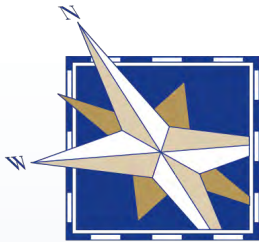


# The Sentinel

October 2019



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
Upcoming Events	3
Classes, Clubs & Activities	4
Health & Fitness	5
Calendar/Birthdays	6 & 7
Volunteer of the Month	8
Evening Dance/Movie	9
Trips on the Horizon	10
Ads	11
Directory	Back

**Evening DANCE**  
Halloween Costume Party &  
Dance: Thursday, October 24

Brought to you by American Nursing Care & Capitol City Hospice

# Buckeye Tailgate Party!



Friday, October 18 - 12 noon

Calling all BUCKEYE FANS! You are invited to the Senior Center's first-ever 'Buckeye Tailgate Party' on **Friday, October 18 at Noon**. Even though this event will be hosted indoors, we'll have all the great food and activities you expect from a traditional tailgate party!

Our "tailgate munchies" include your choice of an all-beef hot dog or bratwurst fresh off the grill, baked beans, chips, ice cream sandwich, and a beverage.



Festivities will include a football toss game and corn hole... So you'll have a chance to demonstrate your skill (or luck) and win prizes. Plus, there will be lots of fabulous Ohio State Buckeyes door prizes, such as a Buckeye Rolling Cooler, a Buckeye Folding Chair, a Buckeye Fleece Blanket, Buckeye t-shirts, and more... we will even have a 50/50 drawing for cold hard cash!



So, be sure to get your red and grey on for the day (...it's sure to get you pumped to watch the OSU vs. Northwestern Game at home later that night)! Tickets can be purchased from bookkeeper Jackie King. Cost is **\$8 Members/ \$10 Non-members**.

GO BUCKS!



# Senior Center Services

## Elder Care Law

Certified elder law attorney, **Steve Roush**, representing the law firm of **Daniel P. Seink Co., Ltd.**, is available for **free** one-on-one consultations to discuss specific legal questions with our members each month. Steve specializes in estate planning, VA benefits planning, and Medicaid benefits planning. Please contact him at **(740) 418-1840** or **1-800-393-2324** to schedule your free appointment.

## Tech Time with TJ

**T.J. Badertscher** from **Center Street Community Health Center** will be here on **Wednesday, October 30** beginning at **10:30 am** to offer free assistance to anyone wanting to learn how to better use their Smartphones, tablets, iPads and other digital devices. Please call **(740) 387-6100** to schedule a half hour appointment.

## Desserts & Memories

**Sara Middleton** from **Kindred Hospice Marion** hosts a monthly grief support hour the **2nd Wednesday** each month from **3 to 4 pm** in the **Multipurpose Room**. This support group is for adults who have experienced the death of a loved one and are looking for a safe space to process grief, assured they are not alone. This support group is free and open to the public.

## Food Box Program

If you or someone you know are in need of food assistance please contact **Cindy Jennings** at **740-387-6100** to see if you qualify for the **Commodity Supplemental Food Program (CSFP)** The Center distributes each month in partnership with **Mid-Ohio Foodbank**. To qualify you must be age 60+, live in Marion county and income eligible.

## LUNCH AT THE CENTER

Hot and cold delicious, nutritious meals are available at the Marion Senior Center for anyone age 60+ **every Tuesday-Friday at 11:30 am**. Call Life Care Alliance at 1-888-656-6831 for details. You do not need to be a Senior Center member to participate in the Dining Center program.

## FRESH PRODUCE

The Marion Senior Center distributes free produce on behalf of **Beacon of Hope Food Pantry**, two days each month. Typically it is available **at noon** on the **second Tuesday** and **fourth Thursday** each month.

## NEW MEMBER MIXER

These quarterly gatherings are hosted on a **Friday at 11:30 am**. All recent new members are invited to join staff & volunteers for a free lunch, compliments of **Primrose Retirement Communities**. Our next **New Member Mixer** is **Friday, October 4**. If you are planning to attend, please call **Lisa Richardson** at **(740) 387-6100** to RSVP.

## **New!** HEALTH & WELLNESS CHECKS

A Registered Nurse from **American Nursing Care** will be here the **second Thursday** of each month from **9 - 11 am**. Checks will include blood pressure and pulse as well as pulse oximetry which measures the oxygen level of the blood. No Charge. First come first served.

