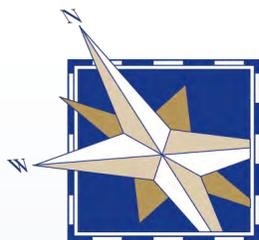


# The Sentinel

December 2021



**2375 HARDING HWY. EAST  
MARION, OHIO 43302**

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

**CENTER HOURS**  
Monday–Friday: 10 AM–2 PM

## INSIDE THIS ISSUE:

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Classes, Clubs & Activities	6 & 7
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Life at the Center	14
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**Friendly Reminder:**

**Your 2022 Membership  
Dues are due January 1.**



## Tis the Season

The holiday season is upon us! We just celebrated Thanksgiving, and Christmas and New Year’s are right around the corner. Which means the weather is getting colder. Since our natural tendency is to seek warmth by going inside, it’s vital we look for ways to stay active.

March in place. Do chair exercises. Or better yet, visit the Center!

You have lots of options to stay active here at the Center. Do you enjoy the company and encouragement of others? Come take part in an Exercise Class, Tai Chi, Chair Yoga, or Line Dancing (*page 7*).

If walking on a treadmill, using resistance training machines, or riding a stationery bike is a workout more to your liking, you can do so in our Fitness Center. Appointments are available from 10am - 2pm, every Monday - Friday (*page 5*).

Staying active also means keeping your mind active. Many small groups meet weekly, such as Rummikub, Mahjong, Dominoes, Bridge, Pinochle, and Euchre (*page 6*).

Other popular activities include Kingston Bingo with Carma Taylor, DeWolfe Trivia with Nicole Rich, and Mind Games with Carla Poston (*page 7*). And if you like to sing, Senior Choir has resumed!

The Craft Room is also active hosting Bible Study, Hooks & Needles (knitting), open craft room and open sewing (*pages 6 & 7*).

As you can see, there are plenty of things to do at the Center. It’s just a matter of figuring out what suits you. And if there is something not currently offered that you’d like us to consider, please mention it to Lisa. But whatever you choose to do, and where to do it, stay active!

Merry Christmas everyone!

Be Kind & Stay Well,  
Steve Badertscher, Director

# Senior Center Services

## Food Box Program

If you or someone you know are in need of food assistance, please contact **Cindy Jennings** 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.

## HEMEN: Helping Elderly Meet Essential Needs

HEMEN is a funding source that is available to assist consumers who are 60 and older in obtaining assistance with needs they may need to remain safe in their home, such as: Washing Machine, Dryer, Refrigerator, Stove, Mattress Set, etc. Call Area Agency on Aging at **800-860-5799** for details.

## 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**.



## Mask Update

Due to the decrease in COVID-19 cases in Marion County, Mayor Scott Schertzer modified his Executive Order (effective 10/25) as follows:

- Individuals that are fully-vaccinated will no longer be required to mask.
- Individuals that are unvaccinated will continue to be required to mask at all times in city-owned buildings.

## FREE PRODUCE MARKETS

**Marion City Schools** is 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 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**. Upcoming distribution dates are listed below:



## FREE PRODUCE MARKET DATES

- Wednesday, December 22
- Wednesday, January 26
- Wednesday, February 23
- Wednesday, March 23
- Wednesday, April 27
- Wednesday, May 25
- Wednesday, June 22
- Wednesday, July 27
- Wednesday, August 24



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

## 2022 Membership Dues

As we get ready to ring in the New Year, it's also time to renew your Center membership.

Membership dues will be \$30 for 2022, and are due on or before January 1, 2022. You can make payments any weekday between 10am - 2pm. Or make a check payable to Marion Senior Center and mail it to: Marion Senior Center, 2375 Harding Highway E., Marion, OH 43302

Membership includes access to social activities and programs at the Center, as well as having your monthly newsletter *The Sentinel* mailed to your home each month.

Thank you in advance for your continued support of the Marion Senior Center and the vital activities, programs and services we provide Marion-area seniors!

