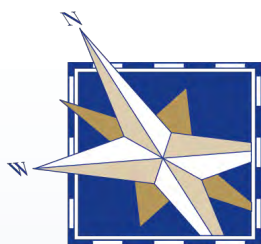


Volume 41 • Issue 9

The Sentinel

September 2024



**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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**Senior Resource Fair
& Vaccination Clinic**

Monday, September 30
(Details on page 14)

Sponsored By Wyndmoor & OhioHealth at Home



Friday, September 20 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, fresh apple cider and apple cake for dessert.

Lunch will be served at noon and popular musician **Dave Delauder** 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 16.



Please note: All other regularly scheduled activities will be cancelled on this day.

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. This institution is an equal opportunity provider.

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.



Out-of-County Medical Transportation

Marion Senior Center is now able to provide transportation to and from medical facilities outside of Marion County. Call **Sierra** at **740-387-5444**.

FREE PRODUCE MARKETS

Buckeye Community School 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 on the **fourth Wednesday every month** from **8 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

New Name, Same Fun!

Lunch Bunch Bingo!

Join us for “**Lunch Bunch Bingo**” every **Monday** here at the Center. First you’ll enjoy a delicious lunch served at **11 am**, in the Congregate Dining Center, 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 Center 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 CONNIE GROSE

By Tim Frericks

It is fitting that our volunteer of the month, Connie Grose, a natural born twin has twin character traits of humility and selflessness. On May 22, 1957, Connie Vaughn and her twin brother, Ronnie Vaughn, were born. In responding to being selected volunteer of the month, Connie expressed surprise since she had only been a two year Center member and she felt others were more deserving.

The eastern Kentucky town of Pineville was the site of Connie's birth. After graduating in 1975 from Lone Jack High School (near Pineville) she moved to Marion where her sister lived.

Connie soon took a job at U-Brand Plastics in Upper Sandusky as a press operator from 1975-1986. She next worked at BF Goodrich aka Parker Hannifin in Green Camp as a Braider operator from 1988-2004 when the company closed. From 2005-2022 she went back to Upper Sandusky to work at Liqui-Box as a trainer in injection molding. She retired from Liqui-Box in 2022. Her BF Goodrich years were especially memorable - she met her future husband, Jim Grose there and they had a 1992 wedding.

Although her main volunteer activity at the Center is as a "greeter" she is "on call" and helps out whenever and wherever she is needed.

As a southern belle Connie is a lifelong disciple of the University of Kentucky basketball team and



Adolph Rupp, former U of K men's basketball coach. She does admit to also following Ohio State athletics.

Connie and Jim have five children: Jason, Brian, Gena, Jimmy and Ben. They also have six grandchildren and live in Marion with their dog, Crockett. They have joined an informal group the "lunch bunch" which meets often to dine out at area restaurants. Not to be overlooked, though are Connie's excellent baking skills.

Her greatest joy is spending time with family - going to grandkids sporting events, watching grandkids show animals at the fair, baking holiday cookies with them or just hanging out.

The Senior Center benefits from her eagerness to be both helpful and modest - her twin superpowers.

Medicare Basics & Updates Seminar

Free seminar being offered by the Ohio Department of Insurance and the Marion County Council on Aging. David Painter from OSHIP/ODI will provide a comprehensive overview of Medicare for those new or newer to Medicare as well as information on changes for 2025. The event is being hosted on **Thursday, September 19 at 1:00pm** at Marion County Council on Aging offices located at 125 Executive Drive, Marion, OH 43302. Call **740-387-0401** to RSVP. Seating is limited.



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

THE EMPOWERED CAREGIVER Free Alzheimer's Education Series

Marion County Council on Aging is partnering with the Alzheimer's Association to offer a new series called *The Empowered Caregiver*. This series of 5 classes begin at 1:00 pm and will be hosted at the Marion County Council on Aging offices located at 125 Executive Drive, Suite 102, Marion, OH on the following dates:

September 24, 2024

Building Foundations of Caregiving

October 22, 2024

Supporting Independence

November 21, 2024

Communicating Effectively

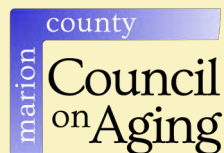
December 19, 2024

Responding to Dementia-Related Behaviors

January 28, 2025

Exploring Care & Support Services

Caregivers can attend individual programs or attend the entire series. Registration is recommended. Please call 800-272-3900 to register for these programs.