## MONDAY LUNCH MENUS\* \*Subject to change

Oct. 7	Oct. 14	Oct. 21	Oct. 28
Salisbury Steak	Chicken n Noodles	Shepherd Pie	Ham n Bean Soup
Mashed Potatoes	Mashed Potatoes	Tossed Salad	Corn Bread
Green Beans	Corn	Rolls	Fried Potatoes
Tossed Salad	Brownies	Cobbler	Apple Sauce

*Introducing an  
Exciting New Program:*

Exploring The Arts



“Exploring The Arts” (ETA) will meet from **12 - 2 pm** in the **Craft Room**. The **ETA** program requires a \$20 enrollment fee which covers this introductory 6-class session. See Lisa to sign up. Schedule of the first session is as follows:

- ◆ Thurs., Oct. 17 - **Basket Making** (begin project) **\$10\***
- ◆ Wed., Nov. 20 - **Basket Making** (complete project)
- ◆ Thurs., Dec. 12 - **Jewelry Making** (earrings and bracelet) **\$20\***
- ◆ Wed., Jan. 15 - **Ceramics** (small pitcher) **\$10\***
- ◆ Thurs., Feb. 13 - **Zentangle** (Valentine’s Day design) **\$20\***
- ◆ Thurs., Mar. 5 - **Floral Arranging** **\$20\*** \*Fee to cover cost of materials

# Upcoming Events

## ‘Food for Thought’

If you’re interested in expanding your knowledge or broadening your experiences, please join us at **12:30 pm** on the **first and third Tuesday** each month in the *Multipurpose Room* for an informative presentation by a notable speaker, as well as a **FREE lunch!** Please **RSVP** to **Lisa** at **(740) 387-6100** to ensure we have enough lunches available. Public welcome!

**Tuesday, Oct. 1 - 12:30 pm.**

*Topic: “Hospice Myths & Facts”*

*Brief: Get the current information on hospice benefits.*

*Instructor: Theresa Randall, Kindred Hospice*

**Tuesday, Oct. 15 - 12:30 pm.**

*Topic: “Butterfly & Moth Collection”*

*Brief: Curator of Butterflies & Moths collected from all around the world.*

*Instructor: John Peacock*

## 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:

- **Buckeye Tailgate Party** - Friday, Oct. 18; Noon
- **Halloween Dance** - Thursday, Oct. 24; 6-8 pm
- **Thanksgiving Dinner** - Thursday, Nov. 21; Noon
- **Senior Prom** - Thursday, Dec. 5; 5 - 9 pm
- **Christmas Dinner** - Thursday, Dec. 19; Noon

## Coffee, Cupcakes & Canvas

Sip some coffee, and enjoy yummy cupcakes as you paint your very own masterpiece with guidance from instructor **Ariel Ingram**. No experience is necessary. Hosted on **Wednesday, October 23** from **10 am - 12 pm** in the *Craft Room*. Cost is **\$25**. See Lisa to reserve your spot!





# Senior Center Classes, Clubs & Activities

## Craft Class (Monday)

Instructor **Sue Rodman's Monday** class meets on Mondays at **12:30 pm** in the *Craft Room*.

**Cost is \$10 per project**, which covers the cost of materials. Photo of the project is posted on the Activity Board near Lisa's office.

## 'Hooks & Needles'

Instructors **Jeanne Howison** and **Olivia VanSickle** will lead our new knitting/crocheting hour, aptly named "Hooks & Needles". The group will meet on **Tuesdays at 1:30 pm** in the *Craft Room*. Learn to knit, crochet or just build on your skills. Some assorted yarn available.

## Open Sewing

Our *Craft Room* will be open on **Wednesdays at 12:30 pm** to all those who sew, beginners to advanced. Beginners can learn from the more advanced members in this fun, relaxed setting. Projects are on your own. Sewing machines & some material/thread/supplies are available.

## Photography Class

Instructor **Royce Farson** will teach you how to use your camera. Her class has a new assignment each month and meets in the *Game Room* from **2-3 pm** on the **first Wednesday each month** to share their photos. This month's class will meet on **Wednesday, October 2** and the assignment is "something new" and "things that begin with the letter F".

## Liquid Stained Glass

Join instructor **Dee Harshfield** as you create beautiful liquid stained glass projects. This class meets **on Tuesdays at 1:30** in the *Craft Room*. Cost for the class is **\$10**, which covers the cost of materials.

## Recipe 'Prepare & Share'

Cooking enthusiasts will meet on the **2nd Wednesday** each month at **Noon** to prepare and share our favorite dishes along with the recipes. This month's theme is "**Fall Festival Foods**"...so bring your best seasonal foods to share, along with copies of your recipe. This group will meet out front by the kitchen.

