride
- 19 Outer (pref.)
- 21 Presidential nickname
- 22 Eight (pref.)
- 23 Substantial
- 24 Boor
- 26 Enthusiastic
- 30 Teil (2 words)
- 32 Garment
- 33 Asia
- 36 Blue-green
- 39 One hundred square meters
- 43 Monsieurs (abbr.)
- 46 Drooping
- 47 Uncommon
- 48 Afrikaans
- 50 Window lead
- 53 Orinoco tributary
- 55 Amer. Automobile Assn. (abbr.)
- 56 Energy unit

Answers on Page 13

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.



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DIFFICULTY: ★☆☆☆

ENIGMA™

CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter.

Hint: "Q" = "R"

"JFMMCTKPP CP F MKQXOSK
DJCHJ YGO HFTTGW MGOQ GT
PGSKGTK DCWJGOW IKWWCTI PGSK
GT YGOQPKAX."

- QFAMJ DFAEG KSKQPGT

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E059

ENIGMA™

CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter.

Hint: "W" = "S"

"WPLGMELGW ZG LYB CGYJR LPJG
QJPL Y LYR'W GJJJPJW, MIYR
QJPL IEW XEJMFGEW."

- IGRJB ZYDWZPJMI CPRSQGCCPZ

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E060

Honor Flight at Home. In Marion!

Honor Flight Columbus is excited to announce our fourth Honor Flight at Home in Marion to supplement our long-standing mission of honoring our senior veterans by providing them with a no-cost trip to Washington, D.C. to visit their memorials. Our Honor Flight at Home program is designed to recognize and honor, in Marion, any veteran that served active duty from 1941 to 1975, who has not previously gone on an Honor Flight, and **cannot** travel to Washington.



This free program will be held:

Saturday, June 10, 2023
Tri-Rivers Vocational School
Rt. 95, East of Marion (across from Meijer)

Check-in starts at 1 pm. Program is scheduled to run from 2 - 3 pm.

Deadline for submitting an application is May 20, 2023. Send application to:

Honor Flight at Home
Veteran Application
Attn: Margie Saull, Event Coordinator
2406 Owens Road West
Prospect, OH 43342-9783

Brought to you by Kingston Residence of Marion

Veterans Day Celebration

Friday, November 11 - Noon

**IN HONOR
OF OUR
HEROES**

Please join us in honoring our local Veterans for their patriotism and sacrifice during our **Veterans Day Celebration** hosted on **Friday, November 11 at Noon.**

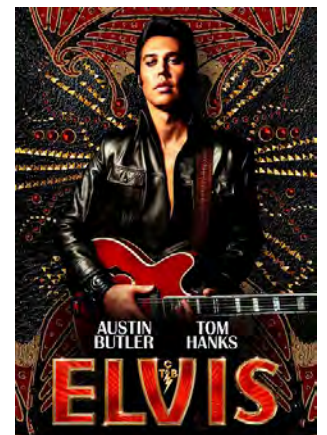
All veterans will receive a complimentary lunch along with a special memento of the occasion. Lunch will feature beef & noodles, mashed potatoes and apple pie. Carolyn Heimlich will be playing music during the meal. A special presentation individually recognizing and honoring each veteran in attendance will conclude the event.

Non-veterans are encouraged and welcome to join us. No tickets will be sold in advance. Any non-veteran guests attending will pay **\$4 per person (FREE for all Veterans)** as they come through the lunch line.

KINGSTON
RESIDENCE
of MARION

◀◀ **Popcorn & Movie** ▶▶
Thursday, Nov. 10 - 12:30 pm
‘Elvis’

From his rise to fame to his unprecedented superstardom, rock 'n' roll icon Elvis Presley (*Austin Butler*) maintains a complicated relationship with his enigmatic manager, Colonel Tom Parker (*Tom Hanks*), over the course of 20 years. Central to Presley's journey and happiness is one of the most influential people in his life -- Priscilla (*Olivia DeJonge*).



**Are you prepared for an
EMERGENCY?**



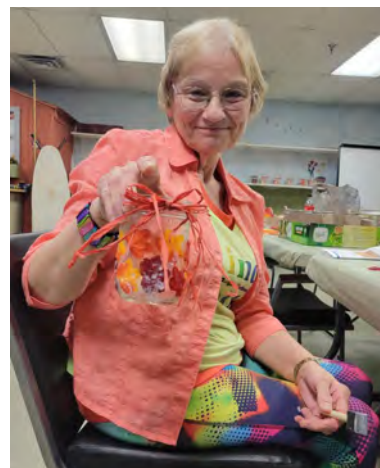
Red Cross will host a free 1-hour **“Be Preparedness Class”** on **Monday, December 5 at 10am** at the Center. Getting prepared may sound difficult or time consuming but – with a little help from the Red Cross – its as easy as 1-2-3!

