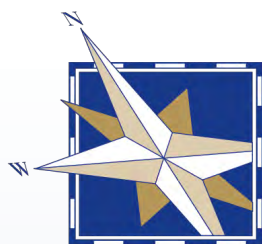


Volume 40 • Issue 3

The Sentinel

March 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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2023 Membership Dues

Members can either mail a check or wait until the Center reopens to pay your dues.

Forward, March!

March is the third month of the year. March is the month known for St. Patrick's Day celebrations, the return of Daylight Savings Time, and warming temperatures signaling spring is just around the corner.

March is also a verb. To march is to walk with deliberate, short steps that fall in a regular rhythm. It sometimes feels like we've been marching for weeks and weeks on end as we try to get repairs to the Center completed so we can welcome our members back inside the building again.

We know you are anxious to get back in the Center to enjoy your favorite programs and activities, as well as the camaraderie of your friends. We definitely understand.

The fire suppression system continues to be the final hurdle to get over before we can reopen. There was significant damage to the system due to the freezing pipes.

And it is a safety issue that must be remedied.

The professionals who specialize in the repair and maintenance of fire suppression systems have been working diligently almost every day since the beginning of January to get our system back in operation. Once repairs to our system are completed it then needs to pass a thorough inspection by the Fire Inspector.

We have been trying our best to communicate updates to all of you on a regular basis by way of robo calls and posts on Facebook.

Unfortunately, we don't always have a lot to report. But we feel any information is better than no information... back to those deliberate, short steps that fall in regular rhythm.

The Parks Department staff have also been making additional repairs to the building during this downtime. At press time we still have no firm date for when we will be permitted to reopen. We're hopeful that it's sooner rather than later. Until then, we'll keep diligently marching forward. We appreciate your continued patience and understanding.

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.

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 were due prior to **January 1, 2023**. We are happy to announce dues will not increase this year. Annual membership is still **\$30** per person.

TECH TIME with Angela Thomas

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



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**.



NEIGHBORHOOD SUPPER DRIVE-THRU DINNER

St. Paul's Lutheran Church, 135 W. Main Street in Waldo is continuing their Neighborhood Supper Drive-Thru Dinner program. It will be hosted on the **4th Tuesday** each month from **4:30 pm - 6 pm**. Pick up a warm meal, in a container, and take it home **FREE** of charge. They ask that you pull up to the door facing the parking lot and the meal will be delivered to your car. Everyone is welcome! Call **740-726-2770** for more information.



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.



FIGHT FOR YOUR SIGHT: 5 TIPS TO FIGHT AGE-RELATED MACULAR DEGENERATION

The ability to see is one of our most precious gifts. Like most things in life, our vision may be impacted as we age. That's why it's important to learn about Age-related Macular Degeneration (AMD). Prevalent among older Americans, it affects one in five adults aged 65 and older and is the leading cause of blindness for this population. While there is no cure for this condition, there are steps that you can take to help reduce the risk of progression, including:

- 1) Schedule routine eye exams.** As early stages of AMD may not present any symptoms, you may not think to consult your eye doctor. Keeping routine eye exams that include eye dilation may help to identify the condition early, as well as help maintain overall eye health.
- 2) Address symptoms immediately.** See your eye care professional right away if you experience sudden or gradual changes in vision quality. As AMD progresses, straight lines may appear distorted, central vision may look dark, blurry, or white, or changes in color perception may become noticeable. If you have been diagnosed with AMD, you should also regularly check your eyes with an Amsler grid tool that helps track incremental vision changes.
- 3) Lead a healthy lifestyle.** If you smoke, quit. Regular exercise can also help to maintain eye health and minimize the risk of progression.

Other risk factors for AMD include obesity, high cholesterol, and high blood pressure.

- 4) Eat right.** A diet rich in green, leafy vegetables as well as healthy fatty acids may also help reduce the risk of progression. Foods that contain these nutrients include spinach, kale, broccoli, cabbage, romaine and chard, and fatty fish such as salmon, sea bass, herring, whitefish, mackerel, anchovies, and sardines.
- 5) Consider supplements** recommended by the National Eye Institute. If you've been diagnosed with moderate to advanced AMD, The National Eye Institute recommends taking a specific nutrient formula based on the AREDS 2 study, that may help reduce your risk of progression. Talk with your doctor to see if an AREDS 2 formula eye vitamin is right for you.

