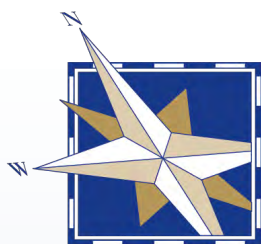


Volume 40 • Issue 1

The Sentinel

January 2023



**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:

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Reminder:

**Membership Dues are
Due on January 1, 2023**

Happy New Year!

The start of a new year can be a time of renewal. It offers each of us an opportunity to reflect, set new goals, and start over. For many, living a healthier life is a popular New Year's resolution. If it's one of yours, we have some suggestions to help you live better in 2023:

1. Improve your diet

Cooking for one or two can seem like more work than it is worth. Unfortunately, many of us often turn instead to convenience foods or fast food. A healthy alternative is to join us for lunch in our Congregate Dining Center where healthy to eat meals are available from 11 am - 12:30 pm. *(page 3)*

2. Get moving

A sedentary lifestyle is now believed to be as bad for your health as smoking! It contributes to a variety of health concerns, ranging from obesity to diabetes and high blood pressure. Try to limit the amount of time you spend sitting and get up and move around throughout the day. Fitness Drumming *(page 5)* and Line Dancing *(page 7)* are fun, entertaining ways to stay active.

3. Connect with an exercise program

Another resolution to make in the new year is to exercise 30 minutes a day. Talk with your doctor for advice about the best types of exercise for you, and how much to do at first. If you're just getting started, set a goal that feels achievable, like walking on a treadmill for 15 minutes. Our Fitness Center is free to members and open weekdays from 8 am - 4 pm. *(page 5)*

4. Learn to manage stress

Living with chronic stress is bad for physical and emotional well-being. Try to learn a few stress-management techniques you can turn to in the new year. Our weekly Tai Chi and Chair Yoga classes offer gentle forms of exercise that reduce stress. *(page 7)* Creating 'Exploring the Arts' projects or playing card games and board games can be good stress relievers, too. *(page 6)*

5. Laugh more

If you've been feeling lonely and isolated, resolve to laugh more. Laughter is not only fun, it's also good for your health. It helps lower blood pressure and decrease the risk for depression. Remind yourself that laughter is the best medicine, whether it's laughing with friends at our Bingo events *(pages 3 & 7)* or watching a romantic comedy at Popcorn & Movie. *(page 11)*

All of these 'resolutions' can be accomplished here at the Senior Center... and so much more! Whatever your New Year's Resolution happens to be this year, we'd like to assist you in making it come true.

Here's to a happy, healthy 2023!

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.

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**.



Membership Dues

Just a friendly reminder that your 2023 Senior Center membership dues are due prior to **January 1, 2023**. We are happy to announce dues will not increase this year. Annual membership is still **\$30** per person.

We Need Your Help!

Your Board of Directors has historically done a great job of sending 'Get Well' cards to members who are ill and sending cards to relatives and rose bud vases to the funerals of deceased members. Receiving timely information has become more difficult since the pandemic. We are asking our members to report any known illnesses or deaths to Senior Center staff members by calling **740-387-6100**. We will relay the info to Mary Martin, the Board's Corresponding Secretary.

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, January 18** 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

Mondays at 11 am

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**. 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