A new Open Quilting group is meeting on Fridays at 10:30 am in the Craft Room.

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 **12:30 pm**.

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: Phyliss Shirk

New! Mexican Poker

Mexican Poker is played out front on **Fridays** at **12:30**

pm. Everyone's welcome! *Leader: Connie McCurdy*

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 *True Match Insurance Solutions* 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**, 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.

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 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

New! Open Quilting

Starting in July, Barb Arms and Barb Klee will be leading a new "Open Quilting" activity on **Fridays at 10:30 am** in the Craft Room. This is not a beginners class as there will be no instructor. This is a 'bring your project and machine and join in the fun' type activity and is open to everyone.

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 is "**Soul Food**". So bring your favorite prepared dish along with copies of your recipes. This group meets out front by the kitchen. *Leader:* Kathy Hampel

New! Helping Others Bingo

Tammy Thorpe of *DeWolfe Place* & **Brad Jackson** of *Capital City Hospice* hosts 'Helping Others Bingo' at **12:30 pm** on the **1st Wednesday** each month. Players need to bring a non-perishable food item as their entry fee. Tammy & Brad will deliver and donate food the items to a local food pantry.

Quarter Bingo

Josh Rich of *CenterWell Home Health* hosts Bingo at **2:00 pm** on the **2nd Wednesday** each month. Players ante a quarter at the beginning and will win the pot upon having a bingo.

Kingston Bingo

Carma Taylor of *Kingston Residence of Marion* hosts Bingo at **12:30 pm** on the **3rd Wednesday** each month. Lots of fun and prizes!

White Elephant Bingo

Michelle Berg from *OhioHealth at Home* will be hosting 'White Elephant Bingo' on the **4th Wednesday** of each month at **10:15 am**. Everyone will bring in a new item, a "white elephant gift" as their entry fee. (Michelle 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.

Box Lunch Bingo Bingo

Maddy & Carla Poston of *ProCore Health Brokers* hosts Box Lunch Bingo at **11 am** every **Monday** in the Congregate Dining Center. Join us for a delicious deli-style lunch served on a donation basis at **11 am**, followed directly by Bingo. Lots of fun and prizes!




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!

Choir Practice Resumes Sept. 12

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*. We welcome anyone with an interest to join the choir. **Note:** Choir resumes this month on **September 12**.