To raise awareness of this public health issue, Bausch + Lomb, in collaboration with Prevent Blindness, the nation's oldest volunteer eye health and safety organization dedicated to fighting blindness and saving sight, has launched the Why Eye Fight campaign.

To learn more about AMD, what steps you can take to help fight for your sight or to watch the patient stories or PSA, visit www.WhyEyeFight.com. You can also join the online conversation and share your story using #WhyEyeFight on Facebook and Twitter.

(Courtesy of Brandpoint)

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:

- **Effective Communication Strategies**
Tuesday, March 7 (1:00 - 1:30 pm)
- **Understanding & Responding to Dementia Related Behaviors**
Tuesday, April 4 (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!

March 2023 • Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 Open Pool Room Open Fitness Room 9:15-Fitness Drumming 11:00-Congregate Dining/Lunch 11:00-Color Me Happy 12:00-Hand & Foot 12:30-Open Sewing Time	2 Open Pool Room Open Fitness Room 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
6 Open Pool Room Open Fitness Room 9:15-Fitness Drumming 11:00- <i>New!</i> Box Lunch Bingo 12:00- Euchre 12:00-Pinochle	7 Open Pool Room Open Fitness Room 10:00-Bible Study 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 12:00-Hooks & Needles 1:00-Rummikub	8 Open Pool Room Open Fitness Room 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-<i>New!</i> Quarter Bingo	9 Open Pool Room Open Fitness Room 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 'Where the Crawdads Sing'
13 Open Pool Room Open Fitness Room 9:15-Fitness Drumming 11:00- <i>New!</i> Box Lunch Bingo 12:00- Euchre 12:00-Pinochle	14 Open Pool Room Open Fitness Room 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	15 Open Pool Room Open Fitness Room 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	16 Open Pool Room Open Fitness Room 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
20 Open Pool Room Open Fitness Room 9:15-Fitness Drumming 11:00- <i>New!</i> Box Lunch Bingo 12:00- Euchre 12:00-Pinochle	21 Open Pool Room Open Fitness Room 10:00-Bible Study 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 12:00-Hooks & Needles 1:00-Rummikub	22 Open Pool Room Open Fitness Room 9:00-Board Meeting 9:15-Fitness Drumming 11:00-Congregate Dining/Lunch 11:00-Color Me Happy 12:00-Hand & Foot 12:30-Open Sewing Time	23 Open Pool Room Open Fitness Room 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
27 Senior Center is Closed Today for Food Box Day & Deep Cleaning	28 Open Pool Room Open Fitness Room 10:00-Bible Study 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 12:00-Hooks & Needles 1:00-Rummikub	29 Open Pool Room Open Fitness Room 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*	30 Open Pool Room Open Fitness Room 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