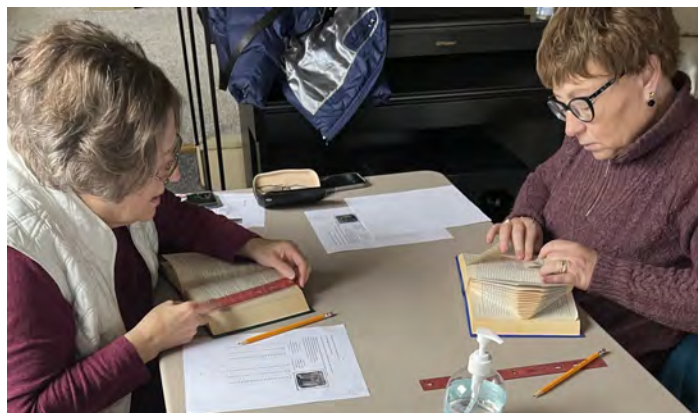
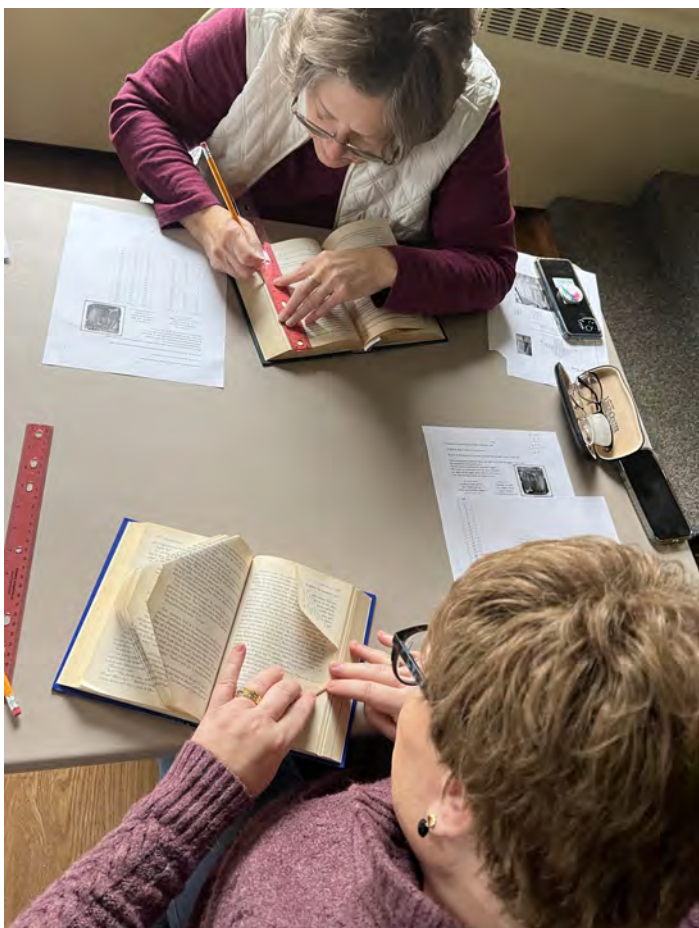
In partnership with *LifeCare Alliance*, the Center hosts a Congregate Dining Center every **Tuesday through Friday from 11 am - 12:30 pm**. Please join us for good food and fellowship every Tuesday, Wednesday, Thursday or Friday... or one day a week... or one day a month. It's completely up to you!

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.

Exploring the Arts

Members enjoyed the unique 'Book Folding' project they created in 'Exploring the Arts' with Kristin.



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)*



Alzheimer's Educational Series

Marion County Council on Aging and the **Alzheimer's Association Central Ohio Chapter** are hosting a six-part educational series for seniors at the **Marion County Council on Aging** offices located at 125 Executive Drive, Marion, OH. The next two programs in the series are:

- **10 Warning Signs of Alzheimer's**
Wednesday, January 4 (1:00 - 1:30 pm)
- **Dementia Conversations**
Tuesday, February 7 (1:00 - 1:30 pm)

Participants may choose to attend some or all of these free programs. To register call **800-272-3900**.

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 "**Penny Vase**. **Note:** Participants must sign up by Friday, January 13 at noon.

Color Me Happy

Beginning this month, instructor **Clara Sisson** will be hosting a new **Paint Marker Class** on **Wednesdays** from **11 am – 12 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:* Phylliss 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 currently taking a winter break. *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' meets 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 "Soup & Salad". So, bring your favorite soup and salad combo along with copies of your recipes. 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 returns this month.*

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!

