

# The Sentinel

Volume 37 • Issue 3

March 2020



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
Volunteer of the Month	10
Movie/Upcoming Events	11
Trips on the Horizon	12 & 13
Life at the Center	14
Ads	15
Directory	Back

**Evening DANCE**  
**Country Theme**  
Thursday, March 26

## St. Patrick's Day Celebration

*Monday, March 16 at 11:30 am*



Join us on **Monday, March 16** for a fun St. Patrick's Day Celebration. The event will begin with lunch served at 11:30 am, with a menu featuring Irish Brunswick Stew, Mashed Potatoes, Dinner Roll, a special Shamrock Dessert, and a Beverage. Members and guests are encouraged to dress in your favorite green apparel! After lunch, we'll enjoy a concert featuring classic Irish tunes by Carolyn Heimlich. This event is free (*with the exception of the meal, which is priced a la carte*) and open to the public!



Featured musical guest for our *St. Patrick's Day Celebration* is pianist **Carolyn Heimlich**. Carolyn graciously donates her time and talents entertaining Center members throughout the year. Please join us for a delicious meal and a free concert, typically on the **third Monday** each month.

# 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, March 25** 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 **Game 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.

## 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 **DeWolfe Place**. Our next **New Member Mixer** is **Friday, April 3**. If you are planning to attend, please call **Lisa Richardson** at **(740) 387-6100** to RSVP.

## ENERGY ASSISTANCE PROGRAM

The **Home Energy Assistance Program (HEAP)** can help income eligible Ohioans manage their utility bills. **March 2020** is the deadline to apply for extended payment plans or improving the energy efficiency of your home. See **Cindy Jennings** for an application or more information.

## MONDAY LUNCH MENUS\*

*\*Subject to change*

March 2	March 9	March 16	March 23	March 30
Ham Loaf	Potato Soup	Irish Brunswick	Marzetti	Beef & Noodles
Sweet Potato	Tossed Salad	Stew	Garlic Toast	Mashed
Casserole	Peach Cobbler	Mashed Potatoes	Tossed Salad	Potatoes
Green Beans		Roll	Cake	Mixed Veggies
Tossed Salad		Dessert		Pie
Pudding				



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.

# Improving Seniors Lives



## Tax Season is Here!

**AARP Tax-Aides** are planning to be of assistance to the residents of Marion County with tax preparation on **Fridays** at Marion Senior Center. Please call **(740) 387-6100** to schedule an appointment (*required*) to have your taxes prepared and e-filed.

Tax preparation began on Friday, February 7, 2020.

**Please bring the following to your appointment:**

- A copy of your last year's tax return along with a picture ID for the taxpayer(s) on the return.
- Social Security cards or ITIN documentation for all.
- Income documents – Forms W2, SSA 1099, 1099R, 1099G, other 1099 forms, self-employment income statements and information, along with any other income documents you may have.
- Brokerage statements – sale of stocks or bonds.
- Healthcare – 1095 A, B, or C.
- Bank check for direct deposit/debit refund/balance due.
- Receipts for all deductions to itemize or expense.
- Records of federal and state taxes paid.
- Educational expenses – Form 1098-T and exp. receipts.

## HEALTHY LIVING FOR YOUR BRAIN & BODY

**Stephan Cooke** from the *Columbus Alzheimer's Association* will be presenting a discussion on **"Healthy Living for Your Brain and Body"** at **11:30 am** on **Tuesday, March 10.**

The presentation will be hosted at **Marion County Council on Aging**, 125 Executive Dr. Suite 2, Marion, Ohio 43302.



You will learn helpful tips regarding diet and nutrition, exercise, cognitive and social activity and will also be given tools to incorporate these recommendations into your daily living. A light lunch will be provided. **Please call 740-387-0401 to reserve a spot.**



# Health & Fitness

## Morning Line Dancing with Royce

This **Line Dancing** class meets on **Monday** and **Friday** mornings at **9:30 am**. Instructor **Royce Farson** always welcomes new class members in both classes.