## Congregate Dining Center

In partnership with *LifeCare Alliance*, the Center will host a Congregate Dining Center every **Tuesday through Thursday in December from 11 am - 12:30 pm**. Please join us for good food and fellowship every Tuesday, Wednesday, or Thursday... 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.

## Stay Active!

One of the best - and safest - places to host activities is outdoors... weather permitting, of course! And since fall and winter weather can be very “hit or miss” in Ohio, here are some of the activities that may be hosted outdoors:

### 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 made specifically for pickleball. The two courts are located on the west side of the building (adjacent to our raised-bed gardens) and are available to members anytime. Pickleball is available anytime, however members usually gather to play together on weekday mornings beginning at **8 am**. We have extra paddles and pickleballs available for those just getting started (see Lisa).



### Pace Setters Walking Club

Since it requires no monitoring or special cleaning, the Center’s walking club is available anytime from dusk to dawn. However, the formal program has now concluded for this season and is scheduled to resume again in April 2022. Members will continue to have access to the paved walking path if they would like to utilize it on nicer weather days. Along with a good cardio workout plus strength and conditioning benefits, every participant receives a reward as they reach different goals and milestones.



### 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.



### Intro to Fitness

This class is a great way to get started! The group meets on **Wednesday mornings at 10 am** and are led by Certified Personal Trainer Cindy Jennings. Cindy will not be available during the month of December, but class members will still meet utilizing DVDs for their exercises. Class size is limited so you must call **Lisa at 740-387-6100** any weekday between **8 am - 10 am** or **2 pm - 4 pm** to register for this class.



*With construction of our spacious new outdoor Activity Pavilion completed, we plan to schedule activities outdoors when weather permits. We look forward to Tai Chi along with other activities being held outdoors during the warmer weather days ahead.*

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

## Safety First

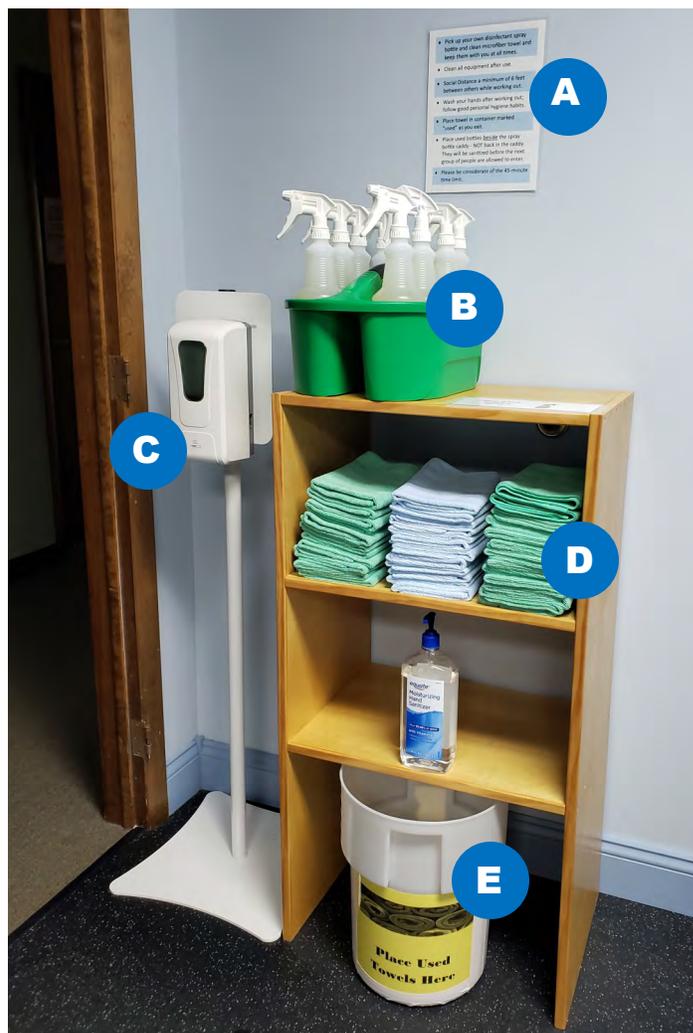
Since safety is our top priority, the Fitness Center has put new protocols and procedures in place going forward. Members will notice a new hand sanitizing station and a unit containing individual spray bottles and towels, as well as a used towel receptacle.