## Monday Mind Games

**Carla Poston** from *ProCore Health Brokers*, will host *Mind Games* on **Monday mornings**. This class meets in the *Craft Room* at **9:30 am**. Come give your brain a workout with trivia and various games. Games change every week, so stop by for a Timbit and fun!

## Breakfast for the Brain

Jump start your day - and your brain - at **9:30 am** on **Thursday mornings**, as **Shannon Kimble** from *Community Care* discusses fun trivia questions over orange juice and *Andrew's* pastries.

## Kingston Bingo

**Tammy Millisor** of *Kingston Residence of Marion* hosts Bingo at **10 am** in the morning on the **second Friday** each month. Lots of fun and prizes!

## Senior Center Bingo

**Florence Wright** will call Bingo at **12:30 pm** on the **third Wednesday** each month. The group meets out front.

## Heartland Trivia

**Hillary Gray** from *Heartland* will be hosting "*Trivia*" games on the **second Wednesday of each month at 9:30 am** in the *Craft Room*. Heartland also provides breakfast goodies!

## Left, Right, Center (LRC)

**Theresa Randall** of *Kindred at Home/Hospice* hosts this wildly popular dice game that's easy to learn and simple to play (with lots of prizes to win). The group usually meets out front the **second Thursday** each month at **2:30 pm**.

## 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 available for **\$3.50** and is served at **noon**. Music is performed from **1 to 3 pm**. Public welcome!

## Mahjong

Mahjong is a traditional Chinese tile game, played by four people around a table. The group has a lot of fun and welcomes beginners. They meet near the *Kitchen* on **Thursdays at noon**.

## Open Billiard Room

We have 3 pool tables available for open play every weekday from 8 am to 4 pm. Or join the '*Morning Coffee Crew*' on **Monday, Wednesday, and Friday mornings at 8:30 am**. Everyone is welcome to play!

## Zumba® Gold Toning & Strength Training

Certified *Zumba* Instructor & Certified Personal Trainer **Michelle Del Valle** will lead the **Zumba Gold - Toning** classes every **Tuesday morning at 10 am** followed by **Strength Classes at 11 am**. **Cost is \$3 for each class**. Both classes are **FREE** for Silver Sneakers members.

## Beginner & Advanced Line Dance

**Beginner Line Dance** class meets on **Monday** mornings at **9 am**. **Advanced Line Dance** class (for people that have been dancing for a while and are interested in learning new dances) meets on **Friday** mornings at **9 am**. Instructor **Royce Farson** always welcomes new class members in both classes.

## Afternoon Line Dance Returns!

Instructor **April Morrison** will once again be teaching a **Beginner Line Dance** class on **Tuesday** afternoons at **2:15 pm** beginning on **October 1**. There is no cost for this class. Anyone is welcome.

## Pickleball

**Beginner Pickleball** is played on **Monday** and **Wednesday** mornings at **10 am** on our new outdoor pickleball courts. We have extra paddles and balls available for those just getting started (*see Lisa*).

**Pickleball** for the more experienced players is played on **Tuesday** and **Thursday** mornings at **10 am**.

## Fitness Center

Our newly refurbished **Fitness Center** is open to members at no additional cost, and boasts a variety of **Schwinn®** fitness equipment, including treadmills, traditional and recumbent exercise bikes, Airdyne, and elliptical machines, along with resistance training equipment for upper body and lower body strength and conditioning. **The Fitness Center is typically open to members anytime the Center is open**. Please consult your physician before beginning any exercise activities.

## Intro to Fitness

This class is a great way to get started on your journey to better health and wellness! The group meets **Wednesday** mornings at **9:30 am** in the **Fitness Center**, led by Certified Personal Trainer **Cindy Jennings**. Cindy will motivate you as she teaches you exercises to improve your strength, core conditioning and balance.

## Choir Resumes!

Director **Ednita Vaflor** welcomes everyone to join the Center's choir, "Seniors in Song". Practice resumes this month on **Thursday** mornings at **9:45am**.

## Bridge

If you like to play Bridge, there are two opportunities to play. Bridge is hosted every **Monday** and **Tuesday** at **10am**. Everyone is welcome to play!

## Euchre

**Progressive Euchre** is played on **Mondays at 12:00 pm** and **Bid Euchre** plays on **Thursdays at 12:00 pm**. Both groups meet out front. Everyone is welcome to play!

## Hand & Foot Card Game

This group will meet in the *Game Room* on **Mondays at 12:15 pm** and **Thursday mornings at 11 am**. Anyone interested is welcome to join in the fun!

## Texas Hold 'Em

This group will meet in the *Out Front* on **Tuesdays at 12:30pm**. Everyone is welcome to play!

## Mexican Poker

This group will meet in the *Craft Room* on **Friday** afternoons at **1:00 pm**. Everyone is welcome to play!

