

Volume 40 • Issue 9

The Sentinel

September 2023



Sponsored By ProCore Health Brokers



2375 HARDING HWY. EAST
MARION, OHIO 43302

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

CENTER HOURS
Monday–Friday: 8 AM–4 PM

INSIDE THIS ISSUE:

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

We Need Volunteers!

If you can volunteer a couple hours per week we will gratefully find a way to get you involved!



Friday, September 22 at Noon

Celebrate the beginning of Autumn with us at our 'Chili Autumn' social event!

There's no better way to celebrate the arrival of the fall season than by enjoying a delicious bowl of chili served with some warm cornbread and yummy apple crisp for dessert.

Lunch will be served promptly at noon and popular musician **J.R. Hunter** will perform after lunch. There will be a drawing for lots of nice door prizes, too!

Cost is **\$10 Members/\$12 Non-Members**. Tickets are available here at the Center until end of day on Monday, September 18.



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**.



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.



Farmer's Market

Caledonia Farmer's Market is held every **Saturday** from **10 am - 1 pm**, June through September. Locally grown produce & fruit; local baked goods, meats & honey. \$5 food vouchers available from Marion Co. Council on Aging for individuals 60+

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 transportation coordinator and van drivers 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 **Maddy** or **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.

Volunteer of the Month

MEET MARY LEE

By Tim Frericks

Our volunteer of the month, Mary Lee, is a nonagenarian as she celebrated her 90th birthday recently in March. She achieved this milestone with a proud, contented smile on her face for she has found the key to a successful life that elusive goal to which we all aspire.

Mary was born in Kenton, Ohio in 1933 and graduated from Kenton High School in June 1951. Wasting no time she married Ralph Lee in July, 1951. Mary gushes when talking about her 62 year marriage to Ralph (he died approximately 10 years ago) and her four grandchildren and eight great grandchildren.

Mary's first job was as an account manager at the Green Camp Elevator. Staying in the accounting field she attended Marion Tech in the mid 1980's earning an associates degree in accounting. She then retired in 1997 after a 15 year career at Honda Transmissions in Marysville.

Loving to travel, Mary and Ralph travelled all over the world. She especially remembers the Senior Center trip to New York City and going to the top of the Twin Towers. She also fondly remembers a trip conducted by Joe Holbrook (former TV weatherman) to China and Japan.

Mary had three brothers, Robert, a career Navy man, is the only one still living. She has two children: Robert who lives in Mt. Vernon and Barbara who lives in LaRue.

Mary's pride in her 12 grandkids is understandable. All are gainfully employed in interesting jobs ranging from an attorney to an orthopedic surgeon.



Mary attends LaRue United Methodist Church and feels that the Lord has certainly blessed her in so many ways: with a long and happy marriage, varied and interesting travels and a loving and successful family. And that is why she smiled so proudly.



My face in the mirror
Isn't wrinkled or drawn.
My house isn't dirty.
The cobwebs are gone.
My garden looks lovely.
And so does my lawn.
I think I might never
Put my glasses back on!





Volunteer of the Month: Mary Lee





Volunteer Resource Fair & Vaccination Clinic


Donuts | Door Prizes | Cider

**Volunteer Resources**

**Goodie Bags for the first 25 visitors**

**Vaccination Information**





10 am - 2 pm

28 September 2023

Marion Senior Center
2375 Harding Highway East
Marion, Ohio 43302

Don't miss the Volunteer Resource Fair & Vaccination Clinic here at the Center on Thursday, September 28.

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

Health & Fitness

Staying Active!

Pickleball

Come play America's fastest growing sport... pickleball! Our outdoor pickleball courts are state-of-the-art and free to members. We also have paddles and pickleballs available for members to use. No experience is necessary. Groups usually gather on weekday mornings to play.



Fitness Center

Our Fitness Center is open to members at no additional cost, and boasts a variety of fitness equipment, including a treadmill, 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 popular fitness drumming program for seniors is hosted in the Multipurpose Room on Monday, Wednesday, and Friday 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 22.