September 2024 • Calendar of Events

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|--|--|--|---|
| 2  LABOR DAY The Center will be Closed Today | 3 Open Pool Room Open Fitness Room 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 1:00-Rummikub | 4 Open Pool Room Open Fitness Room 9:15-Fitness Drumming 11:00-Congregate Dining/Lunch 12:00-Hand & Foot 12:30-New! Helping Others Bingo | 5 Open Pool Room Open Fitness Room 9:00-Hand & Foot 10:00-Line Dancing 11:00-Popcorn Festival Sr. Stop (See Details on page 11) 11:00-Congregate Dining/Lunch 11:30-Mahjong 11:30-Euchre 12:00-Scrabble |
| 9 Open Pool Room Open Fitness Room 9:15-Fitness Drumming 11:00-Lunch Bunch Bingo 12:00-Pinochle 12:30- Euchre | 10 Open Pool Room Open Fitness Room 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 12:00-Recipe Prepare & Share 1:00-Rummikub 3:30-Clippers Dime-a-Dog Departs | 11 Open Pool Room Open Fitness Room 9:15-Fitness Drumming 11:00-Congregate Dining/Lunch 12:00-Hand & Foot 2:00-Quarter Bingo | 12 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 11:30-Choir Practice Resumes! 12:30-Popcorn & Movie 'Yours, Mine & Ours' |
| 16 Open Pool Room Open Fitness Room 9:15-Fitness Drumming 11:00-Lunch Bunch Bingo 12:00-Pinochle 12:30- Euchre | 17 Open Pool Room Open Fitness Room 9:00-Mens Coffee Hour 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 1:00-Rummikub | 18 Open Pool Room Open Fitness Room 9:15-Fitness Drumming 12:30-Kingston Bingo 10:30-Tech Time with Angela 11:00-Congregate Dining/Lunch 12:00-Hand & Foot | 19 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 11:30-Choir Practice 12:00-Scrabble |
| 23 Open Pool Room Open Fitness Room 9:15-Fitness Drumming 11:00-Lunch Bunch Bingo 12:00-Pinochle 12:30- Euchre 12:30-Food Box Day | 24 Open Pool Room Open Fitness Room 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 1:00-Rummikub | 25 Open Pool Room Open Fitness Room 9:00-Board Meeting 9:15-Fitness Drumming 10:15-White Elephant Bingo 11:00-Congregate Dining/Lunch 12:00-Hand & Foot 12:00-Jam Session Lunch 1:00-Jam Session* | 26 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 11:30-Choir Practice 12:00-Scrabble |
| 30 Open Pool Room Open Fitness Room 9:15-Fitness Drumming 11:00-Lunch Bunch Bingo 12:00-Pinochle 12:30- Euchre | Chili & Cornbread!  Friday, Sept. 20 - Noon | Cider, Donuts, Door Prizes Senior Resource Fair & Vaccination Clinic Goodie Bags for the First 25 Visitors Monday, Sept. 30 - 10 am | Save the Date! Buckeye Tailgate Bash!  Friday, Oct. 11 - Noon |

Birthdays & Anniversaries

FRIDAY

6

Open Pool Room
Open Fitness Room

9:15-Fitness Drumming
10:30-**New!** Open Quilting
11:00-Popcorn Festival Sr. Stop
(See Details on page 11)
11:00-Congregate Dining/Lunch
12:30-Tai Chi
12:30-**New!** Mexican Poker

13

Open Pool Room
Open Fitness Room

9:15-Fitness Drumming
10:30-**New!** Open Quilting
11:00-Congregate Dining/Lunch
12:30-Tai Chi
12:30-**New!** Mexican Poker

20

12:00-Chili Autumn Event

Note: All regularly scheduled activities are cancelled today.

27

Open Pool Room
Open Fitness Room

9:15-Fitness Drumming
10:30-**New!** Open Quilting
11:00-Congregate Dining/Lunch
12:30-Tai Chi
12:30-**New!** Mexican Poker

Save the Date!



Monday, Nov. 11 - Noon

September Birthdays

| | | | | | |
|------------------|--------|-------------------|--------|---------------------|--------|
| Stephen Muller | Sep 01 | Martha Bright | Sep 11 | Bob Rush | Sep 22 |
| Joyce Reichardt | Sep 01 | Colleen Hempstead | Sep 12 | Judy Ishida | Sep 22 |
| Rhodella Metz | Sep 02 | Linda Redman | Sep 12 | Kim Cook | Sep 23 |
| Jon Alexander | Sep 03 | Dee Harshfield | Sep 13 | Lane Lusenhop | Sep 24 |
| Marty Beaver | Sep 05 | Priscilla Jo | | Marsha Dutt | Sep 24 |
| Judith Miller | Sep 07 | Kreis- Isaacs | Sep 13 | Elizabeth Orthmeyer | Sep 26 |
| Paula Main | Sep 07 | Betty Stover | Sep 13 | Filmore Riego | Sep 26 |
| Gwendolyn Wilson | Sep 08 | Deborah Melvin | Sep 14 | Donald Bentley | Sep 27 |
| Bea Mowry | Sep 08 | Wanda Lou Hartley | Sep 15 | Art Clouse | Sep 28 |
| Deb Wortz | Sep 08 | Karen Ward | Sep 15 | Blanca Arce | Sep 28 |
| Denise Iams | Sep 08 | Diane Fetter | Sep 15 | Terry Tackett | Sep 28 |
| Lois Bryant | Sep 08 | John Gruber | Sep 19 | Terri Schurch | Sep 29 |
| Soon Pak | Sep 09 | Janis Miley | Sep 20 | Jana Schelb | Sep 30 |
| Carol Loeffler | Sep 10 | Carolyn Watkins | Sep 20 | Janet Elliott | Sep 30 |
| Kathy Hampel | Sep 10 | Jeff Smith | Sep 22 | Penelope Green | Sep 30 |
| Lois Blackburn | Sep 10 | Terri Bailey | Sep 22 | | |