Birthdays & Anniversaries

FRIDAY

Open Pool Room **3**
Open Fitness Room

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

Open Pool Room **10**
Open Fitness Room

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

Open Pool Room **17**
Open Fitness Room

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

Open Pool Room **24**
Open Fitness Room

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

Open Pool Room **31**
Open Fitness Room

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

March Birthdays

Sonny Hunt	Mar 03	Steve Doyle	Mar 09	Mauri Morse	Mar 18
Marie-Celine Harrington	Mar 03	Joe Mantey	Mar 09	Thomas Dutt	Mar 18
Larry Kelly	Mar 04	Gabe Vaflor	Mar 10	Tammy Webber	Mar 19
Jeffery Hughes	Mar 04	Mike Winders	Mar 10	Jim Beaver	Mar 20
Larry Elliott	Mar 05	Janet Detwiler	Mar 11	Carol Burley	Mar 20
Janis Walters	Mar 05	Barbara Richardson	Mar 11	Florence Wright	Mar 20
Peg Chesser	Mar 06	Frank Waldo	Mar 12	Claudia DeVore	Mar 21
Keith Hawkins	Mar 06	Anita Jackson	Mar 12	Barbara Klee	Mar 22
Lucy Pfahler	Mar 06	Thomas Price	Mar 13	Aleta Geib	Mar 25
Barbara Niles	Mar 06	Mary Lee	Mar 14	Kathy Conley	Mar 26
Betty Scheiderer	Mar 07	Becky Dutton	Mar 14	Priscilla Bishop	Mar 26
Barbara Adams	Mar 07	Kiyomi Vargo	Mar 15	JoAnn Neal	Mar 28
Ken Anderson	Mar 08	Patricia Schneider	Mar 17	Bob Turner	Mar 29
Roger Smith	Mar 08	Kenneth Cole	Mar 18	Julia Zeisler	Mar 29
		Joyce Davis	Mar 18	Bob Kern	Mar 30

March Anniversaries

Ray & Mary Bloomfield	3/8/1980	43 years
Bob & Sue Miley	3/21/1965	58 years
Ronald & Judy Scheff, Sr.	3/6/1977	46 years
Shane & Cynthia Wallace	3/15/2017	6 years
Mike & Karen Winders	3/19/1972	51 years

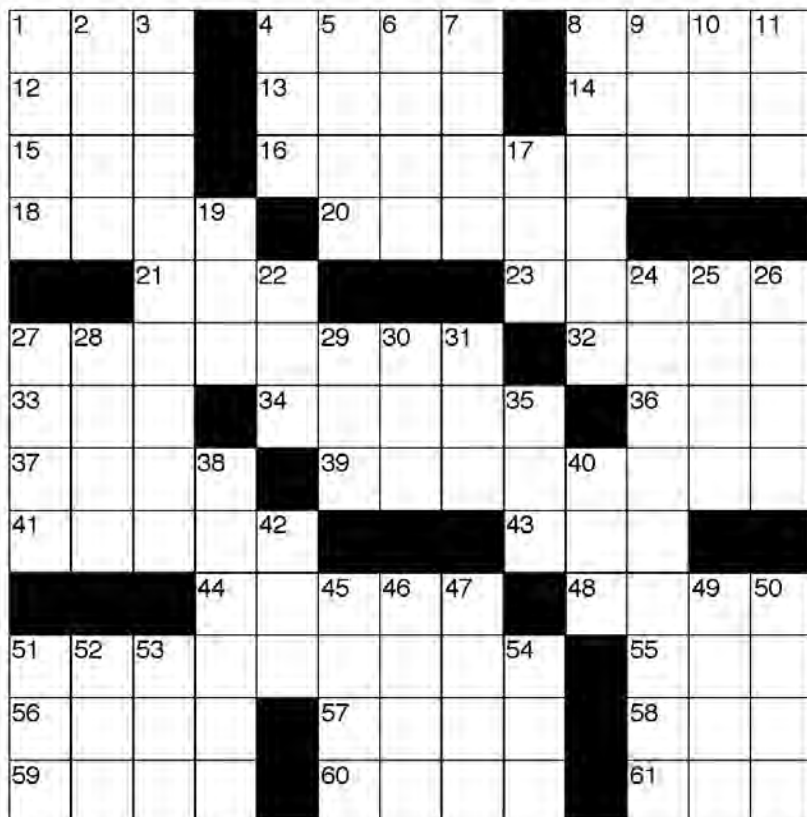
New Members

We welcome the following New Members that have recently joined:

Rick & Deb Berry

CROSSWORD PUZZLE

Answers on Page 13



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A55

ACROSS

- 1 Greek letter
- 4 Eastern bishop's title
- 8 Indian music
- 12 Handle
- 13 City on the Rhine
- 14 Stench
- 15 Camel hair cloth
- 16 Trave
- 18 Olive color
- 20 Ger. dive bomber
- 21 Witless chatter
- 23 Boys' author
- 27 Elide (2 words)
- 32 Killer whale
- 33 Buddhist column
- 34 Nape
- 36 Atl. Coast Conference (abbr.)
- 37 Anatomy (abbr.)
- 39 Channel islands
- 41 Bless: Yidd.