Leaders: Emilee Evans & Lisa Richardson



Our Fitness Drumming classes keep you moving! Members can enjoy a fun, energized, aerobic workout three days a week. Plus, members are welcome to participate seated in a chair, if they would prefer.

Classes, Activities & Programs

‘Exploring the Arts’ with Kristin

Instructor **Kristin Bentley** will host her monthly art class on **Tuesday, September 19** at **1pm** in the **Craft Room**. All classes (with the exception of a special project) will be **\$5**. This month’s project is **“String Bowl”**.

Note: Participants must sign up by Friday, September 15 at noon.



LOOSE ENDS

When a knitter, crocheter or quilter dies mid-project, or is no longer able to do handwork due to disease or injury, they will likely leave behind unfinished items they were making for friends and family. These tangible, hand-made expressions of love could get lost, donated away, or thrown out.



Finishing Projects Loved Ones Left Behind.

The “Loose Ends” organization connects unfinished projects to volunteer finishers who complete and return the garments, blankets and accessories, to their intended recipients.

Need a Project Finished?

Visit “Loose Ends” online to find out if your project qualifies to be completed by a Loose Ends finisher. If it does, simply fill out the online form and they will match you with a volunteer who has the skills and time to get the job done.

Have Some Time to Give?

As a knitter, crocheter or quilter, you understand that a handmade gift is priceless. The materials and hours that go into making something for a loved one are a gesture of love. Your efforts will reconnect a bereaved individual with a garment or accessory that was begun for them by a loved one who’s died mid-project. For more info: **LOOSEENDSPROJECT.ORG**

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

Euchre

Euchre is played out front on **Thursdays** at **11:30 am**.

Everyone is welcome! *Leader:* Shirley Marshall

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:* Phyllis 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: Kaki Anderson.

Men’s Coffee Hour

Josh Rich of *CenterWell Home Health* and **Brandt Kleinschmidt** of *Humana* co-host a Men’s Coffee Hour on the **third Tuesday** of each month from **9 - 10 am**. Any Senior Center men interested in fellowship — and ‘solving all the world’s problems’ over a fresh hot cup of coffee — are welcome to join in the fun.

Please Note: Men’s Coffee Hour is hosted offsite at **Tim Hortons** located at 1325 Mt. Vernon Avenue in Marion.

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.

New! “What Am I?” Trivia

Susan Snyder of Gentiva Hospice will be hosting a new “What am I?” Trivia activity on the **3rd Monday** of each month at **10:15 am** out front. Everyone will try to guess ‘who or what I am’ as Susan provides clues that describe a person, place or thing. There is no cost for this activity and refreshments will be provided!

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 “Finger Food”. So, bring your favorite prepared dish 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 are welcome and encouraged to meet weekday mornings for open play. 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 2 new 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

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.

New! White Elephant Bingo

Kylie Vetter from *Devoted Health* will be hosting ‘White Elephant Bingo’ on the **fourth Tuesday** of each month at **10 am**. Everyone will bring in a new item, a “white elephant gift” as their entry fee. (Kylie will also have extra prizes in case). All prizes will be wrapped in tissue paper so when they Bingo, they won’t know what they are picking.

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!



Hooks & Needles

Instructor **Candice DeWitt** hosts this fun class on the **second Tuesday each month 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: The Craft Room will also be available every Tuesday at Noon for anyone interested in knitting or crocheting on their own.*

New! Chair Yoga

Instructor **Lori Dennis** is hosting another session of classes on **Wednesday** mornings from **10:15 - 11am** in the **Multi-Purpose Room**. There is no cost for this session which will be hosted throughout the month of September. Chair Yoga is a gentle form of exercise and relaxation, suitable for beginners and seniors.