January 2023 • Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
 <p>2</p> <p><i>The Center is Closed Today</i></p>	<p>3</p> <p>Open Pool Room 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>4</p> <p>Open Pool Room Open Fitness Room</p> <p>9:15-Fitness Drumming 11:00-Congregate Dining/Lunch 11:00-Color Me Happy 12:00-Hand & Foot 12:30-Open Sewing Time</p>	<p>5</p> <p>Open Pool Room 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>9</p> <p>Open Pool Room Open Fitness Room</p> <p>9:15-Fitness Drumming 11:00-New! Box Lunch Bingo 12:00-Euchre 12:00-Pinochle</p>	<p>10</p> <p>Open Pool Room 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>11</p> <p>Open Pool Room Open Fitness Room</p> <p>9:15-Fitness Drumming 11:00-Congregate Dining/Lunch 11:00-Color Me Happy 12:00-Hand & Foot 12:30-Open Sewing Time 2:00-New! Quarter Bingo</p>	<p>12</p> <p>Open Pool Room 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 12:30-Popcorn & Movie <i>'Where the Crawdads Sing'</i></p>
<p>16</p> <p>Open Pool Room Open Fitness Room</p> <p>9:15-Fitness Drumming 11:00-New! Box Lunch Bingo 12:00-Euchre 12:00-Pinochle</p>	<p>17</p> <p>Open Pool Room 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 1:00-Exploring the Arts with Kristin</p>	<p>18</p> <p>Open Pool Room Open Fitness Room</p> <p>9:15-Fitness Drumming 10:30-Tech Time with Angela 11:00-Congregate Dining/Lunch 11:00-Color Me Happy 12:00-Hand & Foot 12:30-Open Sewing Time 12:30-Kingston Bingo</p>	<p>19</p> <p>Open Pool Room 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>23</p> <p>Senior Center is Closed Today for Food Box Day & Deep Cleaning</p>	<p>24</p> <p>Open Pool Room 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>25</p> <p>Open Pool Room Open Fitness Room</p> <p>9:00-Board Meeting 9:15-Fitness Drumming 11:00-Congregate Dining/Lunch 11:00-Color Me Happy 12:00-Hand & Foot 12:00-Jam Session Lunch 12:30-Open Sewing Time 1:00-Jam Session*</p>	<p>26</p> <p>Open Pool Room 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</p>
<p>30</p> <p>Open Pool Room Open Fitness Room</p> <p>9:15-Fitness Drumming 11:00-New! Box Lunch Bingo 12:00-Euchre 12:00-Pinochle</p>	<p>31</p> <p>Open Pool Room 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>		