## Afternoon Line Dancing with April

This **Line Dancing** class meets on **Tuesday** afternoons at **2:15 pm**. Instructor **April Morrison** always welcomes new members.

## Pace Setters Walking Club

The Center's walking club will begin next month on April 1. Members walk laps on the newly paved track located behind **Marca/ MCBDD**, and have walked over 604.5 miles last year as a group! Track your laps and earn great prizes. The more you walk the more you earn! There's still time to join. See Lisa to get registered for this free program... and start walking! **Humana** will sponsor our club again this year.



*A new gate was recently installed to make access to the Pace Setters walking path much easier and safer!*

## Golf League at Green Acres

Marion Senior Center Golf League is tentatively scheduled to play at **Green Acres** on **Wednesday** mornings this season. Arrive at **8:30 am** for pairings, with tee times beginning at 9 am. Cost for 9 holes and carts is yet to be determined. There will also be a \$10 cost towards the prize fund for the season.

## Pickleball

Pickleball is the fastest growing sport in America! **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**.

## Pickleball Bootcamp

It's never too late to learn how to play a new sport - including Pickleball - the fastest growing sport in America! We will be hosting a 3-day **Pickleball Bootcamp** in **May** with instructor **Terry Dennis** providing free step-by-step instruction on the following:

- Pickleball Basics
  - Pickleball Technique
  - Pickleball Strategy
- See **Lisa** to sign up today!



*Instructor Terry Dennis*

## 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 and training methods to improve your strength, core conditioning, toning, and balance.



*Intro to Fitness class participants enjoying some fun, creative exercises meant to improve hand-to-eye coordination, range of motion, and balance.*

## 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.

## Fitness Center

Our **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 and lower body strength and conditioning. **The Fitness Center is open to members anytime the Center is open**. Please consult your physician before beginning any exercise activities.



Along with leading her "Intro to Fitness" class on Wednesday mornings at 9:30 am, Certified Personal Trainer **Cindy Jennings** also is available after the class to answer individual questions regarding the Fitness Center equipment.



*Tai Chi is a great low-impact exercise to improve balance.*

## 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*.

## Reiki

Reiki is a Japanese relaxation technique that helps the body heal itself. Instructors **Steve and Marlene Renick** will be providing Reiki sessions once per quarter. The next sessions are scheduled for **Friday, April 17** and **Friday, April 24**. Please see **Lisa** to schedule an appointment.

## **New!** Beginners YOGA

Instructor **Laura Brown** leads a Beginners YOGA class on **Thursdays at 11:30 am**. Class will progress slowly beginning with chair yoga. Yoga is very beneficial for both mental and physical well being. Relieving stress, improving posture, flexibility, and balance are benefits of yoga. **Cost is \$3 per class**, payable to **Laura Brown**.



## **New!** Intro to Hatha YOGA

Instructor **Laura Brown** leads an intro level HATHA YOGA class on **Wednesdays at 3 pm**. This style of yoga focuses on physical postures, supportive breathwork, and flexibility. **Cost is \$3 per class**, payable to **Laura Brown**.



# Classes, Activities & Programs

## 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. *Note: There will be no Craft Class in February.*

## '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 2 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. *Note: The class will be taking a break in January and February, then will return in March.*

## 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. *Note: There will be no Liquid Stained Glass Class in February.*

## Recipe 'Prepare & Share'

Cooking enthusiasts meet out front near the kitchen on the **2nd Wednesday** each month at **Noon** to prepare and share our favorite dishes along with the recipes. This month's theme is **"Soup or Salad"**...so bring your best soup or salad to share, along with copies of your recipe.

## 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.

## Heartland Trivia

**Hillary Gray** from *Heartland* will be hosting "Trivia" games on the **second Wednesday of each month at 10 am** in the *Craft Room*. Heartland also provides breakfast goodies!

## Left, Right, Center (LRC)

This wildly popular dice game is easy to learn and simple to play... with lots of prizes to win! The group meets out front with **Theresa Randall** of *Kindred Hospice* on the **second Thursday** and with **Cindy Jeffrey** from *Kindred Hospice* on the **fourth Tuesday** 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**.