September 2023 • Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Chili & Cornbread!  Friday, Sept. 22 - Noon	Cider, Donuts, Door Prizes Volunteer Resource Fair & Vaccination Clinic <i>Goodie Bags for the First 25 Visitors</i> Thursday, Sept. 28 - 10 am	Save the Date! Buckeye Tailgate Bash!  Friday, Oct. 20 - Noon	Save the Date!  Friday, Nov. 10 - Noon
4  LABOR DAY The Center will be Closed Today	5 Open Pool Room Open Fitness Room 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 12:00-Hooks & Needles 1:00-Rummikub	6 Open Pool Room Open Fitness Room 9:15-Fitness Drumming 10:15- <i>New!</i> Chair Yoga 11:00-Congregate Dining/Lunch 11:00-Color Me Happy 12:00-Hand & Foot	7 Open Pool Room Open Fitness Room 9:00-Hand & Foot 10:00-Line Dancing 11:00-Congregate Dining/Lunch 11:30-Mahjong 11:30-Euchre 12:00-Scrabble 11:00-'Senior Stop' at the Popcorn Festival (Bingo begins at noon)
11 Open Pool Room Open Fitness Room 9:15-Fitness Drumming 11:00-Box Lunch Bingo 12:00- Euchre 12:00-Pinochle	12 Open Pool Room Open Fitness Room 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 12:00-Recipe 'Prepare & Share' 12:00-Hooks & Needles 1:00-Rummikub	13 Open Pool Room Open Fitness Room 8:00- Sandusky Trip Departs 9:15-Fitness Drumming 10:15- <i>New!</i> Chair Yoga 11:00-Congregate Dining/Lunch 11:00-Color Me Happy 12:00-Hand & Foot 2:00-Quarter Bingo	14 Open Pool Room Open Fitness Room 9:00-Hand & Foot 10:00-Line Dancing 11:00-Congregate Dining/Lunch 11:30-Mahjong 11:30-Euchre 12:00-Scrabble 12:30-Open Craft Time 11:30- Choir Resumes! 12:30-Popcorn & Movie 'Labor Day'
18 Open Pool Room Open Fitness Room 9:15-Fitness Drumming 10:15-<i>New!</i> "What Am I?" Trivia 11:00-Box Lunch Bingo 12:00- Euchre 12:00-Pinochle	19 Open Pool Room Open Fitness Room 9:00-Men's Coffee Hour (Offsite at Tim Horton's) 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 12:00-Hooks & Needles 1:00-Rummikub 1:00-Exploring the Arts - Kristin 4:00-Dime-a-Dog Trip Departs	20 Open Pool Room Open Fitness Room 9:15-Fitness Drumming 10:15- <i>New!</i> Chair Yoga 10:30-'Tech Time' with Angela 11:00-Congregate Dining/Lunch 11:00-Color Me Happy 12:00-Hand & Foot 12:30-Kingston Bingo	21 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 11:30-Euchre 12:00-Scrabble 12:30-Open Craft Time
25 Senior Center is Closed Today for Food Box Day & Deep Cleaning	26 Open Pool Room Open Fitness Room 10:00-<i>New!</i> White Elephant Bingo 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 12:00-Recipe 'Prepare & Share' 12:00-Hooks & Needles 1:00-Rummikub	27 Open Pool Room Open Fitness Room 9:00-Board Meeting 9:15-Fitness Drumming 10:15- <i>New!</i> Chair Yoga 11:00-Congregate Dining/Lunch 11:00-Color Me Happy 12:00-Hand & Foot 12:00-Jam Session Lunch 1:00-Jam Session*	28 Open Pool Room Open Fitness Room 9:00-Hand & Foot 10:00-Volunteer Resource Fair & Vaccination Clinic 10:00-Line Dancing 11:00-Congregate Dining/Lunch 11:30-Choir 11:30-Mahjong 11:30-Euchre 12:00-Scrabble 12:30-Open Craft Time

Birthdays & Anniversaries

FRIDAY

1

Open Pool Room
Open Fitness Room

9:15-Fitness Drumming
11:00-Congregate Dining/Lunch
12:30-Tai Chi

8

Open Pool Room
Open Fitness Room

9:15-Fitness Drumming
11:00-Congregate Dining/Lunch
12:30-Tai Chi



11:00-**'Senior Stop' at the Popcorn Festival**
(Bingo begins at noon)