A sign is prominently displayed above this unit with the following instructions:

- ◆ Pick up your own disinfectant spray bottle and clean microfiber towel and keep them with you at all times.
- ◆ Clean all equipment after use.
- ◆ Social Distance a minimum of 6 feet between others while working out.
- ◆ Wash your hands after working out; follow good personal hygiene habits.
- ◆ Place towel in container marked “used” as you exit.
- ◆ Place used bottles beside the spray bottle caddy - NOT back in the caddy. They will be sanitized before the next group of people are allowed to enter.
- ◆ Please be considerate of the 45-minute time limit.



*Social Distancing decals have been placed on the floor in the Multi-purpose Room as a reminder to social distance a minimum of 6 feet between others while working out.*



*A) New Procedures; B) Clean Disinfectant Spray Bottles; C) Touchless Hand Sanitizer Station; D) Clean Microfiber Towels; E) Receptacle for Used Towels*



*Members should place used bottles beside the spray bottle caddy - NOT back in the caddy after use. The used bottles will be sanitized before the next group of people are allowed to enter.*

**MAKING APPOINTMENTS:**  
All calls to Cindy for appointments must be made between **8 - 10 am** or between **2 - 4 pm**.

# Classes, Activities & Programs

## Don't See Your Group Listed?

Small groups continue to resume their weekly scheduled activities each month. **If your group would like to do the same** you just need to reach out to Activity Coordinator Lisa Richardson to make that happen. Keep in mind we are still open limited hours (10 am - 2 pm) in consideration of the enhanced cleaning and sanitizing that is required each day to help keep our members, guests, and staff safe.

**If you want to resume your activity and have it listed again on the newsletter calendar**, the steps are as follows:

- Each activity/group should elect one individual you would like to represent you.
- Have that individual contact or call Activity Coordinator **Lisa Richardson** at **(740) 387-6100** (between 8 - 10 am or between 2 - 4 pm) to let her know that your activity is ready to resume meeting each week.
- You will be assigned a day/time to meet. Every effort will be made to make it align as close as possible to the same dates/times your activity has met in the past.
- Activity/group leaders will be responsible to let Lisa know how many participants to expect each week. This can be easily accomplished verbally at the end of your activity before you leave each week (ex., "Lisa, all eight of us are planning to be here again next week.")
- This communication will allow us to properly plan how much space and time will be needed to accommodate all groups each day. (We don't want to turn anyone away because we were expecting a small group of four and then have 18 people surprisingly show up.)
- Finally, we want to thank everyone for your continued patience and understanding ...you've all been extremely cooperative as we navigate these unprecedented times together.



## 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:* Tillie Taylor

## 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** mornings at **11 am**.

*Leader:* Beulah Owens.

## Mahjong

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

*Leader:* Shirley Tolley.

## **New!** Dominoes

Dominoes is played out front on **Wednesdays** at **10am**.

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*.

## **New!** Picture This

Do you enjoy taking pictures? Would you like to learn some helpful tips and creative techniques to improve the quality photos you take? Photographer **Virginia Earl** will share galleries of photos she has taken over the years and discuss the thought process behind them. **'Picture This'** will meet the **2nd Wednesday** each month at **10am** in the *Craft Room*. **Note: this activity will not meet in December.**

# 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.

## Pace Setters Walking Club

Members walk laps on the paved track located behind **Marca/MCBDD**. You can enter the walking path area through a gate located near our new *Activity Pavilion*. Register for this free program with Activity Coordinator Lisa Richardson, then track your laps and earn great prizes. The more you walk, the more you earn!

## 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. **The Fitness Center currently requires a reservation. A 45 minute time slot can be reserved at 10am, 11am, noon, or 1pm by calling Cindy Jennings at (740) 387-6100.** Please consult your physician before beginning any exercise activities.