## Choir

Director **Ednita Vafior** welcomes everyone to join the Center's choir, "Seniors in Song". Practices are held on **Thursday mornings at 9:45 am**.

# Classes, Activities & Programs



## ETA - Floral Arranging

The next **ETA** (*Exploring the Arts*) class will be "Floral Arranging" instructed by **Marion Flower Shop** on **Thursday, March 5** in the **Craft Room**. ETA program participants can **register now with Lisa**. Cost is \$20, which includes all materials for the floral arrangement you will create and keep.

## Coffee, Cupcakes & Canvas

Back by popular demand on **Wednesday, April 22 at 10 am**, instructor **Ariel Ingram** will once again lead our group. Sip some coffee and enjoy some yummy cupcakes as you create your very own masterpiece. No painting experience necessary. Cost is \$25. Please see Lisa to register and see a sample painting for this class.



## Bridge

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

## 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**.

## 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!

# March 2020 • Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>2</b> 8:30-Open Billiards 9:00-Exercise 9:30-Mind Games* 9:30-Line Dancing 10:00-Bridge 11:30-Lunch 12:00-Pinochle 12:00-Euchre 12:15-Hand & Foot Cards	<b>3</b> 9:00-Aerobics 9:00-Books, Balance & BS 10:00-Bridge 10:00-Bible Study 10:00-Zumba Gold Toning 11:00-Strength Training 12:15-Dominoes 12:30- <i>RSVP!</i> Food for Thought* 12:30-Texas Hold 'Em 1:00-Rummikub 2:00-Hooks & Needles 2:15-Line Dancing	<b>4</b> 8:30-Open Billiards 9:00-Exercise 9:30-Intro to Fitness 10:30-Tai Chi 12:30-Open Sewing* 3:00- <i>New!</i> Intro to Hatha YOGA*	<b>5</b> 9:00-Aerobics 9:30-Breakfast for the Brain* 9:45-Choir* 10-ETA: Floral Arranging* 11:00-Hand & Foot Cards 11:30- <i>New!</i> Beginners YOGA* 12:00-Bid Euchre 12:00-Mahjong
<b>9</b> 8:30-Open Billiards 9:00-Exercise 9:30-Mind Games* 9:30-Line Dancing 10:00-Bridge 11:30-Lunch 12:00-Pinochle 12:00-Euchre 12:15-Hand & Foot Cards	<b>10</b> 9:00-Aerobics 9:00-Books, Balance & BS 10:00-Bridge 10:00-Bible Study 10:00-Zumba Gold Toning 11:00-Strength Training 12:15-Dominoes 12:30-Texas Hold 'Em 1:00-Rummikub 2:00-Hooks & Needles 2:15-Line Dancing	<b>11</b> 8:30-Open Billiards 9:00-Exercise 9:30-Intro to Fitness 10:00-Heartland Trivia* 10:30-Tai Chi 12:00-Recipe Prepare & Share* 12:30-Open Sewing* 3:00-Desserts & Memories* 3:00- <i>New!</i> Intro to Hatha YOGA*	<b>12</b> 9:00-Aerobics 9:30-Breakfast for the Brain* 9:45-Choir* 11:00-Hand & Foot Cards 11:30- <i>New!</i> Beginners YOGA* 12:00-Bid Euchre 12:00-Mahjong 12:30-Popcorn & Movie* 2:30-LRC*