15

Open Pool Room
Open Fitness Room

9:15-Fitness Drumming
11:00-Congregate Dining/Lunch
12:30-Tai Chi

22

12:00-Chili Autumn

*Note: All regularly scheduled activities are cancelled today

29

Open Pool Room
Open Fitness Room

9:15-Fitness Drumming
11:00-Congregate Dining/Lunch
12:30-Tai Chi

September Birthdays

Rhodella Metz	Sep 02	Cathy Klemm	Sep 13	Bobb Davies	Sep 23
Judith Miller	Sep 07	Michael Lee	Sep 13	Lane Lusenhop	Sep 24
Paula Main	Sep 07	Betty Stover	Sep 13	Marsha Dutt	Sep 24
Gwendolyn Wilson	Sep 08	Elizabeth Alheim	Sep 13	Elizabeth Orthmeyer	Sep 26
Bea Mowry	Sep 08	Wanda Lou Hartley	Sep 15	Donald Bentley	Sep 27
Deb Wortz	Sep 08	Karen Ward	Sep 15	Dee Rush	Sep 27
Rae DeVore	Sep 09	Diane Fetter	Sep 15	Teresa Phillips	Sep 27
Carol Loeffler	Sep 10	Pauline King	Sep 16	Art Clouse	Sep 28
Kathy Hampel	Sep 10	Tina Tennar	Sep 16	Blanca Arce	Sep 28
Martha Bright	Sep 11	Mary Bloomfield	Sep 17	Terri Schurch	Sep 29
Colleen Hempstead	Sep 12	Todd Nicholas	Sep 19	Jana Schelb	Sep 30
Dee Harshfield	Sep 13	Janis Miley	Sep 20	Janet Elliott	Sep 30
Priscilla Jo		Belinda Guinther	Sep 20	Penelope Green	Sep 30
Kreis-Isaacs	Sep 13	Jeff Smith	Sep 22		

September Anniversaries

Joe & DelRita Beeney	9/14/2002	21 years
Richard & Debra Berry	9/23/1978	45 years
Chuck & Betsy Blankenship	9/21/1985	38 years
Jim & Janet Detwiler	9/26/1959	64 years
Robert & Claudia DeVore	9/25/1993	30 years
Roger & Linda Dietrich	9/16/1972	51 years
Jim & Debby Shade	9/12/1964	59 years
Nick & Diane Wisda	9/9/1972	51 years

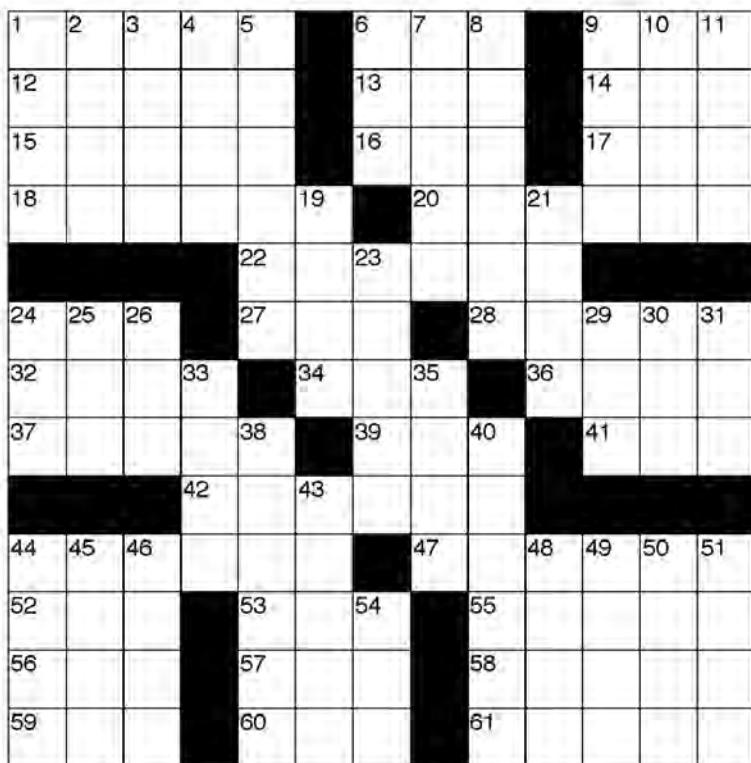
New Members

We welcome the following New Members that have recently joined:

Bob Johnson	Penelope Green
Jeanette Fisher	Libby Alheim
Blanca Arce	Don Miller
Diana Roll	Irene Fulton
Colleen Collins	Cathy Pace
John Holmes	BL Hammond

CROSSWORD PUZZLE

Answers on Page 13



©2021 Satori Publishing

A61

ACROSS

- 1 David's commander
- 6 Amyotrophic lateral sclerosis (abbr.)
- 9 Vein (pref.)
- 12 Irish poet
- 13 Gamble
- 14 Church vessel
- 15 Peruvian relic
- 16 Counter
- 17 Rim
- 18 Laughter sound
- 20 Of flightless birds
- 22 Towhead
- 24 Sup
- 27 Air-to-air missile (abbr.)
- 28 Tilting; naut.
- 32 Cyclades island
- 34 Hebrew (abbr.)
- 36 Gr. wine container
- 37 Distribute
- 39 General equivalency diploma (abbr.)

- 41 Mulberry of India
- 42 Expedition
- 44 Secrets
- 47 Rifle
- 52 Amer. Automobile Assn. (abbr.)
- 53 Self
- 55 Forbidden
- 56 Energy unit
- 57 Freedom, briefly
- 58 Happen
- 59 Dutch commune
- 60 Donkey (Fr.)
- 61 Intervening, in law

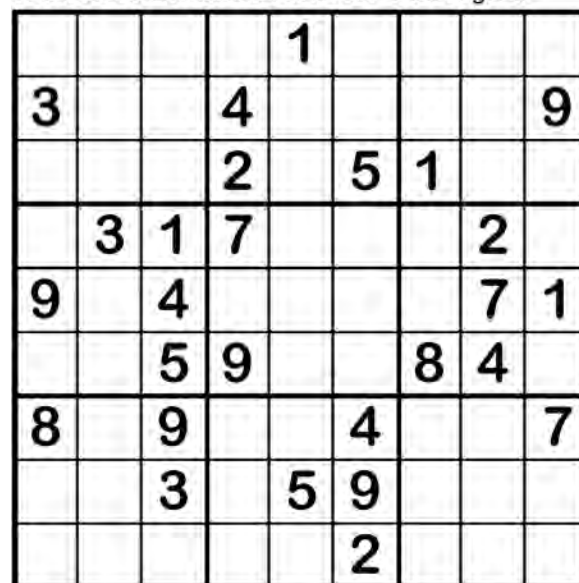
DOWN

- 1 Eight (Ger.)
- 2 Wry face
- 3 Wings
- 4 Whatever
- 5 One-celled organism
- 6 Warp yarn
- 7 Discover
- 8 Street (Ital.)
- 9 Son of Odin
- 10 Vent
- 11 Back of the neck
- 19 King of Israel
- 21 Distant (pref.)
- 23 Last
- 24 Electrocardiogram (abbr.)
- 25 Eastern church chalice veil
- 26 And
- 29 Bantu language
- 30 Spring
- 31 Aviv
- 33 Elam's capital
- 35 Ice mass
- 38 Low-grade brown sugar
- 40 One-celled alga
- 43 Dickens character
- 44 Berne's river
- 45 S Afr. Boer assembly
- 46 Herring barrel
- 48 Sprint
- 49 First principles
- 50 Subject in grammar
- 51 Gilt
- 54 Laconian clan group