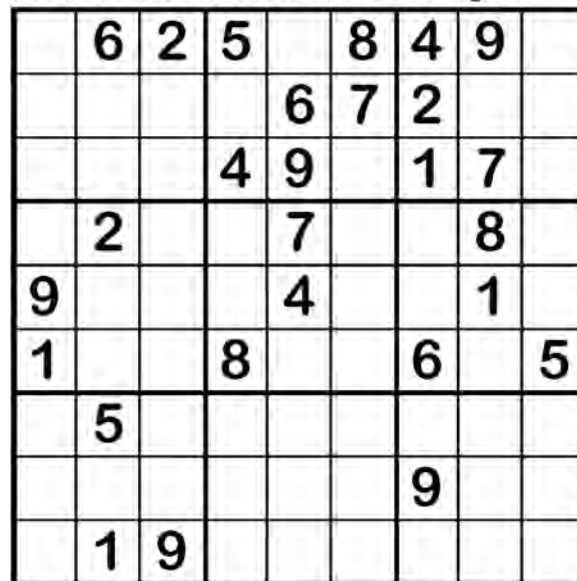
- 43 Central nervous system (abbr.)
- 44 Enamel (Fr.)
- 48 Abstract being
- 51 Lamia (2 words)
- 55 Brown
- 56 Card
- 57 Norse epic
- 58 Vanity
- 59 Circular motion
- 60 Thoroughfare
- 61 Cut

DOWN

- 1 Interpret
- 2 Jap. pit viper
- 3 Monkey
- 4 Amer. Kennel Club (abbr.)
- 5 Round Table knight
- 6 Stigma
- 7 Korean apricot
- 8 Tropical fish
- 9 "Fables in Slang" author
- 10 Port. colony in India
- 11 Limb
- 17 Jamaican dance music
- 19 Lug
- 22 Kidney bean
- 24 Culm (2 words)
- 25 Lo (Lat.)
- 26 Blue
- 27 Thick slice
- 28 Bowling alley
- 29 Geode
- 30 Medieval shield
- 31 Fluidity unit
- 35 Amer. Red Cross (abbr.)
- 38 Sleeping sickness fly
- 40 Compass direction
- 42 Her Majesty's Ship (abbr.)
- 45 Mime
- 46 Iodine (pref.)
- 47 Wife of Tyndareus
- 49 Farinaceous food
- 50 Enough (Scot.)
- 51 Cask
- 52 Noun-forming (suf.)
- 53 Aura
- 54 Angry

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" = "N"

"NLXSSOHA LEEGQ LTGO
NHTOJCQFTI, WBQS LTGO X RELN
LEEGLTGO X CEZ."
- XBSFEH BJGJERJ

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E001

ENIGMA™

CRYPTOGRAM

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

"KV KT KDQNNQ S QNTKHSZON
VPKDF VR ZN INOO QNTWNDQNNQ,
ZBV VPN FORHG ZNORDET VR RBH
SDWNTVRHT."

- MOBVSHP

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E002

Answers on Page 13

Senior Citizens Day Celebration

We haven't been able to host our annual 'Senior Citizens Day Celebration' for several years now. It is our hope and intention to host this premier event this year to recognize and celebrate the value and many contributions of area seniors to home, family, and society. So, 'tentatively' mark your calendars for **Monday, May 15** (the first Monday after Mother's Day) at **noon**.

Plans are to enjoy a catered lunch and entertainment, with the highlight being the presentation of the **Pearl R. Roberts Award** during a special ceremony. The award was named in honor of former Marion Senior Center director Pearl Roberts, who was instrumental in the Center's growth and success during its formative years.

Seeking Pearl R. Roberts Award Nominations

We are currently accepting nominations for the **Pearl R. Roberts Award**, to be presented as part of our 'Senior Citizens Day Celebration'. This award recognizes outstanding community service by a senior citizen. All nominees must be at least 55 years of age and a resident of Marion County. Nominations can be for an individual or a married couple. Nomination forms must be submitted by **Friday, April 14**, and can be obtained from any staff member at the Center, or by sending an email request to: info@marionseniorcenter.com

“Treat everyone
with politeness
and kindness,
not because
they are nice,
but because
you are.”