September Anniversaries

| | | |
|---------------------------|-----------|----------|
| Jim & Marty Beaver | 9/14/1974 | 50 years |
| Joe & DelRita Beeney | 9/14/2002 | 22 years |
| Chuck & Betsy Blankenship | 9/21/1985 | 39 years |
| Robert & Claudia DeVore | 9/25/1993 | 31 years |
| Jim & Debby Shade | 9/12/1964 | 60 years |
| Nick & Diane Wisda | 9/9/1972 | 52 years |

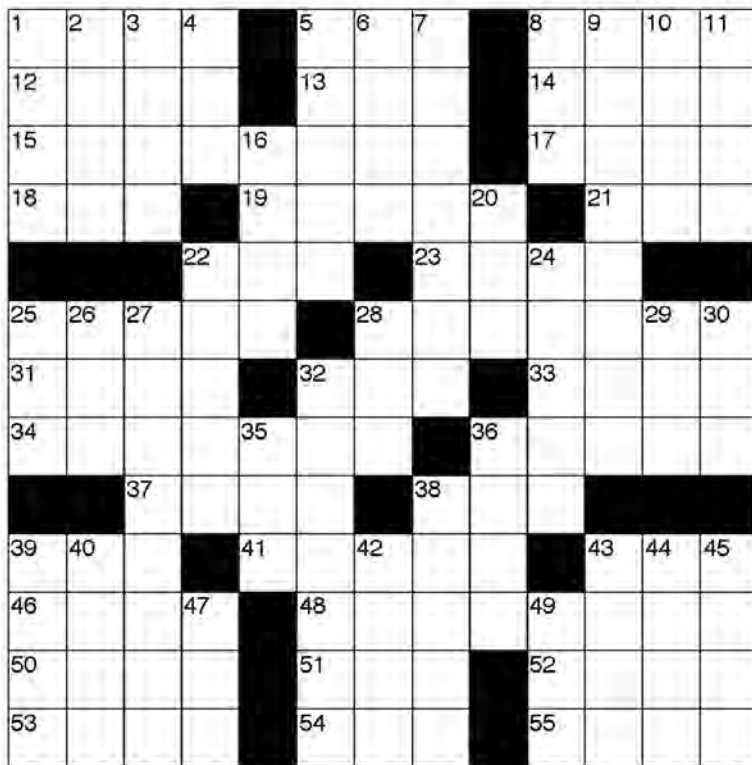
New Members

We welcome the following New Members that have recently joined:

| | | |
|------------------|---------------|--------------------------|
| Phyllis Adams | Jean Meyer | Patti Layne |
| Dusty Reining | Debbie Deeter | Greg Layne |
| Joe Feldman | Steve Furer | Lee Rawlins |
| Ron Scott | Angie Furer | Ralph Smith |
| Jenny Boggs | Jane Hill | Betty Smith |
| Rose Brady | Becky Chapman | Melissa King |
| Mary Sue Peppard | John Kaelber | Jamie Beard |
| Carolyn Ruph | Sally Kaelber | Bernadina Wesley-Freeman |
| LeeAnn Cluff | | |