Answers on Page 13

Sudoku

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



©2021 Satori Publishing

DIFFICULTY: ★★☆☆

ENIGMA™ CRYPTOGRAM

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

"JDO CQGFZP KI S XZFPAO JOSQ
DSX LEQO EY DEFOXJ YSLO JDSF
XDOCCZFP XOSX EY PEQO."
- AEQC HCQEF

©2020 Satori Publishing

E077

ENIGMA™ CRYPTOGRAM

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

"XN AXJ WVJAI EXKE NVJHCX
DI NVJHCX ADRR KRAKFI XKLN
NVJHCX."
- RKJ-ETH

©2020 Satori Publishing

E078



The Marion Senior Center in partnership with Kingston Residence of Marion will once again host the 'Senior Stop' during the *Marion Popcorn Festival*. Activities will be hosted in the RHAM building conference room located at 205 West Center Street in downtown Marion on the following dates:

Thursday, September 7

Doors open at 11 am

Bingo: Noon - 2 pm (Bingo caller Carla Poston)

The Billy Joel Experience: 2 pm (Palace Theatre)

Friday, September 8

Doors open at 11 am

Bingo: Noon - 2 pm (Bingo caller Carma Taylor)

Dining with Diabetes

The Marion Family YMCA, OhioHealth and OSU Extension present a 4-week series that includes cooking demonstrations, topics on menu planning, carb counting, label reading, portion control, recipes and more! Food samples will be served from the live cooking demonstrations. There will also be door prizes and giveaways.

These events will be hosted at the Marion County Council on Aging offices located at 125 Executive Drive, Suite 102, Marion. Open to all adults age 18 & up. Register at no cost by calling Marion County Council on Aging at 740-387-0401.



The 4-week "Dining with Diabetes" series will be held from 12:30 - 2:30 pm on the following dates:

- Tuesday, August 29
- Tuesday, September 19
- Tuesday, September 26
- Tuesday, October 3

Mark Your Calendar!

We are busy planning many big social events for the coming months! Please mark the following dates on your social calendar so you won't miss out on the fun:

- Chili Autumn Event - Friday, September 22
- OSU Tailgate Party - Friday, October 20
- Veterans Day Celebration - Friday, November 10
- Thanksgiving Dinner - Thursday, November 16
- Christmas Dinner - Thursday, December 21

Choir Practice Resumes!

Director Ednita Vafloor and our choir 'Seniors in Song' practice from September through May on Thursday mornings at 11:30 am in the Multipurpose Room. Practice will resume this month on Thursday, September 14. Choir members are invited to stay for Popcorn & Movie after practice! (see details below)

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, we welcome you to join the choir.



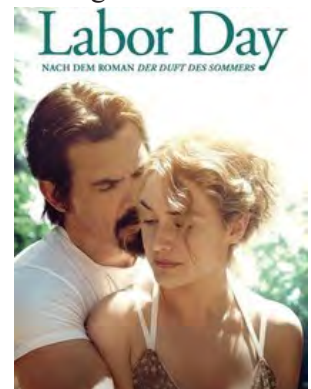
<< Popcorn & Movie >>

Thursday, September 14 - 12:30 pm

'Labor Day'

Starring Kate Winslet & Josh Brolin

A depressed mother's husband has left her for she could not bear a second child. Living alone with her only son, she has an unlikely meeting with an injured escaped convict, and reluctantly takes him into her own care. The man proves to be better than his criminal image as the three bond over Labor Day weekend. The only problem? Everyone in town is looking for him.



Trips on the Horizon

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

Sandusky Day Trip **September 13, 2023**

We will travel via Senior Center transportation vans to Sandusky, OH to visit the Lagoon Deer Park, you can purchase bags of feed for the deer (\$1, \$2 or \$5 per bag depending on size you want). Next we'll visit the Merry-Go-Round Museum, where you'll enjoy a fun and relaxed atmosphere while you tour the Museum and learn about the history and art of the carousel plus ride a working vintage carousel. We'll complete our trip by visiting Firelands Winery, for a Tour & Tasting of their world-class wines. Cost of trip is \$59, which includes transportation admission to the Deer Park, Merry Go Round Museum, and the winery tour & tasting. This trip is limited to 12 participants. **Reserve your spot NOW with a non-refundable \$20 deposit.**

Bonus Trip Announcement: **Clippers 'Dime-a-Dog Night'** **September 19, 2023**

You asked, we delivered! One additional Clippers trip before they end their season. We will leave the Center at **4 pm** and travel to Huntington Park for the final Dime-a-Dog Night of the season to watch the Columbus Clippers take on the Omaha Storm Chasers. Ballpark hot dogs are only ten cents during these promotional events!