## Dominoes

Dominoes is an easy game to learn and lots of fun! The group meets out front on **Tuesday afternoons at 12:15 pm**.

## Rummikub

Learn to play the popular tile game *Rummikub*, hosted out front on **Tuesdays at 1 pm**.

## 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 on **Wednesdays at 10:30 am** and **Fridays at 1:30 pm** in the *Multipurpose Room*.

## Scrabble

Learn to play *Scrabble®*, a word game in which players score points by placing tiles, each bearing a single letter, onto a game board to spell words. The group meets out front on **Fridays at 11am**.

# October 2019 • Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>F</b> = Food Box Day  <b>P</b> = Produce Day  <b>T</b> = Trip Departure   = Thursday Evening Dance</p> <p>*See Article Inside for Details</p>	<p><b>8:00-Amish Country Trip*</b> <b>T 1</b>            9:00-Aerobics            9:00-Books, Balance &amp; BS            10:00-Bridge 10:00-Pickleball*            10:00-Bible Study            10:00-Zumba Gold Toning            11:00-Strength Training            12:15-Dominoes            12:30-<b>RSVP!</b> Food for Thought*            12:30-Texas Hold 'Em            1:00-Rummikub            1:30-Hooks &amp; Needles            1:30-Stained Glass            2:15-<b>New!</b> Beginner Line Dance*</p>	<p>8:30-Open Billiards <b>2</b>            9:00-Exercise            9:30-Intro to Fitness            10:00-Beginner Pickleball*            10:30-Tai Chi*            12:30-Classic Cinema*            12:30-<b>New!</b> Open Sewing*            2:00-Photography Class*</p>	<p>9:00-Aerobics <b>3</b>            9:30-Breakfast for the Brain*            9:45-Choir*            11:00-Hand &amp; Foot Cards            12:00-Bid Euchre            12:00-Mahjong</p>
<p>8:30-Open Billiards <b>7</b>            9:00-Exercise            9:00-Beginner Line Dancing            9:30-Mind Games*            9:30-Advanced Line Dancing            10:00-Beginner Pickleball*            10:00-Bridge            11:30-Lunch            12:00-Pinochle            12:00-Euchre            12:15-Hand &amp; Foot Cards            12:30-Craft Class</p>	<p>9:00-Aerobics <b>8</b>            9:00-Books, Balance &amp; BS            10:00-Bridge 10:00-Pickleball*            10:00-Bible Study            10:00-Zumba Gold Toning            11:00-Strength Training <b>P</b>            12:00-Produce 12:15-Dominoes            12:30-Texas Hold 'Em            1:00-Rummikub            1:30-Hooks &amp; Needles            1:30-Stained Glass            2:15-<b>New!</b> Beginner Line Dance*</p>	<p>8:30-Open Billiards <b>9</b>            9:00-Exercise            9:30-Heartland Trivia*            9:30-Intro to Fitness            10:00-Beginner Pickleball*            10:30-Tai Chi*            12:00-Recipe Prepare &amp; Share*            12:30-<b>New!</b> Open Sewing*            3:00-<b>New!</b> Desserts &amp; Memories*</p>	<p>8:00-Social Workers Roundtable <b>10</b>            9:00-Aerobics            9:00-Health &amp; Wellness Check*            9:30-Breakfast for the Brain*            9:45-Choir*            11:00-Hand &amp; Foot Cards            12:00-Bid Euchre            12:00-Mahjong            12:30-Popcorn &amp; Movie*            2:30-LRC*</p>
