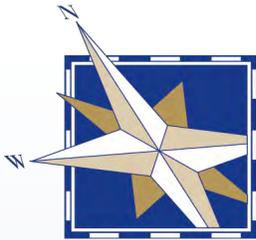


The Sentinel

April 2022



**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:

Highlights	Cover
Senior Center Services	2 & 3
Health & Fitness	4 & 5
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Directory	Back

Friendly Reminder:

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

An EVENT-full month!

They say good things come to those who wait. That being the case, we've got some *really* good things to share with you this month!

We're excited to announce that we will begin hosting events again here at the Center this month.

First up is our 'Spring Fling' event on **Monday, April 18** featuring lunch (and ice cream!) from the **Jer-Zee** and music by the talented acoustic duo **Full Moon** (page 11).

And **Jam Session** is back! **Wednesday, April 27** marks the return of our very popular **Jam Session**. The Center will be energized once again with the sound of classic country music performed by talented local musicians on the last Wednesday of each month (page 11).



Speaking of events, **LifeCare** will be hosting their **Volunteer Recognition Lunch** event here at the Center on **Wednesday, April 13** at 12:30.

And along with those exciting announcements about the return of events, we are also resuming a few popular activities now that "spring is in the air". For those looking to get outdoors and get moving, the **Pace Setters Walking Club** resumes on **Monday, April 4** (page 4). Special thanks to **Brandt Kleinschmidt** of **Humana** for sponsoring this activity again and providing some really nice prizes.

Looking ahead, next month instructor **Terry Dennis** will be hosting a one day **Pickleball Boot Camp** on **Monday, May 9** at 9am. If you'd like to learn how to play 'America's fastest growing sport' (or you are just curious to learn more) sign up for free (page 4).

As weather continues to warm up we look forward to hosting more activities and events in our beautiful new outdoor **Activity Pavilion**.

We love to see our members active and engaged in social activities and events, so we plan to host many more events in the months ahead. It all begins this month with an EVENT-full April!

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 **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.

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 CDC issuing new guidance on mask wearing (effective 2/28/22), we are adjusting our rules based on COVID-19 Community Levels. Marion County is currently **Medium**, which means:

- Mask wearing is no longer required regardless of vaccination status.

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, 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



DRIVE-THRU DINNER

Available from **4:30 - 6 pm** every **4th Tuesday** of the month at **St. Paul's Lutheran Church** located at **135 W. Main Street, Waldo, OH.**

A warm meal, in a container, can be taken home **FREE** of charge. Please pull your car up to the door facing the parking lot and the meal will be delivered to your car. Everyone is welcome!

Free Supper will be available on the following Tuesdays: **4/26, 5/24, 6/28, 7/26, 8/23, 9/27, 10/25, 11/22, and 12/27.**

Call **740-726-2770** for more information.

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.

Stay Active!

Pickleball Boot Camp — May 9

Want to learn how to play? We're excited to announce instructor **Terry Dennis** will be hosting a one day 'Pickleball Bootcamp' on **Monday, May 9 at 9am**. The Boot Camp will be hosted at our outdoor pickleball courts and is free to members. No experience necessary. **Please see Lisa to register.**



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 made 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).



Pace Setters Walking Club

Since it requires no monitoring or special cleaning, the Center's walking club is available any time from dawn until dusk. **The formal program will officially begin on Monday, April 4.** 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 class members utilizing DVDs and videos for their exercises.