## Intro to Fitness

This class is a great way to get started on your journey to better health and wellness! The group meets **Wednesday** mornings at **10 am** in the **Multipurpose Room**, led by Certified Personal Trainer **Cindy Jennings**. Cindy will motivate you as she teaches you exercises to improve your strength, core conditioning and balance.

## 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.

## Open Billiard Room

We have 3 pool tables available for open play every weekday from 10 am to 2 pm. Please call the Center at **(740) 387-6100** (between 8 -10 am or 2 - 4 pm) and let us know you're coming in to play.

## 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!

## 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!

## DeWolfe Trivia

**Nicole Rich** from **DeWolfe Place** will host "*Trivia*" games on the **second Wednesday of each month at 10 am**.

## Senior Choir 'Seniors in Song'

Director **Ednita Vaflor** announced that choir practice will **move to Monday during the week of the movie**. So, this month choir will meet on Thursday, Dec. 2, Monday, Dec. 6 and Thursday, Dec. 16. Note: choir will not meet on Dec. 23 or 30 due to the holidays.

## **New!** 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. Chair Yoga is very beneficial for both mental and physical well being. Benefits include relieving stress while improving posture, flexibility, and balance.

## Hooks & Needles

Instructor **Candice DeWitt** hosts this fun new 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!

## 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!

# December 2021 • Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		<b>Pool Room (by Appointment) 1</b> <b>Fitness Room (by Appointment)</b>  10:00-Intro to Fitness 10:00- <i>New!</i> Dominoes 11:30-Mahjong 11:00-Congregate Dining/Lunch 12:30-Open Sewing Time	<b>Pool Room (by Appointment) 2</b> <b>Fitness Room (by Appointment)</b>  10:00-Line Dancing 11:00-Congregate Dining/Lunch 12:00-Choir 12:30-Open Craft Time
<b>Pool Room (by Appointment) 6</b> <b>Fitness Room (by Appointment)</b>  10:00-Mind Games 12:00- Euchre 12:00-Pinochle <b>12:00-Choir*</b>  <i>*Choir is moved to Monday this week due to the Movie on 12/9</i>	<b>Pool Room (by Appointment) 7</b> <b>Fitness Room (by Appointment)</b>  10:00-Bible Study 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Rummikub 11:00-Books, Balance & BS 12:00-Hooks & Needles	<b>Pool Room (by Appointment) 8</b> <b>Fitness Room (by Appointment)</b>  10:00-Intro to Fitness 10:00- <i>New!</i> Dominoes 10:00-DeWolfe Trivia 11:00-Congregate Dining/Lunch 11:30-Mahjong 12:30-Open Sewing Time	<b>Pool Room (by Appointment) 9</b> <b>Fitness Room (by Appointment)</b>  10:00-Line Dancing 11:00-Congregate Dining/Lunch 12:30-Open Craft Time 12:30-Popcorn & Movie <i>'The Christmas Shoes'</i>
<b>Pool Room (by Appointment) 13</b> <b>Fitness Room (by Appointment)</b>  10:00-Mind Games 12:00- Euchre 12:00-Pinochle	<b>Pool Room (by Appointment) 14</b> <b>Fitness Room (by Appointment)</b>  10:00-Bible Study 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Rummikub 11:00-Books, Balance & BS 12:00-Hooks & Needles	<b>Pool Room (by Appointment) 15</b> <b>Fitness Room (by Appointment)</b>  10:00-Intro to Fitness 10:00- <i>New!</i> Dominoes 11:00-Congregate Dining/Lunch 11:30-Mahjong <b>12:30-Kingston Bingo</b> 12:30-Open Sewing Time	<b>Pool Room (by Appointment) 16</b> <b>Fitness Room (by Appointment)</b>  10:00-Line Dancing 11:00-Congregate Dining/Lunch 12:00-Choir 12:30-Open Craft Time
<b>20</b>  <b>Senior Center is Closed Today for Food Box Day &amp; Deep Cleaning</b>	<b>Pool Room (by Appointment) 21</b> <b>Fitness Room (by Appointment)</b>  10:00-Bible Study 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Rummikub 11:00-Books, Balance & BS 12:00-Hooks & Needles	<b>9:00-Board Meeting 22</b> <b>Pool Room (by Appointment)</b> <b>Fitness Room (by Appointment)</b>  10:00-Intro to Fitness 10:00- <i>New!</i> Dominoes 11:00-Congregate Dining/Lunch 11:30-Mahjong 12:30-Open Sewing Time	<b>Pool Room (by Appointment) 23</b> <b>Fitness Room (by Appointment)</b>  10:00-Line Dancing 11:00-Congregate Dining/Lunch 12:30-Open Craft Time
<b>Pool Room (by Appointment) 27</b> <b>Fitness Room (by Appointment)</b>  10:00-Mind Games 12:00- Euchre 12:00-Pinochle	<b>Pool Room (by Appointment) 28</b> <b>Fitness Room (by Appointment)</b>  10:00-Bible Study 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Rummikub 11:00-Books, Balance & BS 12:00-Hooks & Needles	<b>Pool Room (by Appointment) 29</b> <b>Fitness Room (by Appointment)</b>  10:00-Intro to Fitness 10:00- <i>New!</i> Dominoes 11:00-Congregate Dining/Lunch 11:30-Mahjong 12:30-Open Sewing Time	<b>Pool Room (by Appointment) 30</b> <b>Fitness Room (by Appointment)</b>  10:00-Line Dancing 11:00-Congregate Dining/Lunch 12:30-Open Craft Time