Birthdays & Anniversaries

FRIDAY

6

Open Pool Room
Open Fitness Room

11:00-Congregate Dining/Lunch
11:00-Chair Yoga
12:30-Tai Chi

13

Open Pool Room
Open Fitness Room

11:00-Congregate Dining/Lunch
11:00-Chair Yoga
12:30-Tai Chi

20

Open Pool Room
Open Fitness Room

11:00-Congregate Dining/Lunch
11:00-Chair Yoga
12:30-Tai Chi

27

Open Pool Room
Open Fitness Room

11:00-Congregate Dining/Lunch
11:00-Chair Yoga
12:30-Tai Chi

January Birthdays

Sharon McFadden	Jan 01	Carol Lee	Jan 11	Michael Moyer	Jan 23
David Schaber Sr.	Jan 01	Roxanna Craft	Jan 12	Joann Begley	Jan 25
Judy Ulsh	Jan 02	Terry Kern	Jan 13	Joseph Clarke	Jan 25
Susan Davis	Jan 03	James Grose	Jan 14	Delores Doyle	Jan 25
Ken Estes	Jan 03	Eva Blankenship	Jan 15	Cynthia Bentley	Jan 26
Martha Cocherl	Jan 04	Mary Koch	Jan 16	Jim Devine	Jan 26
Marlene Huber	Jan 04	Steve Badertscher	Jan 16	Leslieann Crabtree	Jan 27
Carla Campton	Jan 04	Revana Haynes	Jan 16	Nicki Landfried	Jan 27
Jerry Ashbrook	Jan 04	Margaret Snyder	Jan 16	Rosalie Dale White	Jan 27
Marjory Denzer	Jan 06	Debbie Blevins	Jan 17	Nancy Eilerman	Jan 28
Denny Byrd	Jan 07	Elizabeth Davis	Jan 18	Terry Fortney	Jan 29
Carolyn Heimlich	Jan 07	Mary Martin	Jan 18	Shawn Hastings	Jan 29
Joyce Cumston	Jan 07	Ann Thomas	Jan 19	Sue Brown	Jan 30
Hazel Blankenship	Jan 08	Tim Mantey	Jan 21	Sandra Becker	Jan 30
Donna McPeck	Jan 08	Nancy Waters	Jan 21	Debra Coble	Jan 31
Karen Winders	Jan 09	Janis Holbrook	Jan 23		
Beverly Crist	Jan 11	Louis Hughes	Jan 23		

January Anniversaries

Joe & Terri Mantey	1/7/1984	39 years
Steve & Marlene Renick	1/22/1982	41 years
Steve & Karen Ward	1/8/1966	57 years

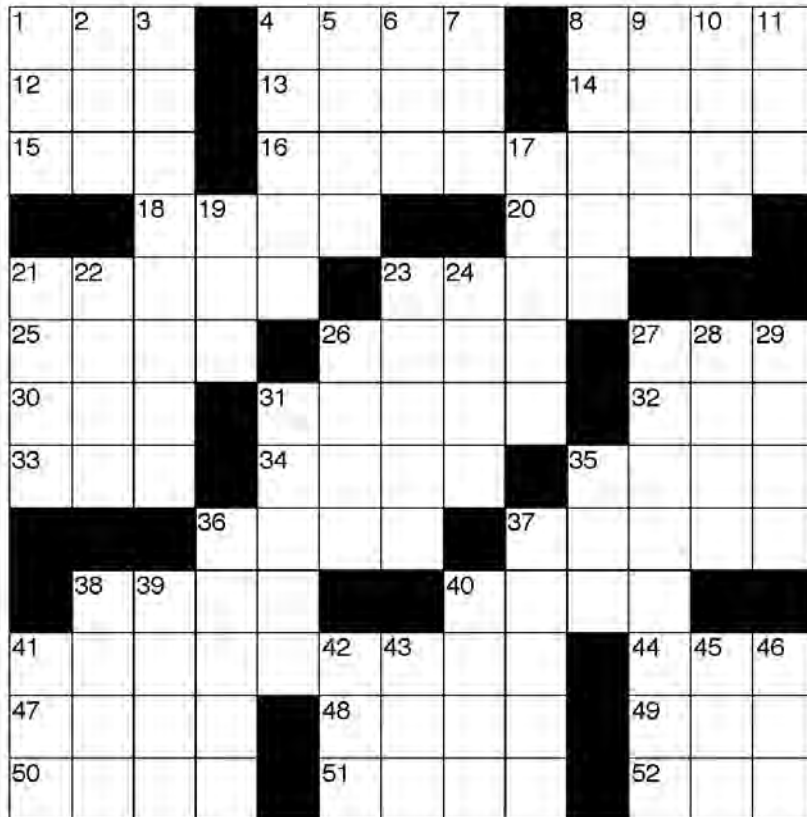
New Members

We welcome the following New Members that have recently joined:

Marie Celine Harrington	Rae DeVore
Don Vocca	Mary & Ray Bloomfield
Shane & Cynthia Wallace	Marilyn Wells
Bonnie Smith	Todd Nicholas
John Brockman	