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

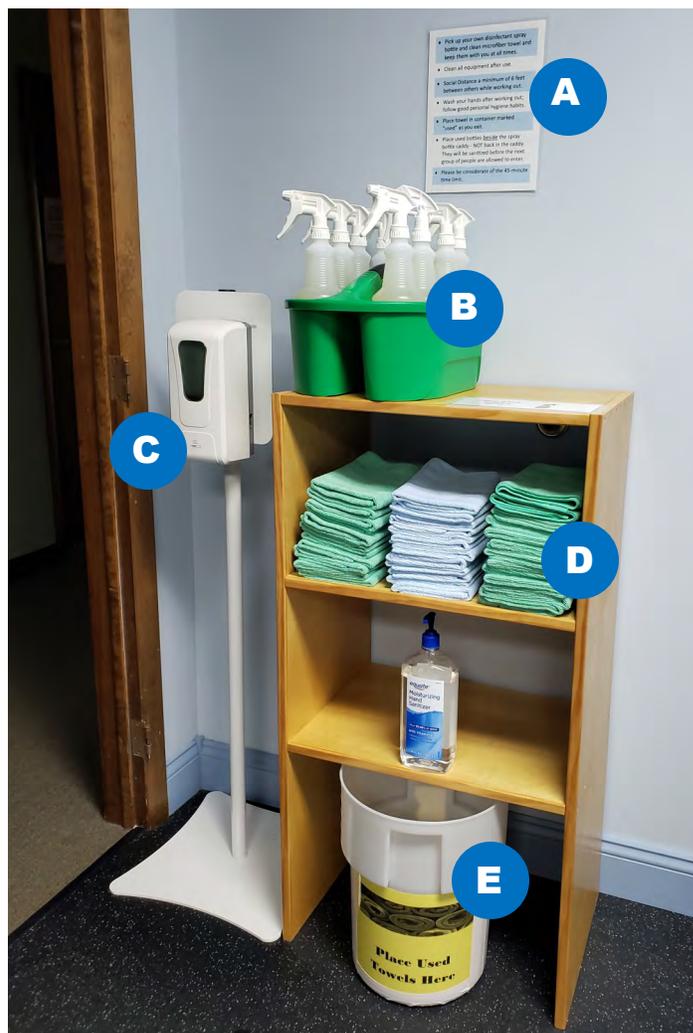
Since safety is our top priority, the Fitness Center has put new protocols and procedures in place going forward. Members will notice a new hand sanitizing station and a unit containing individual spray bottles and towels, as well as a used towel receptacle.

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 Lisa 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.

We Need Volunteers!

With more members and guests visiting the Center for events and activities these days, we could use a little assistance as we look to increase the hours the Center will be open to members.

That's why we need YOU!

New programs continue to be successful around the Center due to the dedication and commitment from our volunteers. We specifically need help with the following tasks:

- Welcoming & assisting members sign in
- Answering the phone
- Providing Tours of the Center to prospective new members

If you can volunteer a couple hours per week we will gratefully find a way to get you involved! Please call **Steve or Lisa** at (740) 387-6100 today.



www.facebook.com/MarionSeniorCenter

Bridge

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

Leader: Bill Gossett

Euchre

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

Everyone is welcome to play! *Leader:* Tillie Taylor

New! Hand & Foot

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

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 **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.

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 (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**, currently led by class members utilizing exercise DVDs and videos featuring workouts 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. Want to learn how to play? **Sign up for Boot Camp!** (See article on page 4.)

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!

Senior Choir 'Seniors in Song'

Director Ednita Vaflor announced that going forward, choir practice will **move to Monday at 11:30 am during the week of the movie**. Choir will meet this month on **Thursday, March 3, Thursday, March 17 and Thursday, March 24 at noon**.

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!

Jam Session **Returns April 27!**

An amazing group of talented local musicians and vocalists meet and perform at the Center on the last Wednesday of each month. Music is performed from **1 to 3 pm**, with cookies served at intermission. **Please note:** there will be no lunch served prior to the Jam Session at this current time. Public welcome!