<p>8:30-Open Billiards <b>14</b>            9:00-Exercise            9:00-Beginner Line Dancing            9:30-Mind Games*            9:30-Advanced Line Dancing            10:00-Beginner Pickleball*            10:00-Bridge            11:30-Lunch            12:00-Pinochle            12:00-Euchre            12:15-Hand &amp; Foot Cards            12:30-Craft Class</p>	<p>9:00-Aerobics <b>15</b>            9:00-Books, Balance &amp; BS            10:00-Bridge 10:00-Pickleball*            10:00-Bible Study            10:00-Zumba Gold Toning            11:00-Strength Training            12:15-Dominoes            12:30-<b>RSVP!</b> Food for Thought*            12:30-Texas Hold 'Em            1:00-Rummikub            1:30-Hooks &amp; Needles            1:30-Stained Glass            2:15-<b>New!</b> Beginner Line Dance*</p>	<p>8:30-Open Billiards <b>16</b>            9:00-Exercise            9:30-Intro to Fitness            10:00-Beginner Pickleball*            10:30-Tai Chi*            12:30-Classic Cinema*            12:30-Senior Center Bingo*            12:30-<b>New!</b> Open Sewing*</p>	<p>9:00-Aerobics <b>17</b>            9:30-Breakfast for the Brain*            9:45-Choir*            10:00-Pickleball*            11:00-Hand &amp; Foot Cards            12:00-Bid Euchre            12:00-Mahjong            12:00-<b>New!</b> ETA "Basket Making"</p>
<p>8:30-Open Billiards <b>21</b>            9:00-Exercise            9:00-Beginner Line Dancing            9:30-Mind Games*            9:30-Advanced Line Dancing            10:00-Beginner Pickleball*            10:00-Bridge            11:30-Lunch            12:00-Pinochle            12:00-Euchre            12:15-Hand &amp; Foot Cards            12:30-Craft Class</p>	<p>9:00-Aerobics <b>22</b>            9:00-Books, Balance &amp; BS            10:00-Bridge 10:00-Pickleball*            10:00-Bible Study            10:00-Zumba Gold Toning            11:00-Strength Training            12:15-Dominoes            12:30-Texas Hold 'Em            1:00-Rummikub            1:30-Hooks &amp; Needles            1:30-Stained Glass            2:15-<b>New!</b> Beginner Line Dance*</p>	<p>8:30-Open Billiards <b>23</b>            9:00-Exercise            9:30-Intro to Fitness            10:00-Coffee, Cupcakes &amp; Canvas*            10:00-Beginner Pickleball*            10:30-Tai Chi*            12:30-<b>New!</b> Open Sewing*</p>	<p>9:00-Aerobics <b>24</b>            9:30-Breakfast for the Brain*            9:45-Choir*            10:00-Pickleball*            11:00-Hand &amp; Foot Cards            12:00-Bid Euchre            12:00-Mahjong            12:00-Produce* <b>P</b></p> <p style="background-color: yellow; text-align: center;"><b>6:00-Halloween Costume Party &amp; Dance*</b> </p>
<p>8:30-Open Billiards <b>28</b>            9:00-Exercise            9:00-Beginner Line Dancing            9:30-Mind Games*            9:30-Advanced Line Dancing            10:00-Beginner Pickleball*            10:00-Bridge            11:30-Lunch            12:00-Pinochle 12:00-Euchre            12:15-Hand &amp; Foot Cards            12:30-Craft Class            12:30-Food Box Day* <b>F</b></p>	<p>9:00-Aerobics <b>29</b>            9:00-Books, Balance &amp; BS            10:00-Bridge 10:00-Pickleball*            10:00-Bible Study            10:00-Zumba Gold Toning            11:00-Strength Training            12:15-Dominoes            12:30-Texas Hold 'Em            1:00-Rummikub            1:30-Hooks &amp; Needles            1:30-Stained Glass            2:15-<b>New!</b> Beginner Line Dance*</p>	<p>8:30-Open Billiards <b>30</b>            9:00-Board Meeting            9:00-Exercise            9:30-Intro to Fitness            10:00-Beginner Pickleball*            10:30-Tai Chi*            10:30-Tech Time with TJ*            12:00-Lunch            12:30-<b>New!</b> Open Sewing*            1:00-Jam Session*</p>	<p><b>8:30-Scioto Downs Trip</b> <b>31</b>            9:00-Aerobics            9:30-Breakfast for the Brain* <b>T</b>            9:45-Choir*            10:00-Pickleball*            11:00-Hand &amp; Foot Cards            12:00-Bid Euchre            12:00-Mahjong            12:00-Produce*</p>