CROSSWORD PUZZLE

Answers on Page 13



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ACROSS

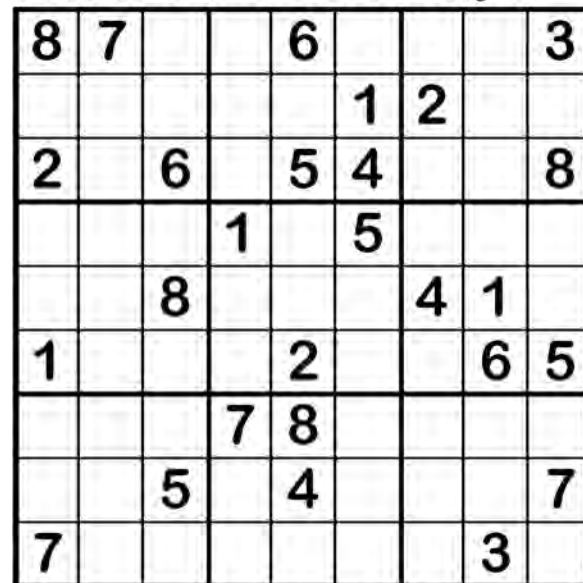
- 1 Eight (pref.)
5 Army service number (abbr.)
8 Ass or donkey (Ger.)
12 Rhine tributary
13 Greek letter
14 Fat (pref.)
15 Roomy
17 Computer chip
18 Hat
19 Feminine saint (Sp.)
21 Genetic letters
22 Via
23 Midianite king
25 Suit of mail
28 Oboe
31 Build a ceiling
32 Hebrew letter
33 Tree
34 Spiral
36 Shelf
37 Association (abbr.)
38 Arabic letter
39 Reproductive (pref.)
- 41 Stick used in hurling
43 Jap. volcanic crater
46 Son of Samuel
48 Ribbed fabric
50 Biological (abbr.)
51 Afr. worm
52 Roll-call response
53 Sayings (suf.)
54 Et cetera (abbr.)
55 Bazaar

DOWN

- 1 Baking chamber
2 Fine Cuban tobacco
3 Trolley
4 Atomic Energy Commission (abbr.)
5 Bellowing
6 Eschew
7 Quack medicine
8 Extrasensory perception (abbr.)
9 Notched
10 Black
11 Broad hill
16 Elbe tributary
20 Bronze money
22 Gr. city
24 Climbing pepper
25 Exclamation
26 Arikara people
27 Husband of Atalanta
28 Honey
29 Equipmentless game
30 Barely get by
32 Shackle
35 Civil Service Commission (abbr.)
36 Acquire
38 Rice bran
39 Taro
40 Fetish
42 Disputable
43 Locality
44 Fern spore clusters
45 Court hearing
47 According to (2 words)
49 Television band abbr.

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: "D" = "C"

"VEYMY FO XJVEFXA FX VEY
KJMPQ OJ ZSDE WQZFMVQ WO W
ZWX KEJ IXJKO EJK VJ NYWM
SXEWTTFXVYOO KFVE DJSWAY."
- OYXYDW

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E0101

ENIGMA™ CRYPTOGRAM

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

"WXHN GBVTMNCI XE QBENMK WXE,
XEZ KQNE GBV WVG FN MVTN KQXK
KQNTN SM BEN CNMM MUBVEZTNC
SE KQN RBTCZ."
- KQBWXN UXTGCGN

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E0102

Answers on Page 13

Get the Scoop on Medicare!

Get the scoop on changes to Medicare for 2025 and enjoy a scoop of ice cream!

Carla & Maddy Poston of *ProCore Health Brokers** will be your hosts for these events being held at the Senior Center on the following dates and times:



- **Wednesday, October 2, 2024** (12 pm - 2 pm)
- **Monday, October 21, 2024** (12 pm - 2 pm)
- **Monday, November 18, 2024** (12 pm - 2 pm)
- **Monday, December 2, 2024** (9 am - 11 am)

Space is limited! Please call **740-815-5216** to RSVP or for more information.