April 2022 • Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Pool Room Fitness Room <i>(by Appointment)</i> 4</p> <p>10:00-Mind Games 11:00-<i>New!</i> Dominoes 12:00- Euchre 12:00-Pinochle</p> <p><i>*Pace Setters Begins Today*</i> <i>See page 4 for details!</i></p>	<p>Pool Room Fitness Room <i>(by Appointment)</i> 5</p> <p>10:00-Bible Study 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Rummikub 11:00-Books, Balance & BS 12:00-Hooks & Needles</p>	<p>Pool Room Fitness Room <i>(by Appointment)</i> 6</p> <p>10:00-Intro to Fitness 11:00-Congregate Dining/Lunch 11:30-Mahjong 12:00-<i>New!</i> Hand & Foot 12:30-Open Sewing Time</p>	<p>Pool Room Fitness Room <i>(by Appointment)</i> 7</p> <p>10:00-Line Dancing 11:00-Congregate Dining/Lunch 12:00-Choir 12:30-Open Craft Time</p>
<p>Pool Room Fitness Room <i>(by Appointment)</i> 11</p> <p>10:00-Mind Games 11:00-<i>New!</i> Dominoes 11:30-Choir* 12:00- Euchre 12:00-Pinochle</p> <p><i>*Choir is moved to Monday this week due to the Movie on 4/10</i></p>	<p>Pool Room Fitness Room <i>(by Appointment)</i> 12</p> <p>10:00-Bible Study 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Rummikub 11:00-Books, Balance & BS 12:00-Hooks & Needles</p>	<p>Pool Room Fitness Room <i>(by Appointment)</i> 13</p> <p>10:00-Intro to Fitness 11:00-Congregate Dining/Lunch 11:30-Mahjong 12:00-<i>New!</i> Hand & Foot 12:30-Open Sewing Time</p> <p style="background-color: yellow; text-align: center;">12:30-LifeCare Volunteer Recognition Lunch Event</p>	<p>Pool Room Fitness Room <i>(by Appointment)</i> 14</p> <p>10:00-Line Dancing 11:00-Congregate Dining/Lunch 12:30-Open Craft Time 12:30-Popcorn & Movie <i>'Seabiscuit'</i></p>
<p>Pool Room Fitness Room <i>(by Appointment)</i> 18</p> <p>10:00-Mind Games 11:00-<i>New!</i> Dominoes 12:00- Euchre 12:00-Pinochle</p> <p style="background-color: yellow; text-align: center;">12:00-SPRING FLING!*</p> <p><i>*RSVP Required - limited to 30</i></p>	<p>Pool Room Fitness Room <i>(by Appointment)</i> 19</p> <p>10:00-Bible Study 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Rummikub 11:00-Books, Balance & BS 12:00-Hooks & Needles</p>	<p>Pool Room Fitness Room <i>(by Appointment)</i> 20</p> <p>10:00-Intro to Fitness 11:00-Congregate Dining/Lunch 11:30-Mahjong 12:00-<i>New!</i> Hand & Foot 12:30-Kingston Bingo 12:30-Open Sewing Time</p>	<p>Pool Room Fitness Room <i>(by Appointment)</i> 21</p> <p>10:00-Line Dancing 11:00-Congregate Dining/Lunch 12:00-Choir 12:30-Open Craft Time</p>
<p style="text-align: right;">25</p> <p style="text-align: center;">Senior Center is Closed Today for Food Box Day & Deep Cleaning</p>	<p>Pool Room Fitness Room <i>(by Appointment)</i> 26</p> <p>10:00-Bible Study 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Rummikub 11:00-Books, Balance & BS 12:00-Hooks & Needles</p>	<p>9:00-Board Meeting Pool Room Fitness Room <i>(by Appointment)</i> 27</p> <p>10:00-Intro to Fitness 11:00-Congregate Dining/Lunch 11:30-Mahjong 12:00-<i>New!</i> Hand & Foot 12:30-Open Sewing Time 1:00-Jam Session*</p>	<p>Pool Room Fitness Room <i>(by Appointment)</i> 28</p> <p>10:00-Line Dancing 11:00-Congregate Dining/Lunch 12:00-Choir 12:30-Open Craft Time</p>