# Birthdays & Anniversaries

## FRIDAY

Pool Room *(by Appointment)* **3**  
 Fitness Room *(by Appointment)*

11:00-*New!* Chair Yoga  
 12:30-Tai Chi

Pool Room *(by Appointment)* **10**  
 Fitness Room *(by Appointment)*

11:00-*New!* Chair Yoga  
 12:30-Tai Chi

Pool Room *(by Appointment)* **17**  
 Fitness Room *(by Appointment)*

11:00-*New!* Chair Yoga  
 12:30-Tai Chi

**24**  
 The Center  
 will be  
 Closed Today  
 for Christmas  
 Holiday

**31**  
 The Center  
 will be  
 Closed Today  
 for New Year's  
 Holiday

## December Birthdays

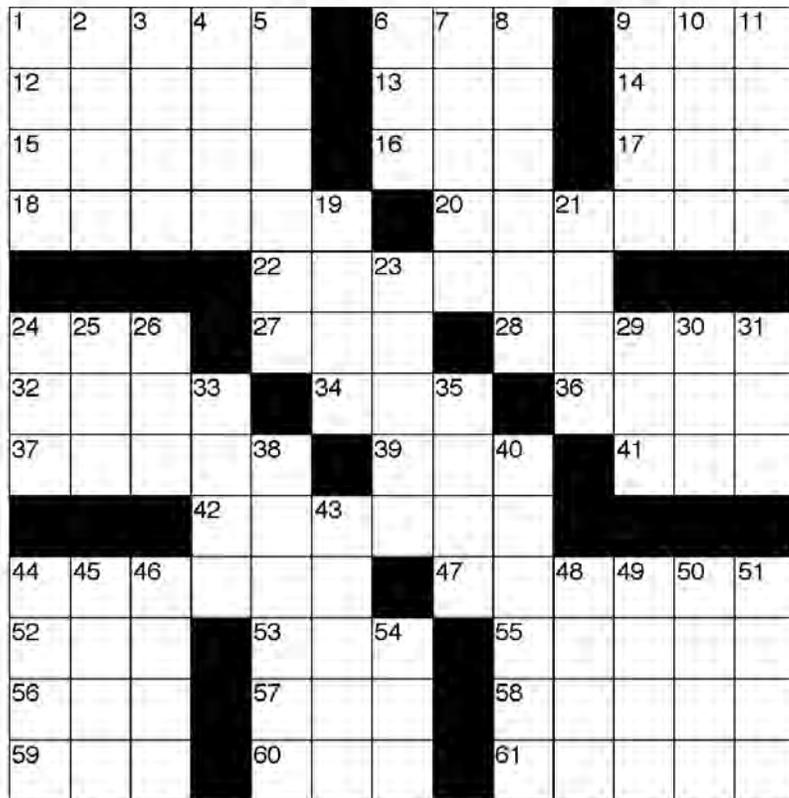
Louella Ash	Dec 01	Lori Strobel	Dec 07	Virginia Pasco	Dec 16
Marjorie Schorr	Dec 02	Annette Hartman	Dec 08	Jerry Webber	Dec 17
Lynn Foust	Dec 03	Becky Williamson	Dec 09	Connie Thomas	Dec 19
Madelyn Litzenberg	Dec 03	Lynda Ault	Dec 10	Lacy Blankenship	Dec 19
Diane Shaul	Dec 03	Deana Detwiler	Dec 10	Bill White	Dec 20
Harriet Bomas	Dec 04	Connie Shelton	Dec 11	Chris Lingo	Dec 22
Elaine Renn	Dec 05	Krystyna Clarke	Dec 14	Harry Uber	Dec 22
Bessie Brammer	Dec 06	Regina Hillenbrand	Dec 14	Judy Boger	Dec 24
Willie Troutman	Dec 06	Steve Longberry	Dec 14	Anna Lamb	Dec 25
Jackie Morse	Dec 06	Alana Wamack	Dec 15	Barbara	
Armida Callahan	Dec 07	Sandy Seiter	Dec 15	Ramsey-Erlewine	Dec 26
Anna Mae Huntley	Dec 07	Vicki McCombs	Dec 15	Barry Miller	Dec 26
Calvin Miller	Dec 07	Carl Robinson	Dec 15	Jon Yarger	Dec 30