CROSSWORD PUZZLE

Answers on Page 13



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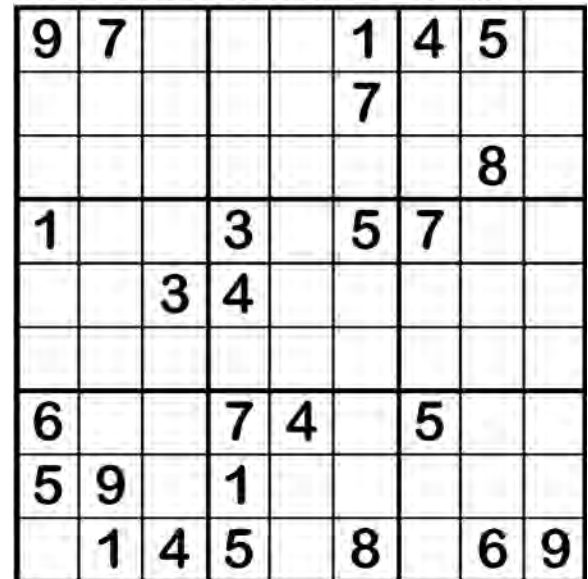
A52

- | ACROSS | | DOWN | |
|---------------------------|--------------------------|--|-----------------------------|
| 1 Sinbad's bird | 31 Goodbye (Sp.) | 1 Mortar mixer | 27 Solan (2 words) |
| 4 Niger-Congo language | 32 Europe (abbr.) | 2 Laconian clan group | 28 Betel leaf concoction |
| 8 Stripe | 33 Honshu bay | 3 Cotton fabric | 29 Quod _____ demonstrandum |
| 12 Abridged (abbr.) | 34 Haw. goose | 4 Item of property | |
| 13 Fat (pref.) | 35 City in Bihar India | 5 Hashish | |
| 14 Economy (abbr.) | 36 Irish nobleman | 6 Presidential nickname | 31 Umbel family herb |
| 15 Stinging insect | 37 Leg of mutton or lamb | 7 One who is (suf.) | 35 Liquor |
| 16 Douse (2 words) | 38 First principles | 8 Whiskers | 36 Afr. fruit |
| 18 Unclean in Jewish law | 40 Wine (pref.) | 9 Recorded proceedings | 37 Alluvial deposit |
| 20 Russ. inland sea | 41 Sinuous | 10 Carol | 38 Anagram (abbr.) |
| 21 Ring-shaped game piece | 44 Clod | 11 Department of Natural Resources (abbr.) | 39 Roast |
| 23 Cover meat with bacon | 47 Garden tool | 17 Line | 40 Migratory worker |
| 25 Fraction of a rupee | 48 Galatea's beloved | 19 Estuary | 41 Theater sign |
| 26 Fillet | 49 Monkey | 21 Arabian judge | 42 Male person |
| 27 Compass direction | 50 Molding | 22 Alone (Lat.) | 43 Here (Fr.) |
| 30 Press for payment | 51 Legislature | 23 Salt solution | 45 Amer. |
| | 52 Belonging to (suf.) | 24 Tonic herb | Automobile Assn. (abbr.) |
| | | 26 Polish border river | 46 Vertical airfoil |

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: "G" = "O"

"WE SDKDZ GAAOZP EG PGYD
UGMWEWAWHSP ENHE MWSAGMS WP
CGZEN WYWEHEWSF HP CDMH HP
ROGEWSF."

- HOENGZ OSISGCS

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E063

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter.
Hint: "V" = "R"

"KQU GUZUV KQU GWTKA, KQU
AKVEJLUV KQU EBIJIEJ."

- WVJEMH Q. LMWALEZ

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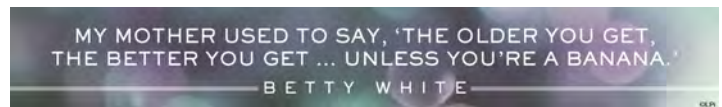
E064



Marion Goodwill donated and delivered 229 pairs of socks to our 'Socks for Seniors' drive, bringing the total at press time to 988 pairs. Pictured (l to r): Becky McKinnis (Marion Goodwill) with 'Socks for Seniors' Committee members Kathy Hampel, Barb Klee, and Becky Yannitell.