**ProCore Health Brokers do not offer every plan available in your area. Currently, we represent 9 organizations which offer 81 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Assistance Program (SHIP) to get information on all your options.*



'Senior Stop'

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 5

Doors open at **11 am**

Bingo: **Noon - 2 pm** (Bingo caller *Maddy Poston*)

Liverpool Lads Beatles Tribute: **2 pm** (Palace Theatre)

Friday, September 6

Doors open at **11 am**

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

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:

- **Popcorn Festival Sr. Stop** - Thurs. 9/5 & Fri. 9/6
- **Chili Autumn Event** - Friday, September 20
- **Sr. Resource Fair & Vaccinations** - Mon., Sept. 30
- **Buckeye Bash Tailgate Party** - Friday, October 11
- **Caregiver Event** - Wednesday, October 30
- **Veterans Day Celebration** - Monday, November 11
- **Thanksgiving Dinner** - Thursday, November 21

OUR MISSION STATEMENT

Enriching the lives of seniors through activities and services that promote wellness, independence, and fun.

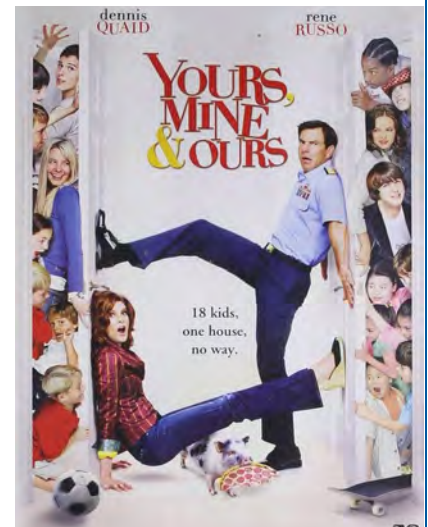


<< Popcorn & Movie >>

Thursday, Sept. 12 - 12:30 pm

'Yours, Mine & Ours'

A widowed Coast Guard Admiral (*Dennis Quaid*) and a widow handbag designer (*Rene Russo*) fall in love and marry, much to the dismay of her 10 and his 8 children.



Trips on the Horizon

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

Clippers Dime-A-Dog Nights *September 10*

We will leave the Center at **3:30 pm** and travel to Huntington Park for our final Columbus Clipper 'Dime-A-Dog Night' baseball game of the season:

- **September 10** - vs. St. Paul Saints (**Sold Out**)*

Cost of each trip is **\$25 Members/\$35 Non-Members**.

***Can add your name to the waiting list (no deposit).**

Amish Country Day Trip *Tuesday, October 8*

We'll depart the Center via Pioneer Trails motorcoach at **7:30 am** and travel to Dover, OH in Amish Country to visit the museum of Earnest "Mooney" Warther, the "World's Master Carver". We'll enjoy a guided tour of the museum and Mooney's workshop plus have time to explore the Button House, Warther family home, flower gardens, and gift shop.

We'll make a stop at Breitenbach Wine Cellars where over 40 award-winning Amish Country Wines are available for sampling and/or purchase.

Our next stop will be Walnut Creek Cheese & Market to enjoy lunch (*on your own*) at Mudd Valley Café. The sprawling market also has a wide variety of locally made meats, cheeses, baked goods, etc. available for purchase... plus, ice cream!

After lunch, we'll visit The Farm at Walnut Creek, a working Amish Farm that hosts over 500 animals, comprised of species from six continents. We'll have the opportunity to view and hand-feed the animals from a horse-drawn wagon. Plus, tour the Amish non-electric farmhouses.

Our final destination will be The Amish Door Restaurant in Winesburg, OH to enjoy a traditional Amish-style dinner including homemade pie for dessert! Our estimated time of arrival back at the Center is 8:15 pm.

Cost of trip is **\$139** per person, which includes roundtrip transportation via deluxe motorcoach; admission and guided tour of the Warther Museum; admission and wagon ride to feed the animals at The Farm at Walnut Creek; Amish-style dinner, dessert, and beverage at The Amish Door Restaurant; and taxes and gratuities on included activities. Trip limited to **35 participants**.

Reserve your spot now with a non-refundable \$20 deposit.