<b>16</b> 8:30-Open Billiards 9:00-Exercise 9:30-Mind Games* 9:30-Line Dancing 10:00-Bridge <b>11:30-St. Paddy's Lunch*</b> 12:00-Pinochle 12:00-Euchre 12:15-Hand & Foot Cards	<b>17</b> 9:00-Aerobics 9:00-Books, Balance & BS 10:00-Bridge 10:00-Bible Study 10:00-Zumba Gold Toning 11:00-Strength Training 12:15-Dominoes 12:30- <i>RSVP!</i> Food for Thought* 12:30-Texas Hold 'Em 1:00-Rummikub 2:00-Hooks & Needles 2:15-Line Dancing	<b>18</b> 8:30-Open Billiards 9:00-Exercise 9:30-Intro to Fitness 10:30-Tai Chi 12:30-Senior Center Bingo* 12:30-Open Sewing* 3:00- <i>New!</i> Intro to Hatha YOGA*	<b>19</b> 9:00-Aerobics 9:30-Breakfast for the Brain* 9:45-Choir* 11:00-Hand & Foot Cards 11:30- <i>New!</i> Beginners YOGA* 12:00-Bid Euchre 12:00-Mahjong
<b>23</b> 8:30-Open Billiards 9:00-Exercise 9:30-Mind Games* 9:30-Line Dancing 10:00-Bridge 11:30-Lunch* 12:00-Pinochle 12:00-Euchre 12:15-Hand & Foot Cards 12:30-Food Box Day* <b>F</b>	<b>24</b> 9:00-Aerobics 9:00-Books, Balance & BS 10:00-Bridge 10:00-Bible Study 10:00-Zumba Gold Toning 11:00-Strength Training 12:15-Dominoes 12:30-Texas Hold 'Em 1:00-Rummikub 2:00-Hooks & Needles 2:15-Line Dancing	<b>25</b> 8:30-Open Billiards 9:00-Exercise 9:30-Intro to Fitness 10:30-Tech Time with TJ* 10:30-Tai Chi 12:00-Lunch 12:30-Open Sewing* 1:30-Jam Session* 3:00- <i>New!</i> Intro to Hatha YOGA*	<b>26</b> 9:00-Aerobics 9:30-Breakfast for the Brain* 9:45-Choir* 11:00-Hand & Foot Cards 11:30- <i>New!</i> Beginners YOGA* 12:00-Bid Euchre 12:00-Mahjong <b>6:00-Evening Dance*</b>
<b>30</b> 8:30-Open Billiards 9:00-Exercise 9:30-Mind Games* 9:30-Line Dancing 10:00-Bridge 11:30-Lunch 12:00-Pinochle 12:00-Euchre 12:15-Hand & Foot Cards	<b>31</b> 9:00-Aerobics 9:00-Books, Balance & BS 10:00-Bridge 10:00-Bible Study 10:00-Zumba Gold Toning 11:00-Strength Training 12:15-Dominoes 12:30-Texas Hold 'Em 1:00-Rummikub 2:00-Hooks & Needles 2:15-Line Dancing	<b>Wear a lil' GREEN to the</b>  <b>LUNCH EVENT</b> <b>Monday, March 16 11:30</b>	<b>Save the Date!</b> <b>Easter Dinner</b>  <b>Thursday, April 9</b>