# Birthdays & Anniversaries

## FRIDAY

4

8:30-Open Billiards  
 9:00-Advanced Line Dancing  
 9:00-Exercise  
 9:30-Line Dancing  
 11:00-Scrabble\*  
**11:30-New Member Mixer\***  
 1:00-Card Game 31  
 1:00-Mexican Poker  
 1:30-Tai Chi

11

8:30-Open Billiards  
 9:00-Advanced Line Dancing  
 9:00-Exercise  
 9:30-Line Dancing  
 10:00-Kingston Bingo\*  
 11:00-Scrabble\*  
 1:00-Card Game 31  
 1:00-Mexican Poker  
 1:30-Tai Chi

18

8:30-Open Billiards  
 9:00-Advanced Line Dancing  
 9:00-Exercise  
 9:30-Line Dancing  
 11:00-Scrabble\*  
**12:00-"Buckeye  
 Tailgate Party"\***  
 1:00-Card Game 31  
 1:00-Mexican Poker  
 1:30-Tai Chi

25

8:30-Open Billiards  
 9:00-Advanced Line Dancing  
 9:00-Exercise  
 9:30-Line Dancing  
 11:00-Scrabble\*  
 1:00-Card Game 31  
 1:00-Mexican Poker  
 1:30-Tai Chi

## Buckeye Tailgate Party!



Friday, October 18 - Noon  
**Hosted Indoors!**

## October Birthdays

Jeanette White	Oct 01	Mike Hampel	Oct 11	Janis Hanshaw	Oct 20
Judy Zimak	Oct 01	Mary Gross	Oct 12	Marlene Renick	Oct 21
Deloris Bills	Oct 02	Marie Bentley-Redmon	Oct 12	Larry Scheff	Oct 21
Larry Fairchild	Oct 02	Shirley Anderson	Oct 13	Patricia Baldinger	Oct 22
Carl Hecker	Oct 02	Martin Cunningham	Oct 13	Beatrice Okray	Oct 22
Robert Claypool	Oct 03	Helen Farrington	Oct 13	Faye Ruby	Oct 22
Linda Walters	Oct 03	Alana Lindsay	Oct 13	Lewis Smith	Oct 22
Donna McCurry	Oct 03	Elizabeth Hoy	Oct 14	Dick Thatcher	Oct 22
Rosemary Curren	Oct 04	Pat Gattshall	Oct 15	Boyd Tackett	Oct 23
Mary Ellen Dune	Oct 04	Sally Geho	Oct 15	Yolly De Los Reyes	Oct 25
Tim Shoewalter	Oct 04	Thomas Utley	Oct 16	Gary VanBuskirk	Oct 25
Lynn Slemmons	Oct 04	Sheryl Skidmore	Oct 16	Robert Greenwood	Oct 25
Jan Blevins	Oct 06	Paul Oehler	Oct 17	Bob Lucas	Oct 26
Shirley Marquis	Oct 07	Doris Cunningham	Oct 17	Marcia Weir	Oct 26
Becky Oehler	Oct 07	Susan Shifflet	Oct 17	Nancy Beckel	Oct 27
Judy LeVeck	Oct 07	Ed Little	Oct 17	Marjorie Armbruster	Oct 27
Margaret Bell	Oct 08	Mary Geissler	Oct 18	Jim Bowman	Oct 27
James Carpenter	Oct 08	Shirley Marshall	Oct 18	Joann Goodwin	Oct 28
Jackie Taylor	Oct 09	Jo Ann Zimmerman	Oct 18	Virginia	
Rudy Schneider	Oct 10	Thomas Veit Sr.	Oct 18	Rowland-Yarger	Oct 28
Jerry Wood	Oct 10	Peggy Rowland	Oct 19	Ellen Hoffman	Oct 28
Becky ,Yannitell	Oct 10	Lisa Markley	Oct 19	Dick Farst	Oct 28
Debbie Taube	Oct 10	Linda Stacy	Oct 19	Lynn Strickland	Oct 29
Debbie Gwinner	Oct 10	Dianna Fry	Oct 20	James Stewart	Oct 29
Cathy Fraker	Oct 10	Richard Gorenflo	Oct 20	Sharon Davis	Oct 30

## October Anniversaries

Louis & Betty Hughes	October 05, 1946	73 years
Paul & Lucille Kennedy	October 06, 1951	68 years
Lowell & Kitty Schlecht	October 01, 1955	64 years
Wallace & Nancy Beckel	October 30, 1960	59 years
James & Phyllis Franklin	October 14, 1961	58 years
Larry & Barbara Fairchild	October 12, 1963	56 years
Gary & Armida Callahan	October 29, 1965	54 years
Larry & Pam Gandee	October 01, 1967	55 years
John & Lorraine Hix	October 17, 1970	49 years
Jerry & Pebble Wyant	October 11, 1975	44 years
David & Debbie Gwinner	October 23, 1975	44 years
Connie & Lynn Thomas	October 19, 1979	40 years
Steve & Sue Schuler	October 18, 1980	39 years
Jimmie & Debbie Harris	October 13, 2001	18 years

## New Members

Joanne Haines	Sharon Barnett	Jeff Ruth
Nora Cook	Ed & Cindy Little	William Tobin
Bud & Linda Jorgensen	Dorothy Hughes	Carla Campton
Philip & Kathy Schaber	Judy Nemeth	Tracy Phillips
Joelle DeFranks	Ed & Barbara Tackett	Paula Akers
Alana Lindsay	Jody Strobel	Bill Probst
Linda Allberry	Cathy Fraker	

# Volunteer of the Month

## MEET LESA WILLIAMS

By Tim Frericks

It is appropriate that Lesa Williams, our volunteer of the month, was born in the state of Missouri and, except for the last two years, lived her entire life in Missouri (the “SHOW ME STATE”). This is because Lesa shows us how to overcome challenges and how to be happy, contented and likable—just like the person we know today.