- 1. Get a Kit** - Learn the essential supplies to put in your family's survival kit.
- 2. Make a Plan** - Plan effectively for you and your family in case of an emergency.
- 3. Be Informed** - Understand which disasters are likely to occur in your area and what you must know to stay safe.

Life at the Center



Kristin Bentley, Janie Moore, Judy Walker, Jackie King, Pat Fortney, & Clara Sisson created beautiful fall centerpieces during a recent 'Exploring the Arts' with Kristin craft class. This month's class will meet on Tuesday, November 15 at 1 pm.



CROSSWORD PUZZLE ANSWERS (Pg. 10)

A	B	E	D		T	A	O	S		A	I	S
M	E	T	R		A	G	O	N		D	N	A
I	N	C	A		K	A	L	O		O	I	L
			B	E	E		A	R	A	R	A	T
O	R	B			C	P	R		T	B	A	
C	E	A			T	A	A	L		E	T	R
T	A	R			O	R	B	I	T		I	O
A	L	B	A		T	I	M	E		O	B	S
			A	R	M		D	E	A		N	E
A	R	R	E	S	T		T	L	C			
L	A	I			S	A	A	R		A	A	R
O	R	A			R	A	R	E		M	A	A
P	E	N			S	L	O	E		E	A	D

SUDOKU ANSWERS (Pg. 10)

3	8	7	4	1	5	2	9	6
4	2	5	9	6	8	3	7	1
9	6	1	7	2	3	8	5	4
7	1	3	2	5	9	4	6	8
6	5	8	1	3	4	9	2	7
2	9	4	6	8	7	1	3	5
5	7	9	3	4	1	6	8	2
1	3	6	8	7	2	5	4	9
8	4	2	5	9	6	7	1	3

ENIGMA Cryptogram Answers (pg. 10)

E059: "Happiness is a perfume which you cannot pour on someone without getting some on yourself." - Ralph Waldo Emerson

E060: "Sometimes we may learn more from a man's errors, than from his virtues." - Henry Wadsworth Longfellow

Trips on the Horizon

LaComedia: White Christmas

Wednesday, November 9

We will depart the Center at **8 am** via *Brewster charter coach* to see the LaComedia Dinner Theater production of *Irving Berlin's White Christmas*, their most popular show of all time. Enjoy an amazing buffet featuring chef-carved meats, signature sweet potato souffle, and chocolate brownie a la mode. **Cost is \$99 Members; \$109 Non-Members. This Trip is Sold Out. Thank you Members!**



Trip Advisory Council

2023 Trip Planning to Begin Soon

The Trip Advisory Council met on Tuesday, October 25 to discuss Center-sponsored trips for next year. Details are being gathered and tentative dates are being explored for a follow-up meeting in November to finalize options. Once finalized, the information will be included in our **2023 Trip Brochure** and mailed to all members in early January!



Marion Senior Center

2375 Harding Hwy. E.
Marion, Ohio 43302

8:00 a.m. to 4:00 p.m.
Monday through Friday
Office: 740-387-6100
Transportation: 740-387-5444

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Directory

Director: Steve Badertscher

Activity Coordinator: Lisa Richardson

Social Service Coordinator:
Emilee Evans

Transportation Coordinator:
Sierra Blanton

Development Assistant: Sheryl Simmons

Maintenance Supervisor:

Visit the Marion Senior Center
website at: www.marionseniorcenter.com

Email: info@marionseniorcenter.com
or follow us on Facebook



Need a Ride? Transportation Available for Seniors

If you, or someone you know age 60 and older, are seeking transportation for needs-based appointments, the Marion Senior Center is here to help. We provide transportation (on a donation basis) to and from appointments in Marion County. Transportation is available every **Monday through Friday between the hours of 8:00 am & 3:30 pm**, excluding holidays. **To learn more, contact the Center's Transportation Desk at (740) 387-5444 or Ohio District 5-Area Agency on Aging at 1-800-522-5680.**

****Handicap-accessible transportation is now available!***

Need a Personal Shopper?

We have a personal shopper available to help homebound Seniors age 60+. If you, or someone you know, could use ongoing assistance with shopping needs, **please contact Social Services Coordinator Emilee Evans at (740) 387-6100.**

Sponsored by a Title III Grant under the Older Americans Act, administered through the Ohio Department of Aging and District 5 Agency on Aging with local funding through the City of Marion and the Marion County Council on Aging (Senior Services Levy). The Marion Senior Center and its programs are open to all persons 50 years of age or older regardless of their sex, race, income, national origin, religion or handicap.