Roy Bennett

©LPI

Crime Prevention: Protecting Seniors from Fraud

"Crime Prevention: Protecting Seniors from Fraud" is the topic of a presentation by **Lieutenant Ed Brown** with the Marion City Police and **Deputy Kevin Davidson** with the Marion County Sheriff's office **hosted at Kingston Residence of Marion on Thursday, March 2 at 1:30pm**.

They will discuss a variety of the different scams that are currently targeting the elderly population as well as things to look for to determine if someone is trying to scam you.



The public is invited to attend this free open discussion. Refreshments will be served.



KINGSTON
RESIDENCE
of MARION

◀◀ Popcorn & Movie ▶▶

Thursday, March 9 - 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.



Trips on the Horizon

LaComedia Dinner Theatre: 'Escape to Margaritaville' ***May 25, 2023***

We will travel to Springboro, OH to the LaComedia Dinner Theatre for dinner and a live show! 'Escape to Margaritaville' is about a place where people come to get away from it all – and stay to find something they never expected. And where a part-time bartender, part-time singer, and full-time charmer thinks he's got life all figured out until a beautiful career-minded tourist from Ohio steals his heart and makes him question everything. This fun musical encourages audiences to sit back, relax and remember "It's Five O'Clock Somewhere." Featuring Jimmy Buffett classics such as: "Cheeseburger In Paradise," "Fins," "Volcano," "One Particular Harbor" and many more! Cost of trip is \$124. **Reserve your spot now with a non-refundable \$20 deposit. Full payment will be due on April 10.**

Overnight Trip A Wild Getaway ***June 19 & 20, 2023***

We will travel to Newport, Kentucky to visit the Newport Aquarium complex. There are many places to grab lunch on your own at the levee beside the aquarium. Next we will enjoy a guided tour of Cincinnati. We will then check into our hotel with time to freshen up before our dinner cruise aboard a Queen City Riverboat. After breakfast at our hotel the next morning, we will visit the Cincinnati Zoo, rated one of the best zoos in the nation. After time at the zoo we will visit Jungle Jim's International Market before returning home. Cost of trip is \$408 double; \$478 single*. **Reserve your spot now with a non-refundable \$20 deposit. Full payment will be due on April 30.**

Jaws with Paws ***June 28, 2023***

We will travel to Fremont, OH where we will see many beautiful horses while touring Oakhaven Belgian Horse farm. The trainers will explain how they raise and show these majestic animals. We will enjoy lunch (included) touring Lynnwood Kennels for the Jaws and Paws presentation. Brian Woods, a retired police officer who has been training K9 dogs for over 20 years will share his stories of getting involved with officers and their dogs. They will provide a demonstration for your enjoyment. Afterwards, enjoy wine tasting at Chateau Winery & Vineyards. Cost of trip is \$120. **Reserve your spot now with a non-refundable \$20 deposit. Full payment will be due on May 9.**

(More Trips listed on page 14)

National Air Force Museum ***July 12, 2023***

We will travel to Dayton, OH to visit the National Air Force Museum. The world's largest military aviation museum and a world-renowned center for air and space power technology and culture preservation. The museum is home to countless one-of-a-kind objects. Our large collection includes more than 350 aerospace vehicles and missiles, thousands of artifacts, and spans 20 indoor acres with additional outdoor Air and Memorial Parks. After our visit we will return home. Cost of trip is \$75. **Reserve your spot now with a non-refundable \$20 deposit. Full payment will be due on June 12.**