# Birthdays & Anniversaries

## FRIDAY

6

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

13

8:30-Open Billiards  
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

20

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

27

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

**F** = Food Box Day

**T** = Trip Departure

**D** = Thursday Evening Dance

\*See Article Inside for Details

## March Birthdays

Bertha Barber	Mar 01	Sandy Billenstein	Mar 10	Claudia DeVore	Mar 21
Joan Hawkins	Mar 02	Bill Phillips	Mar 11	James Thompson	Mar 21
Jane Bender	Mar 02	Mary Sue Peppard	Mar 11	Phyllis Fate	Mar 22
Madelyn Decker	Mar 03	Frank Waldo	Mar 12	Barbara Klee	Mar 22
Susan Cole	Mar 03	Ellen Shuster	Mar 12	Pat Rohler	Mar 22
Jackie Eizensmits	Mar 03	Ron Cramer	Mar 13	Sylvia Jewell	Mar 22
Ervin "Sonny" Hunt	Mar 03	Lee Pikciunas	Mar 13	Judy Lucas	Mar 23
Marge McMillan	Mar 03	Mary Hatfield	Mar 13	Pamela DeGood	Mar 24
Antoinette "Toni" Alic	Mar 04	Mary Lee	Mar 14	Aleta Geib	Mar 25
Larry Kelly	Mar 04	Janet Wulff	Mar 14	Barbara Heimlich	Mar 25
Ruth Stanley	Mar 04	Becky Dutton	Mar 14	Curley McGary	Mar 25
Jeffery Hughes	Mar 04	Barry Gustin	Mar 14	Pamela Pearson	Mar 25
Judy Daum	Mar 05	Kiyomi Vargo	Mar 15	Kathy Conley	Mar 26
Jerry Steiner	Mar 05	Karen		Barbara Hassel	Mar 26
William Brelsford	Mar 05	Fletcher-Bollinger	Mar 15	Priscilla Bishop	Mar 26
Larry Elliott	Mar 05	Pauline Howard	Mar 16	Steve Snider	Mar 26
Peg Chesser	Mar 06	Tom Cehelnik	Mar 16	Dale Linstedt	Mar 27
Lucy Pfahler	Mar 06	Paulette Swisher	Mar 16	Sharon Luton	Mar 27
Dan Dunlap	Mar 06	Leonard Bogan	Mar 17	Betty Stanford	Mar 27
Betty Scheiderer	Mar 07	Patricia Schneider	Mar 17	Tom Moore	Mar 27
Keith Peppard	Mar 07	Wilma Aldridge	Mar 17	Ivan Lanius	Mar 28
John Oakey	Mar 07	Patricia Sampson	Mar 17	JoAnn Neal	Mar 28
Barbara Adams	Mar 07	Bob Coffman	Mar 17	Jean Gelbaugh	Mar 29
Ken Anderson	Mar 08	Kenneth Cole	Mar 18	Doug Hoffman	Mar 30
Roger Smith	Mar 08	Tammy Webber	Mar 19	Bob Kern	Mar 30
Steve Doyle	Mar 09	Jim Beaver	Mar 20	Diane Pearson	Mar 30
Deb Douglas	Mar 09	Carol P. Burley	Mar 20	Patty Shifflet	Mar 30
Joe Mantey	Mar 09	Florence Wright	Mar 20	Bede Agner	Mar 30
Gabe Vafloor	Mar 10	Richard Byrd	Mar 20	Timothy Ullom	Mar 31
Mike Winders	Mar 10	Sharon Trainor	Mar 20		
Connie Franklin	Mar 10	Virginia Holloway	Mar 21		

## March Anniversaries

Paul & Nannette White	March 24, 1951	69 Yrs
Bob & Sue Miley	March 21, 1965	55 Yrs
Dan & Virginia Dunlap	March 17, 1968	52 Yrs
Howard & Cathy Bard	March 18, 1968	52 Yrs
Mike & Karen Winders	March 19, 1972	48 Yrs
Jeffery & Loretta Hughes	March 24, 1987	33 Yrs

## New Members

Sandra Armbruster  
Donna McPeck  
Tammy Webber  
Tecola Hill

Patricia Hill  
John & Carolyn Heimlich  
Steve Roseberry  
Barbara Adams

Richard & Sandy Lust  
Gary & Barb Drake  
Bob & Karolyn Frasure

# Volunteer of the Month

## MEET CINDY JEFFREY

By Tim Frericks

In the song “Take Me Home Country Roads,” singer John Denver extols the mountain state of West Virginia as “almost heaven.” That same sentiment is shared by our volunteer of the month Cindy Jeffrey. Having spent her formative years in West Virginia she has gracefully transitioned to life in Marion but her heart belongs to West Virginia.

Although Cindy was born in Alexandria, Virginia in 1971 her family moved to Craigsville, West Virginia. Years later Cindy graduated from Richwood High School in nearby Richwood, West Virginia which was followed by her marriage to Richwood native David Jeffrey. Cindy soon became a stay-at-home mom with the birth of her son Zachary. Seven years later the birth of son, Trevor, mandated her stay-at-home motherhood continue — for a total of 12 years.

As the children grew older Cindy attended a school in Dayton, Virginia and the Para Professional Program in Rockingham County where she learned teaching techniques for Special Ed students, including autistic children from 2004 to 2009.