Birthdays & Anniversaries

FRIDAY

Pool Room *(by Appointment)* **1**
 Fitness Room *(by Appointment)*

11:00-Chair Yoga
 12:30-Tai Chi

Pool Room **8**
 Fitness Room *(by Appointment)*

11:00-Chair Yoga
 12:30-Tai Chi

15

**Senior Center is
 Closed Today
 In Observance of
 Good Friday**

Pool Room **22**
 Fitness Room *(by Appointment)*

11:00-Chair Yoga
 12:30-Tai Chi

Pool Room **29**
 Fitness Room *(by Appointment)*

11:00-Chair Yoga
 12:30-Tai Chi

April Birthdays

Kaki Anderson	Apr 03	Mabel Cheetham	Apr 11	Connie Colbree	Apr 21
Judy Scheff	Apr 04	Laurel George	Apr 14	Rose Fiedler	Apr 27
Charlotte Rowe	Apr 05	Sue Wisebaker	Apr 14	Nancy Dunnigan	Apr 28
Betty Knaul	Apr 07	Millie Stockdale	Apr 16	Betsy Blankenship	Apr 28
Joseph Baer	Apr 07	Cathy Williams	Apr 16	Sharon Sparks	Apr 29
Beth Martin	Apr 09	Linda Welch	Apr 18	Larry Geissler	Apr 30
Barb Arms	Apr 10	Glenette Garver	Apr 20		

April Anniversaries

Rudy & Patricia Schneider 4/2/1956 66 years

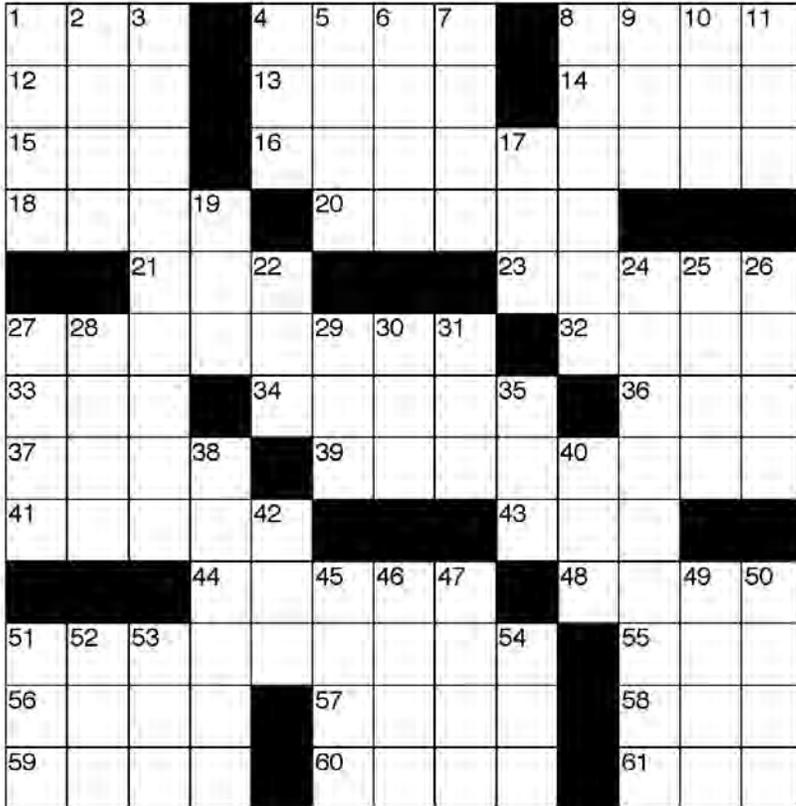
New Members

We welcome the following New Members that have recently joined:

Jerry Ashbrook	Lane Lusenhop
Joseph Baer	Norma Nadalin
Cheryl Bowers	Judy Rawlins
Cinda Callahan	Doris Schwartz
Peggy Foight	

CROSSWORD PUZZLE

Answers on Page 13



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A41

ACROSS

- 1 Baseball equipment
- 4 Turk. title
- 8 Bird
- 12 Shoshonean
- 13 Husband of Ruth
- 14 Hatred (Ital.)
- 15 Dog
- 16 Lot
- 18 Hindu god of love
- 20 Small pit
- 21 Amer. Bar Assn. (abbr.)
- 23 String of mules
- 27 Both
- 32 Uttered
- 33 N.Z. woody vine
- 34 Relax (2 words)
- 36 Viper
- 37 Tip
- 39 Hive (2 words)
- 41 At the age of (Lat.)
- 43 Interstate Commerce
- Commission (abbr.)
- 44 Black tea
- 48 Mayan year
- 51 Soft
- 55 Inlet
- 56 Revelry cry
- 57 Letter
- 58 Legal proof
- 59 Lope
- 60 Growl
- 61 Ember