## December Anniversaries

Larry & Janet Elliott	12/8/1972	49 years
Richard & Karen Gorenflo	12/31/1971	50 years
Ronald & Sharon Sparks	12/4/1958	63 years
Bill & Becky Williamson	12/18/1971	50 years

## CROSSWORD PUZZLE

Answers on Page 13



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A37

### ACROSS

- 1 Silver (Sp.)
- 6 List-ending abbreviation
- 9 Health resort
- 12 King of Judea
- 13 Rhine tributary
- 14 Stripling
- 15 P.I. ancestral spirit
- 16 Compass direction
- 17 Diminutive (suf.)
- 18 Lead ore
- 20 Bombastic
- 22 Foist
- 24 Dutch commune
- 27 You (Ger.)
- 28 Proverb
- 32 Numerous (pref.)
- 34 Mountain peak
- 36 Two-man fight
- 37 Music sign
- 39 Evil (Fr.)
- 41 As written in music

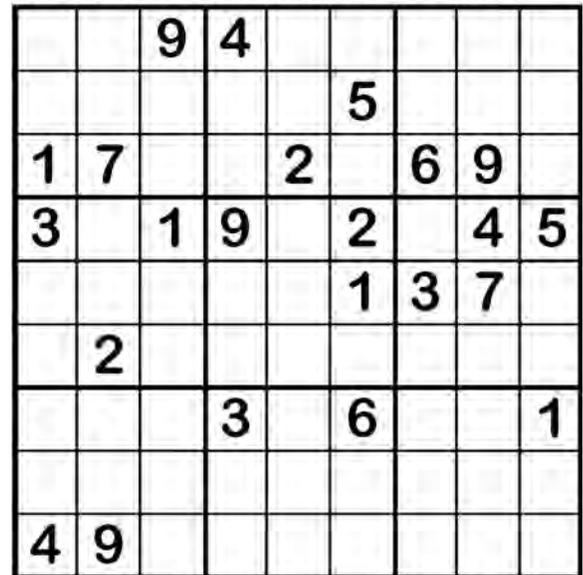
- 42 Gr. author
- 44 Nearsightedness
- 47 Land of King Arthur
- 52 Narrower than AA
- 53 Naut. rope
- 55 Fallacies
- 56 Amyotrophic lateral sclerosis (abbr.)
- 57 Son of Apollo
- 58 Opposite of zenith
- 59 Encountered
- 60 Snow (Scot.)
- 61 Yellow