She also attended the Page County Technical School in Virginia from 2010



to 2017 with training that enabled her to earn her certification as an Licensed Practical Nurse. She is currently employed by Kindred Hospice in Marion where her job duties chiefly involve recruiting.

Cindy’s main leisure time activity is camping out and she has done so “all over” West Virginia. In Ohio she and David also do their camping mostly in the Lake Erie area. Cindy has one brother, Marty and one sister, Connie. Cindy’s two sons Zachary is now 28 and Trevor is 21.

Although Cindy is only 48 years old and too young for membership in our Center it is evidence of her special character that she has volunteered in many activities helping out wherever needed. Truly Cindy has brought a little bit of heaven to the Center.



# Upcoming Events



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

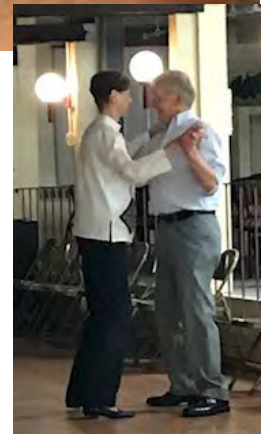
Experience the fun of an afternoon matinee, complete with a complimentary box of popcorn during this monthly event! We set up theater-style seating in the *Multipurpose Room*, then lower the shades and dim the lights to create a movie theater atmosphere for you to sit back, relax, and enjoy watching 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.



## 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:

- **St. Paddy's Day Lunch** - Monday, March 16; 11:30
- **Easter Dinner** - Thursday, April 9; noon
- **Volunteer Appreciation Day** - Monday, April 20
- **Senior Citizens Day** - Monday, May 11; noon



## 'Food for Thought' *Lifelong Learning & Lunch!*

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, March 3 - 12:30 pm.**

**Topic: "Cyber Security for Seniors"**

**Brief:** How to protect yourself from online predators, telephone scams and computer viruses.

**Instructor:** Wayne Strunk, Technology Specialist

**Tuesday, March 17 - 12:30 pm.**

**Topic: "You're Never Too Old to Donate Organs"**

**Brief:** Organ donation facts, statistics and an overview of the donation process re: seniors.

**Instructor:** Adrianna Wise, *Lifeline of Ohio*

## Thursday Evening March 26 Country Dance

This month's dance will feature a Country theme. DJ Evan Richardson will be playing all your favorites, including classic line dance songs. The dance will be hosted on **Thursday, March 26** from **6 - 8 pm**. Evening dances are open to the public with both singles and couples welcome. Cost is **\$5** in advance/**\$8** at the door.



# *Trips on the Horizon*

## **LaComedia: 'Footloose'**

**Friday, April 17**

We will travel to Springboro, OH on this **Brewster Tour** trip to enjoy dinner and a show. **La Comedia**, is one of the nation's largest professional dinner theaters known for their Broadway-style productions and a famous mouth-watering buffet. Based on the 1984 hit film, '**Footloose the Musical**' features an Oscar and Tony-nominated musical score and soundtrack with hits such as "Let's Hear it for the Boy", "Almost Paradise", "Holding Out for a Hero", and "Footloose". Cost is \$89\* per person.

## **Western 'Fixer Upper' Adventure Missouri, Oklahoma, Texas and More!**

**June 11 - 20**

We will travel out west on this **Brewster Tour** which features stops in Oklahoma to visit **Precious Moments Visitors Center and Chapel**, the famous **Pioneer Woman's Mercantile**, **Oklahoma City National Memorial and Museum**; quality time in San Antonio, Texas with an overnight stay on the **Riverwalk** and guided city tour including **Mission San Jose** and the **Alamo**; next on to Waco, TX for a stop at **Magnolia Market and Silos** with a guided '**Fixer-Upper**' tour and dinner at **Waco Winery**; next stop Dallas, TX for a guided tour of the city and visit to the **6th Floor Museum**; then on to Memphis, TN to visit **Graceland** with the '**Elvis Experience**' and overnight stay at **Guest House at Graceland**; and finally Nashville, TN with dinner at **Opry Backstage Grill** and premium seating for the **Grand Ole Opry** performance. Cost is \$2187\* per person, includes admissions and tours, 9 breakfasts, 2 lunches, 5 dinners, and 9 nights lodging.