Overnight Trip Creation Museum & The Ark ***July 17 & 18, 2023***

We will travel to Kentucky and visit the Ark Encounter and enjoy a buffet lunch (included). The Ark Encounter features a full-size replica of Noah's Ark, built according to the dimensions given to us in the Bible. Meet Noah, his family, and the animals on the Ark. Following our time at the Ark we will check in our hotel where you can freshen up before dinner (on your own). We will visit the Creation Museum the next day, with time to explore this huge 75,000 square-foot facility that allows you to experience history as God has revealed it in the Bible. Nearly 150 exhibits featuring fearsome animatronic dinosaurs, talking heroes of the faith, and professional displays that honor God's Word. After our visit we will visit Jungle Jim's International Market before departing for home. Cost of trip is \$295 double; \$371 single*. **Reserve your spot now with a non-refundable \$20 deposit. Full payment will be due on June 2.**

Overnight Trip Baseball & The Miracle Mile ***July 27 & 28, 2023***

We will travel to Chicago, Illinois and check into our hotel. We will then visit the Miracle Mile, Chicago's famous shopping area. Later on day one of this overnight trip we have reserved seating for the Guardians vs. White Sox game with patio tickets to the buffet. Following a good night's rest we will spend some time at Navy Pier. After our time at the pier, we will return home. Cost of trip is \$355 double; single TBD*. **Reserve your spot now with a non-refundable \$100 deposit by April 7. Full payment will be due on June 2. Important Note: This trip will only happen if we have 30 participants signed up by April 7.**

**One night's Lodging on Overnight Trips per person cost is based on double occupancy or single occupancy.*

CROSSWORD PUZZLE ANSWERS (Pg. 10)

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

SUDOKU ANSWERS (Pg. 10)

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

ENIGMA Cryptogram Answers (pg. 10)

E001: “Flattery looks like friendship, just like a wolf looks like a dog.” - Author Unknown

E002: “It is indeed a desirable thing to be well descended, but the glory belongs to our ancestors.” - Plutarch

Trips on the Horizon

Lake Erie Island Hopping

August 24, 2023

We will travel to Sandusky, OH to board our cruise ship for our Lake Erie island hopping experience. We will first travel to Kelleys Island to enjoy exploring this island community. We will then depart and enjoy a buffet lunch onboard the ship as we travel next to Put-In-Bay. With ample time to enjoy the island, we travel back home to the mainland for our return home. Cost of trip is \$176.

Reserve your spot now with a non-refundable \$20 deposit. Full payment will be due on July 10.

LaComedia Dinner Theatre: **'Miracle on 34th Street'**

November 8, 2023

Sit back and relax as we travel to the LaComedia Dinner Theatre in Springboro, OH for their production of 'Miracle on 34th Street'. The touching story of a young girl and her mother first denying and then discovering that Macy's Santa is the real Santa Claus. We will enjoy a great dinner and a wonderful show! Cost of trip is 124.

Reserve your spot now with a refundable \$20 deposit. Full payment will be due on September 24.

Frankenmuth Overnight

August 15 & 16, 2023

We will travel to Frankenmuth, Michigan, a town known for its distinctive Bavarian-style architecture and home to Bronner's CHRISTmas Wonderland, the world's largest Christmas store. Christmas Lane at Bronner's is illuminated 365 days a year with over 50,000 strings of lights and Christmas cookies can be found year round as well in Christmas Town USA. Dinner at the Bavarian Inn will take you to the heart of Bavaria with delicious ethnic dishes as well as Great American food. Lots of free time to stroll through the shops and enjoy the world-famous Glockenspiel. Trip includes one breakfast and one dinner. Cost of trip per person is \$255 double; \$337 single*. **Reserve your spot now with a non-refundable \$20 deposit. Full payment will be due on June 30.**

****One night's Lodging on Overnight Trips per person cost is based on double occupancy or single occupancy.***

Trips listed include:

- **Roundtrip Transportation Aboard a Deluxe Motorcoach.**
- **Admission to Listed Attractions**
- **Taxes and Gratuities on Included Activities**

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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Marion, OH
Permit #23

Directory

Director: Steve Badertscher

Activity Coordinator: Lisa Richardson

Social Service Coordinator:
Emilee Evans

Transportation Coordinator:
Sierra Blanton

Development Assistant: Sheryl Simmons

Maintenance Supervisor:

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

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



Need a Ride? Transportation Available for Seniors

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

****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.