SOCKS FOR SENIORS

Kathy Wink from Marion Goodwill saw our Facebook post promoting 'Socks for Seniors' lofty goal of collecting 1000 pairs of socks this year to distribute to local nursing homes and senior facilities. She reached out to us letting us know that socks are one item that they purchase new to sell in their Goodwill stores as part of their new goods section and that they wanted to make a donation to our 'Socks for Seniors' drive. Some of Goodwill's youth participants worked on the project and brought a donation of 229 pairs of socks to the Center on December 20. That quantity in combination with the 759 pairs of socks we had collected previously brought the total to 988 pairs of socks to date. We thank Goodwill, along with others such as Trinity Baptist Church who had donated 111 pairs earlier in December, for helping us reach our 1000 pair goal!



Kingston Residence of Marion

Popcorn & Movie

Thursday, Jan. 12 - 12:30 pm

'Where the Crawdads Sing'

A woman who raised herself in the marshes of the Deep South becomes a suspect in the murder of a man with whom she was once involved.



Life at the Center



Josh Rich of CenterWell Home Health hosts Quarter Bingo on the second Wednesday each month at 2 pm.



100 members and guests attended our annual Thanksgiving Dinner on Thursday, November 17. After a delicious traditional meal featuring turkey and all the fixings, we were treated to a concert by local musicians 'John Garnes & Friends'. Special thanks to Josh Rich of CenterWell Home Health & Cassie Gregory of Marion County Council on Aging for co-sponsoring this event.



CROSSWORD PUZZLE ANSWERS (Pg. 10)

ROC		AKAN		BAND
ABR		SEBI		ECON
BEE		SEEK	WATER	
	TREF		ARAL	
QUOIT		BAR	D	
ANNA		ORLE		SBE
DUN		ADIOS		EUR
ISE		NENE		GAYA
	AIRE		GIGOT	
	ABCS		OENO	
SNAKE		LIKE		OAF
RAKE		ACIS		SAI
OGEE		DIET		EAN

SUDOKU ANSWERS (Pg. 10)

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

ENIGMA Cryptogram Answers (pg. 10)

E063: "It never occurs to some politicians that Lincoln is worth imitating as well as quoting." - Author Unknown

E064: "The fewer the facts, the stronger the opinion." - Arnold H. Glasgow

Trips on the Horizon

2023 Trip Brochure Arriving Soon!

The Trip Advisory Council met in October and November to discuss and recommend trip destinations for this year. The starting point was to review many of the trips planned for 2020 that were put on hold due to the pandemic. As it turns out, a majority of those trips are still options for the coming year! Plus, we added several nice trips to that existing list as a result of suggestions from our members.

We will once again put all of the information we have available into a brochure which will be mailed to Center members in mid-January. Please keep in mind it is a tentative listing, and pricing, dates, and other trip details are all subject to change. But it gives you a starting point to plan your 2023 travel schedule.

We also feel it is important to note that much has changed in the world since 2020, including in the travel industry. We all have experienced price increases in food, gas, and many other daily expenses... costs associated with travel have increased, as well. Costs for motorcoach rental, tick-

ets to attractions, restaurant dining, and hotel accommodations have all increased. So, even though we will continue to be diligent in trying to get our members the most 'bang for their buck', we also are realistic in understanding costs for trips will be higher than what you paid three years ago.

Another factor impacting motorcoach cost increases is that trips will be limited to 30 participants (as opposed to a full bus of 50 in years past). On the bright side, travel should be more comfortable with fewer folks on the bus.

And please note although City Administration is permitting us to sponsor and offer trips again this year, we are limited to Day Trips or trips with one overnight stay only.

The brochure will also include a list of trip procedures and helpful hints. Please review and familiarize yourself with this information to make your Senior Center trip experience more enjoyable.

Marion Senior Center

2375 Harding Hwy. E.
Marion, Ohio 43302

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

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Sierra Blanton

Development Assistant: Sheryl Simmons

Maintenance Supervisor:

Visit the Marion Senior Center
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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**

****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.