Trip is limited to 22 participants. Cost is \$25 Members/\$35 Non-members. **Sign up NOW with a non-refundable payment of \$25 Members/\$35 Non-members.**



Hall of Fame Banjo player Glenn Parks entertained the 80 members and guests in attendance at our annual Ice Cream Social last month. Special thanks to Josh Rich of CenterWell Home Health and Brandt Kleinschmidt of Humana for sponsoring this fun, annual event!

Amish Country Day Trip **October 5, 2023**

We will depart the Senior Center parking lot at **7:30 am** and travel via Pioneer motorcoach to Amish Country in Holmes County on **Thursday, October 5**. We are hopeful this will be during the peak season of vibrant fall foliage. Our first stop is Yoder's Amish Home to tour an Amish home, barn and schoolhouse. For those looking for a little adventure, buggy rides will be available. There is also a bakery and gift shop on site. We will then travel to Walnut Creek Cheese for shopping & lunch (on your own). Next, we'll depart for Baltic Mill Winery where there will be wines available to sample or purchase. Our next stop is Walnut Creek, OH to visit Coblentz Chocolates, which includes allowing leisurely shopping time for the downtown Gift Shops, or just sitting back, relaxing and taking in the beautiful views of the countryside. We'll end our visit with a delicious Amish-style meal at Der Dutchman before returning to the Center around 8:15 pm. Cost of trip is \$139 per person, which includes motorcoach transportation, Amish Home tour, and dinner at Der Dutchman. Trip limited to 35 participants. **Reserve your spot NOW with a non-refundable \$20 deposit.**

LaComedia Dinner Theatre: **'Miracle on 34th Street'** **November 29, 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 non-refundable \$20 deposit.**

Overnight Trip **Oglebay/Wheeling Downs** **December 6 & 7, 2023**

We will begin our trip through Ohio to Wheeling, West Virginia for our visit to Wheeling. We will visit Oglebay Park for the Festival of Lights, the Mansion Tour, the Glass Museum and the Good Zoo. We'll enjoy a dinner show before getting a good night's rest. We will spend some time at Wheeling Downs Casino before returning home. Cost of trip is \$309 double; \$369 single.* **Reserve your spot NOW with a non-refundable \$20 deposit.**

CROSSWORD PUZZLE ANSWERS (Pg. 10)

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

SUDOKU ANSWERS (Pg. 10)

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

ENIGMA Cryptogram Answers (pg. 10)

E077: "The drying up a single tear has more of honest fame than shedding seas of gore." - Lord Byron

E078: "He who knows that enough is enough will always have enough." - Lao-Tzu

Life at the Center

Display Case Mystery Challenge

What Am I?

Do you have a rare, unique, or unknown item you'd like to share? Bring it in to display in the glass cases in the Media Room and let members try to guess what it is.



Who Am I?

Do you have a photo of yourself as a baby or toddler that you'd like to share? Bring it in to display in the glass cases in the Media Room and let members try to guess who it is.

Items or photos can be discussed with and given to Steve for display.

Members who 'solve the mystery' by guessing an item or an individual that's on display correctly will have their name entered into a drawing for prizes.



Members enjoyed a free outdoor concert by John Mullins in the Activity Pavilion last month. This fun event was sponsored by your Senior Center board members, who passed out free bottled water and popsicles throughout the event.

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:
Emilee Evans

Transportation Coordinator:
Sierra Blanton

Development Assistant:

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.