### DOWN

- 1 Destroying (pref.)
- 2 Fugard heroine
- 3 Seed coat
- 4 Carry
- 5 Youth loved by Venus
- 6 Belonging to (suf.)
- 7 So much; music
- 8 Second wife of Jason
- 9 Small drink
- 10 Buddhist liturgical language
- 11 Irish exclamation
- 19 Mudfish
- 21 Spawning ground
- 23 Sole
- 24 Prussian spa site
- 25 Change color
- 26 Unit of work
- 29 Out (Ger.)
- 30 Gain
- 31 Guido's note (2 words)
- 33 Inspector (abbr.)
- 35 Para-aminobenzoic acid
- 38 Ear inflammation
- 40 Fond
- 43 Fabric
- 44 Lady's title
- 45 Rockies peak
- 46 Kiln
- 48 Jewish month
- 49 Mineral deposit
- 50 Few (pref.)
- 51 Son of Loki
- 54 Last Queen of Spain

## 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: "J" = "P"

"NLL IGAV JDLJKD CYA LYN LR  
OMDGQ KLAU HDRLCD NPDV CYA  
LYN LR XLCMQ."  
- GYNPLC YAFALXA

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E049

## ENIGMA™

CRYPTOGRAM

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

"SKK XVF DERYMD ET FSHXV SHF  
KZPF BRDZJ"  
- EDJSH VSBBFHDXFZY ZZ

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E051

Answers on Page 13

## *For Your Safety: Cards & Games Protocols*

We are excited that Cards & Games are back. However, there are some new protocols in place to help ensure the safety of our members and guests. If you have any questions, please see Lisa, Cindy, or Steve.

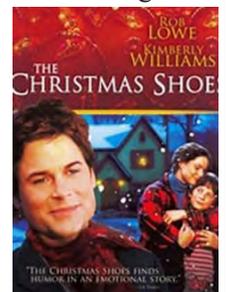
- The leader of each individual group will get cards or games from Activity Coordinator **Lisa Richardson** just prior to their scheduled activity.
- Playing cards will be provided to each group. After the activity is completed for that day all cards used by that group will be kept in sealed containers and will not be used again for seven days.
- After the activity is completed for that day the games will be returned to Lisa and sanitized after each use.
- Hands of all participants must be sanitized before and after play.
- If a player gets up and leaves the table for any reason, their hands must be sanitized upon their return.
- Masks are currently not required by individuals that are fully-vaccinated.
- Masks must be worn at all times by individuals that are unvaccinated.
- Players must not sit closely and must maintain some reasonable social distance. For example, only four players seated around a regular 4-foot table.
- Players must call the Center at **(740) 387-6100** (between the hours of 8 am - 10 am or 2 pm - 4 pm) and RSVP to play. **Note:** Group leaders can RSVP for their entire group by providing Lisa with the total number of players along with their individual names. The reason for this is that the number of players may be limited in certain rooms due to capacity restrictions. By registering we can avoid having members and/or guests just showing up and then not having room for them to participate.
- Again, we want to thank everyone for your continued patience and understanding in our efforts to keep everyone safe. You've all been extremely cooperative.



**KINGSTON**  
RESIDENCE  
of MARION

## ◀◀ Popcorn & Movie ▶▶ Thursday, Dec. 9 - 12:30 pm *'The Christmas Shoes'*

Two separate stories mesh - in the first, a young music teacher, Maggie Andrews, begins dying of a heart condition and her son Nathan tries to get a pair of Christmas shoes for her before she dies. In the second, lawyer Robert Layton and his wife Kate are slowly drifting apart and the matter comes to a head during Christmas when Kate takes over for Maggie for the school choir and declines a job in Robert's firm. When Robert's mother passes away, he begins to reconsider things and his and Nathan's paths cross on Christmas Eve as Nathan tries to raise the money for the shoes and Robert tries to get a present for his daughter.