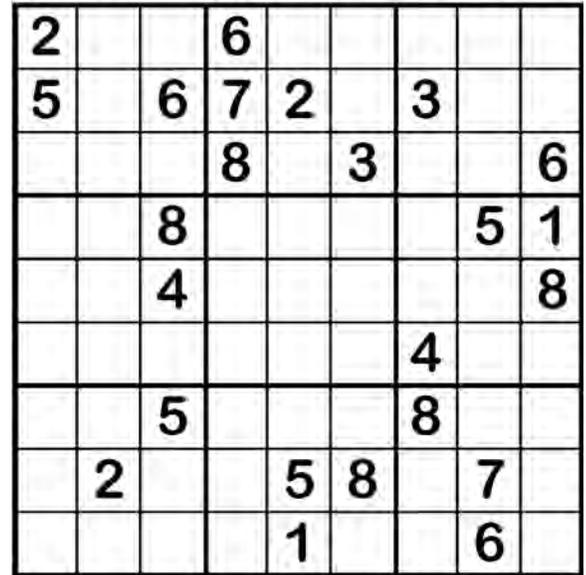
DOWN

- 1 Cowboy's nickname
- 2 Polynesian god
- 3 Shrew
- 4 Camel hair cloth
- 5 Spoken alphabet letter
- 6 Circle of light
- 7 Black Sea arm
- 8 Vegetable
- 9 Dutch commune
- 10 Own (Scot.)
- 11 Allotment
- 17 Hyson
- 19 Presidential nickname
- 22 Atlantic (abbr.)
- 24 Monkey puzzle game
- 26 Gr. leather flask
- 27 Weaverbird
- 28 Migratory worker
- 29 Hebrew (abbr.)
- 30 Summer (Fr.)
- 31 Deplore
- 35 Greek letter
- 38 Pad
- 40 Scot. exclamation
- 42 Digit
- 45 Loom
- 46 Black
- 47 Alberta (abbr.)
- 49 Acquired immune deficiency syndrome (abbr.)
- 50 Hit
- 51 Large (pref.)
- 52 Polynesian drink
- 53 Law (Fr.)
- 54 Shak. contraction

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: "P" = "R"

"QCUE OCJECKCO UJIYO; AGK
TNZC URY KEGOK UEC OPCCK
VGIJCO."
- SCREX PUEY ACCJSCE

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E044

ENIGMA™ CRYPTOGRAM

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

"RAO QWXO MV RAO PYKRFZR FZP
RAO PYVVCWQR YK POCOERYNO.
RAO GXOFR MEEMXRWZYRS YK
UAOXO SMW FXO."
- DMAZ LWXXMWGAK

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E045

SPRING FLING



Monday, April 18 at noon.

We are ECSTATIC to announce our first event of 2022!

Join us for our ‘Spring Fling’ celebration on **Monday, April 18 at noon**. The event will begin with a delicious lunch from local favorite *Jer-Zee* ice cream shop featuring shredded chicken sandwiches, chips, and ice cream.

Then enjoy a concert by *Full Moon*, a rockin’ acoustic duo made up of Steve and Kristi Moore. They will play music from the 60’s & 70’s (and beyond) ...the songs of your life! There will be several door prizes, too.

Cost is **\$10** per person. The event will be **limited to 30 members** and/or guests with tickets being pre-sold here at the Center from 10am - 2pm beginning **Monday, April 4**.

Note: We anticipate the event will be sold out, so purchase your tickets early.

Special thanks to **Kingston Residence of Marion** for sponsoring this event.



Jam Session is Back!

We are thrilled to announce our popular **Jam Session** is returning on **Wednesday, April 27 at 1 pm**.

An amazing group of talented local musicians and vocalists will resume meeting and performing at the Center on the last Wednesday of each month. Music will be performed from **1 to 3 pm**, with cookies served at intermission. Please note: there will be no lunch served prior to the Jam Session at this current time. Public welcome!