Lesa moved to Marion approximately two years ago and soon joined the Senior Center where she now volunteers as a “Greeter” every Monday. After her birth and early education in Unionville, Missouri she attended nearby Indian Hills College in Centerville, Iowa to obtain a Licensed Practical Nurse (LPN) degree. She then began a 27 year career as an LPN with the Northern Regional Medical Center in Kirksville, Missouri.

Lesa has had to face some challenges. Life has not been a bed of roses for Lesa. Her 35 year marriage to Leroy Williams ended with his death approximately 12 years ago. She has also had to endure the death of her oldest sister, Cathy. Her challenges continued with health problems: bouts with thyroid cancer in 1991 and breast cancer in 2013 and a stroke in 2012 which necessitated a pacemaker implant in 2014. These diffi-



culties would have crushed a lesser person but membership in the Grace Baptist Church certainly helped her.

Undaunted, Lesa soldiers on. She goes to the YMCA three times per week for water aerobics and has become adept at crocheting and at making cards for almost all occasions. She also has three children; twin girls, Gina and Tina, age 38 and a son, Travis, age 37.

She loves to travel on the trips offered by the Senior Center. She especially enjoyed the trip to Wheeling, West Virginia to observe their Christmas lights. Mostly recently, her independent travel is confined to trips back to Missouri.

Lesa’s life is an example to follow and a definite asset to the Senior Center.



# Featured EVENTS



## ◀◀ Popcorn & Movie ▶▶ Thursday, October 10 - 12:30 pm

Experience the fun of an afternoon matinee, complete with a complimentary box of popcorn during this monthly event! We set up theater-style seating in the *Multipurpose Room*, then lower the shades and dim the lights to create a movie theater atmosphere for you to sit back, relax, and enjoy watching a newly released movie on our big screen TV! Feel free to come alone, or join some friends! *Please see the poster located on the activity board near Lisa's office for movie details.*



*Thursday, May 23*

*Evening Dance - Thursday, Oct. 26*

## HALLOWEEN COSTUME PARTY & DANCE

Dress up in costume or come as you are. Prizes for most creative costumes! DJ Zack Nicolosi. Dance is from **6 to 8 pm**. Cost is **\$5** in advance/**\$8** at the door. Free snacks will be served. Public welcome!



*Marion Auto Sales*

## ⌘ Classic Cinema ⌘

Join us on the **1st** and **3rd Wednesday** each month at **12:30 pm** in the *Multipurpose Room*. Enjoy free popcorn while watching these classic films starring Hollywood's most important stars. This month's classic movies feature **Jimmy Stewart** in:

- **Wed., Oct. 2:** Rear Window
- **Wed., Oct. 16:** Vertigo

# *Trips on the Horizon*

## **Amish Heritage Tour**

***This Trip is Sold Out! Thank You Members!***  
***Tuesday, October 1***

We will depart the Center at **8 am** on **Tues., October 1** via **S&S** motorcoach headed to Berlin, OH. Cost is **\$85 Members/\$95 Non-Members**.

## **Cape Cod & Cranberry Harvest** ***Sat., Oct. 6 - Sat., Oct. 12***

We will depart the Center on **Saturday, October 6** via **Brewster** motorcoach headed to the sandy shores of Cape Cod, the home to both natural beauty and quaint colonial villages. You will tour scenic byways winding through centuries of Cape Cod history, board an excursion vessel for an amazing experience of whale watching with an onboard naturalist as your guide. You will also take a speed ferry to Martha's Vineyard where you'll board a local bus for a sightseeing tour. You'll also tour historic Hyannis and enjoy a train ride aboard Cape Cod Central Railroad as you pass beautiful cranberry bogs, natural woodlands and lush marshes on your way to Wareham for a cranberry bog tour by A.D. Makepeace, the world's largest cranberry grower. All this, plus much, much more! Cost is **\$999** per person\*, which includes 6 nights lodging, 6 breakfasts, 3 dinners, and all transportation. **Sign up NOW** with a \$20 non-refundable deposit. *\*Double Occupancy*

## **Scioto Downs - Columbus** ***Thursday, October 31***

We will depart the Center via Lakefront charter coach at **8:30 am** to visit Scioto Downs. Cost of the trip is **\$35**, which includes \$20 slot play and \$5 food voucher. **Sign up NOW** with a \$20 non-refundable deposit.