Dinner Train Adventure *Wednesday, October 2*

We'll depart the Center at **1 pm** via Brewster motorcoach travelling through picturesque fall countryside on our way to Nelsonville, Ohio. We invite you to enjoy an evening of nostalgia mixed with some great scenery and fine dining aboard a vintage, beautifully appointed Hocking Valley Railway Dinner Train as it travels through Southeast Ohio. Enjoy a catered dinner thorough Ohio back-country from Nelsonville to East Logan and return. Chef Alfonso Contrisciani will prepare a fresh, four-course dinner in-route that is served throughout the trip. You'll select an entrée choice between Salmon, Prime Rib or Vegan option.

Cost of trip is **\$129**, which includes admission to the Hocking Valley Scenic Railway, dinner served on board, roundtrip transportation via deluxe motorcoach, and taxes and gratuities on included activities. **Sold Out. Thank you Members! Can Add your name to the waiting list (no deposit required).**

LaComedia Dinner Theatre: **'Saturday Night Fever'** *Friday, October 4*

Depart Marion Senior Center at **8:00 am** via Brewster motorcoach on our way to Springboro to enjoy the *LaComedia Dinner Theatre* production of 'Saturday Night Fever', based on the 1977 film starring John Travolta that became a cultural phenomenon and cemented the Bee Gees as disco-era icons.

The show tells the story of Tony Manero, who still lives at home and works as a paint store clerk in Brooklyn. However, he lives for the weekends, when he and his friends go to the local disco and dance the night away, and he is the king of the dance floor. This mega-musical hits our stage with dazzling new choreography and the songs from the chart-topping soundtrack!

A highlight of every LaComedia trip is enjoying their famous lunch buffet, where you will find chef-carved meats, beer-battered deep-fried white fish, a variety of pastas and vegetables, their famous sweet potato soufflé, freshly baked breads and several dishes representing the "flavor" of the current production. You will also be served dessert at your table.

Cost of trip is **\$119**, which includes admission to 'Saturday Night Fever', buffet lunch, roundtrip transportation via deluxe motorcoach, and taxes and gratuities on included activities. **Reserve your spot now with a non-refundable \$20 deposit.**

CROSSWORD PUZZLE ANSWERS (Pg. 10)

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| C | E | I | L | | M | E | M | | T | E | A | K |
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SUDOKU ANSWERS (Pg. 10)

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| 5 | 2 | 8 | 6 | 3 | 7 | 4 | 1 | 9 |
| 1 | 3 | 9 | 4 | 2 | 8 | 7 | 6 | 5 |
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| 6 | 1 | 5 | 9 | 4 | 3 | 8 | 2 | 7 |
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ENIGMA Cryptogram Answers (pg. 10)

E0101: "There is nothing in the world so much admired as a man who knows how to bear unhappiness with courage." - Seneca

E0102: "Make yourself an honest man, and then you may be sure that there is one less scoundrel in the world." - Thomas Carlyle

Health & Fitness

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

Senior Resource Fair & Vaccination Clinic

*Monday, September 30
10am - 2pm*



Marion Senior Center and AmeriCorps Services/RSVP are collaborating once again to host an indoor “Senior Resource Fair & Vaccination Clinic” here at the Center on **Monday, September 30** from **10 am - 2pm.**

There will be lots of great information distributed regarding many resources available to area seniors, with 13 senior-focused organizations participating. **Marion Public Health staff** will be administering vaccinations on site for Covid, flu, pneumonia, and shingles throughout the event. **Note: Seniors must present a photo ID and insurance card if interested in receiving a vaccine.**

Free donuts, cider and other treats will be available along with drawings for door prizes. Come and join in the fun while learning more about the many area services and programs available to improve your health and wellness! The event is free and open to the public.

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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Activity Coordinator: Lisa Richardson

Social Service Coordinator:
Emilee Evans

Transportation Coordinator:

Development Assistant: Steve Larcomb

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 handicap-accessible 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. ****Out-of-County Medical Transportation to and from medical facilities is now available!*** To learn more, contact the Center's Transportation Desk at (740) 387-5444.

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.