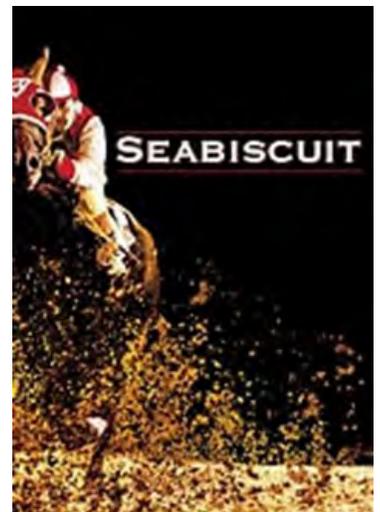
Special thanks to **Gertrude Arnold** for coordinating the musicians for this event!



KINGSTON
RESIDENCE
of MARION

◀◀ **Popcorn & Movie** ▶▶
Thursday, April 14 - 12:30 pm
‘Seabiscuit’

True story of the undersized Depression-era racehorse whose victories lifted not only the spirits of the team behind it but also those of their nation. It's the Depression, and everyone needs to hold onto a dream to get them through the bad times.



Project Safe Senior Survey

How to Receive FREE Smoke Alarms in 3 Easy Steps:

1. Complete This Survey

Tell us if you need smoke alarms in your home or would like to schedule a home visit by answering the survey questions below, cutting/tearing out the page and returning it to:

2. Schedule Installation

You will be contacted to arrange a convenient time.

Marion Senior Center
2375 Harding Highway E.
Marion, OH 43302

3. Receive Free Smoke Alarms

A trained installer will put up your smoke alarms at no cost.

Do you have a working smoke alarm?

Yes
No
Don't Know

Are your smoke alarms older than Ten (10) years old?

Yes
No
Don't Know

Would you like to receive FREE...

Smoke Alarm Installation?

Yes
No

Home fire safety visit?

Yes
No

Fire escape planning?

Yes
No

Name _____

Address _____

Phone _____ Email (optional) _____



CROSSWORD PUZZLE ANSWERS (Pg. 6)

B	A	T		A	G	H	A		T	E	A	L	
U	T	E		B	O	A	Z		O	D	I	O	
C	U	R		A	L	L	O	T	M	E	N	T	
K	A	M	A		F	O	V	E	A				
	A	B	A					A	T	A	J	O	
T	O	G	E	T	H	E	R		O	R	A	L	
A	K	A		L	E	T	U	P		A	S	P	
H	I	N	T		B	E	E	H	O	U	S	E	
A	E	T	A	T				I	C	C			
				B	O	H	E	A		H	A	A	B
M	A	L	L	E	A	B	L	E		R	I	A	
E	V	O	E		N	O	T	E		I	D	S	
G	A	I	T		G	N	A	R		A	S	H	

Answer to Sudoku

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

ENIGMA Cryptogram Answers

E044: "Fear secretes acids; but love and trust are sweet juices" - Henry Ward Beecher

E045: "The lure of the distant and the difficult is deceptive. The great opportunity is where you are." - John Burroughs

Free Smoke Alarms for Seniors

Project Safe Senior

Home fires are the greatest disaster threat to American families. Annually, home fires cause 2,500 deaths and roughly \$7 billion in property damage. Through the installation of **free** smoke alarms and completion of home-safety checklists and plans in vulnerable neighborhood the Red Cross' Home Fire Preparedness Campaign aims to save lives, reduce injuries and build more resilient communities.

American Red Cross, Marion Senior Center, Marion County Council on Aging and Marion City Fire Department are teaming up to reduce the number of home fire deaths by putting at least one working smoke alarm in every home via **Project Safe Senior** initiated by the **State Fire Marshall**.

Area seniors can register to receive **free** smoke alarms installed in your home by completing a very short survey **printed on page 12** of this issue of the Sentinel, and also available at the **Marion Senior Center** or Marion County Council on Aging offices, or online through a link posted on the Marion Senior Center Facebook page: www.facebook.com/MarionSeniorCenter

Please Complete & Return the short Survey on Page 12

***Smoke Alarms Save Lives!
Available FREE to Seniors***



Free Smoke Alarms are available to all area seniors. Simply complete and return the short survey printed on page 12 .

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:
Emilee Evans

Bookkeeper: Jackie King

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 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.