# Senior Moments

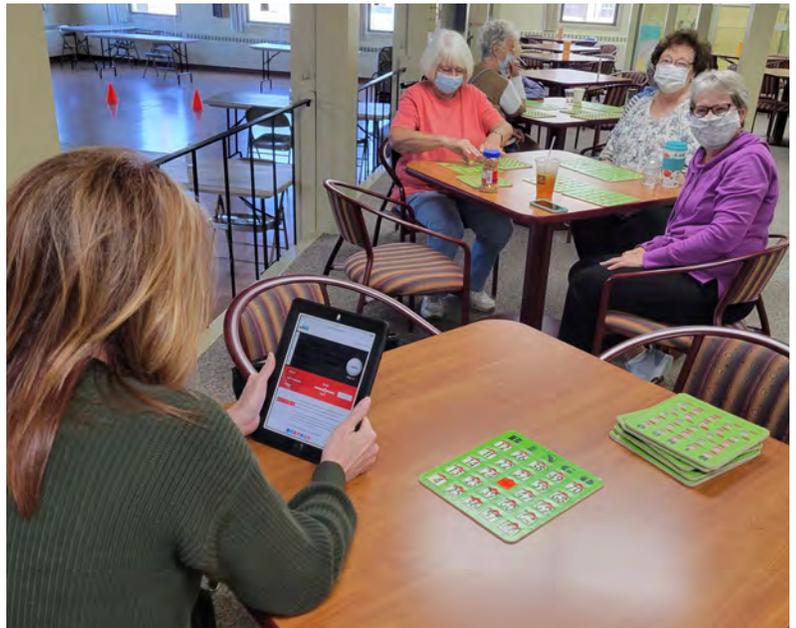


Find us on  
**Facebook**

We are continually posting announcements, updates and photos of the “happenings” (like those shown here) at the Senior Center to communicate with our members in a timely fashion! Simply type the following URL:

[www.facebook.com/MarionSeniorCenter](http://www.facebook.com/MarionSeniorCenter)

into your browser and hit the enter button on your keyboard, and you’ll find updates, announcements and photo galleries of the Senior Center’s activities, programs and events. (Please “LIKE” our page, too!)



*Kingston Bingo meets at 12:30 on the 3rd Wednesday each month. Join bingo caller Carma Taylor for lots of fun and prizes!*



*Rummikub continues to be a popular Tuesday activity, typically with two tables playing simultaneously.*



*Certified Chair Yoga Instructor Laura Brown hosts a class every Friday morning at 11am in the Multi-Purpose Room. Benefits of Chair Yoga include relieving stress while improving posture, flexibility, and balance. Everyone is welcome!*

**CROSSWORD PUZZLE ANSWERS (Pg. 6)**

P	L	A	T	A		E	T	C		S	P	A		
H	E	R	O	D		A	A	R		L	A	D		
A	N	I	T	O		N	N	E		U	L	A		
G	A	L	E	N	A		T	U	R	G	I	D		
						I	M	P	O	S	E			
E	D	E			S	I	E		A	D	A	G	E	
M	Y	R	I		A	L	P			D	U	E	L	
S	E	G	N	O		M	A	L		S	T	A		
					S	T	R	A	B	O				
M	Y	O	P	I	A		A	V	A	L	O	N		
A	A	A			T	Y	E			I	D	O	L	A
A	L	S			I	O	N			N	A	D	I	R
M	E	T			S	N	A			G	R	E	G	E

**SUDOKU ANSWERS (Pg. 6)**

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

**ENIGMA Cryptogram Answers**

**E049:** "Too many people run out of ideas long before they run out of words." - Author Unknown

**E051:** "All the sounds of the earth are like music." - Oscar Hammerstein II

*On a Positive Note*

# 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.





## 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

NON-PROFIT  
U.S. Postage  
PAID  
Marion, OH  
Permit #23

## Directory

**Director:** Steve Badertscher

**Activity Coordinator:** Lisa Richardson

**Social Service Coordinator:**  
Cindy Jennings

**Transportation Coordinator:**  
Emilee Evans

**Bookkeeper:** Jackie King

**Maintenance Supervisor:**

Visit the Marion Senior Center  
website at: [www.marionseniorcenter.com](http://www.marionseniorcenter.com)

Email: [info@marionseniorcenter.com](mailto: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 Cindy Jennings 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.*