## **Louisville & Nashville** **for the Holidays** ***Wed. - Sat., December 4 - 7***

This **Prime Tours** trip features 1 night at the **Galt House** in Louisville and 2 nights at the **Opryland Resort Hotel** in Nashville. Tour holiday lights and visit historic sites, along with great entertainment, including a Riverboat Dinner Show and a Christmas Dinner Show at Opryland featuring **Trace Adkins**. Cost is **\$1099\*** per person. Call or see Lisa for full details. Sign up now! *\*Double Occupancy*

## **New York City**

***This Trip is Sold Out! Thank You Members!***  
***Thurs. - Sun., November 14 - 17***

This **Prime Tours** trip features New York's top attractions, Radio City Rockettes Christmas Spectacular, 3 nights at the art deco Edison Hotel just off Times Square (and OSU at Rutgers football game option at an additional cost). Cost is **\$1144\*** per person. Call or see Lisa for full details. Sign up now with \$400 deposit. Balance due Sept. 1.

***Coming in 2020...***

## **Join us for a trip to Arizona for** **Springtime 'Fun in the Sun'** ***Mon. - Sat., March 2 - 7, 2020***

Escape the winter doldrums with this **Prime Tours** getaway adventure. Enjoy fun in the Arizona sun, shop in the galleries of Old Town Scottsdale, explore red rock country via passenger train on Verde Canyon RR, visit the Musical Instrument Museum (rated Phoenix #1 attraction), plus choose from options to golf, take a day trip to the desert or Grand Canyon, or watch the Cleveland Indians and Cincinnati Reds in spring training action (additional cost may apply). Each evening you can relax while enjoying 'Manager Receptions' featuring complimentary cocktails and light snacks at Embassy Suites Biltmore, or shop at the upscale Biltmore Fashion Place next door. Cost is **\$1999** per person\*, which includes roundtrip airfare from Columbus to Phoenix, 5 nights at Embassy Suites Biltmore, 5 hot breakfast buffets featuring made-to-order items, nightly manager receptions, admission to museum, train ride, and group dinner at Organ Stop Pizza. *\*Price based on Double Occupancy. Estimated airfare subject to change. Final airfare available May 2019. Extra fee for checked bag may apply.*

## **Hawaiian Island Cruise** ***November 12 - 21, 2020***

This **Prime Tours** cruise aboard Norwegian Cruise Line allows you to see four islands in seven days. This award-winning itinerary gives you 100 hours in port, so you can capture the spirit and soul of Hawaii as you visit Oahu, Kauai, Maui, and the Big Island. Plus 2 nights in Honolulu, tours to Pearl Harbor and beautiful North Shore. Cost is **\$3999 - \$4899** per person\* which includes round trip airfare from Columbus to Honolulu, 2 nights hotel on Oahu, 7 night cruise on Norwegian Pride of America. *\*Price based on Double Occupancy & cabin location preference. Airfare subject to change. Final airfare available January 2020. Extra fee for checked bag may apply.*



## Marion Senior Center

2375 Harding Hwy. E.  
Marion, Ohio 43302

8:00 a.m. to 4:00 p.m.  
Monday through Friday  
Office: 740-387-6100  
Transportation: 740-387-5444

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

## Directory

**Director:** Steve Badertscher

**Activity Coordinator:** Lisa Richardson

**Social Service Coordinator:**  
Cindy Jennings

**Transportation Coordinator:** Barb Arms

**Bookkeeper:** Jackie King

**Maintenance Supervisor:** Jay Yarger

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

Email: [info@marionseniorcenter.com](mailto:info@marionseniorcenter.com)  
or follow us on Facebook



### **Need a Ride? Transportation Available for Seniors**

If you, or someone you know age 60 and older, are seeking transportation for needs-based appointments, the Marion Senior Center is here to help. We provide transportation (on a donation basis) to and from appointments in Marion County. Transportation is available every **Monday through Friday between the hours of 8:00 am & 3:30 pm**, excluding holidays. **To learn more, contact the Center's Transportation Desk at (740) 387-5444 or Ohio District 5-Area Agency on Aging at 1-800-522-5680.**

*\*Handicap-accessible transportation is now available!*

### **Need a Personal Shopper?**

We have a personal shopper available to help homebound Seniors age 60+. If you, or someone you know, could use ongoing assistance with shopping needs, **please contact Social Services Coordinator Cindy Jennings at (740) 387-6100.**

*Sponsored by a Title III Grant under the Older Americans Act, administered through the Ohio Department of Aging and District 5 Agency on Aging with local funding through the City of Marion and the Marion County Council on Aging (Senior Services Levy). The Marion Senior Center and its programs are open to all persons 50 years of age or older regardless of their sex, race, income, national origin, religion or handicap.*