*\*Double Occupancy*

## **Pigeon Forge & Smoky Mountains Show Trip**

**Mon. - Fri., September 14 - 18**

This **Diamond Tours** trip features two dinner shows: **Soul of Motion** and **America's Hit Parade**; two evening shows **Wonders of Magic** and **Country Tonite**; one morning show: **The Smith Morning Variety Show**; free time in historic downtown Gatlinburg; guided tour of the **Great Smoky Mountains National Park**; admission to **Titanic: The World's Largest Museum** attraction; eight meals (4 breakfasts/4 dinners); and 4 nights lodging. Cost is \$529\* per person. Call or see Lisa for full details. *\*Double Occupancy*

## **Murder Mystery Dinner Train**

**Tuesday, September 22**

We'll depart the Center at 8:30 am for Blissfield, MI on this **Great Days! Tours** day trip to catch the Murder Mystery Luncheon Train. As the train makes a leisurely 12-mile roundtrip through the countryside you are served a wonderful meal all while being entertained by a troupe of actors and actresses performing a comical interactive murder mystery. **Cost is \$99 per person**, includes lunch, train ride/entertainment, and transportation. Sign up now!

## **Indians at Reds Overnight**

**Tues. - Wed., July 7 - 8**

We will travel to Cincinnati, OH on this **Prime Tour** trip to enjoy a "Battle of Ohio" baseball game between the **Cincinnati Reds and Cleveland Indians**. The trip starts with a private guided tour of the **American Sign Museum**, before checking in to **Radisson Hotel** in Covington, Kentucky prior to the game. Then we'll enjoy dinner (*on your own*) and great lower level seats to watch the game at **Great American Ballpark**. On day two, we'll enjoy breakfast, then learn about the history and heritage of Cincinnati and Northern Kentucky on a guided **American Legacy Tour**. Cost is \$365\* per person. *\*Double Occupancy*

## **Chicago**

### **Explore the Wonders of the Windy City**

**Fri. - Sun., August 7 - 9**

We will travel to Chicago, Illinois on this **Brewster Tour** trip to enjoy a **guided tour** of the "Windy City", shopping on the **Magnificent Mile**, fun attractions and activities exploring historic **Navy Pier**, and watching a professional baseball game at the former Comiskey Park between the **Chicago White Sox and Cleveland Indians**, plus a patio pass to an all-you-can-eat buffet located in the stadium. Cost is \$550\* per person, includes admissions and tours, 2 breakfasts, 2 nights lodging, and transportation.

*\*Double Occupancy*

## **Wright-Patt Air Force Museum**

**Thursday, July 16**

We will travel to Dayton, OH via **S&S Motorcoach** to visit the largest military aviation museum in the world. On our return trip we'll enjoy dinner at Young's Jersey Dairy, famous for their homemade ice cream. Cost is \$65, which includes admission, dinner and transportation. Sign up now



# *Trips on the Horizon*

## **‘Jaws with Paws’ Day Trip**

***Wednesday, June 24***

We will travel to Fremont, OH on this *Great Days! Tours* day trip to visit a nationally acclaimed “**Jaws with Paws Enforcing Laws**” canine training center. You’ll see demonstrations in techniques used to train hundreds of police dogs. Lunch at **Ole Zim’s Wagon Shed** will be served in a beautiful barn setting, followed by a tour of **Oak Haven Horse Farm**, where you’ll see beautiful Belgian Horses. A trainer will explain how they raise, train and show these beauties at fairs and festivals. A visit to **Chateau Tabeau Winery** will complete the trip, where you’ll enjoy 5 wine samples while listening to the owners tell their personal stories of starting their business and serving customers. Cost is **\$99\* per person**. Sign up now!

## **Mansfield Day Trip**

***Wednesday, July 22***

We’ll travel to Mansfield, OH to visit **Kingwood Center** and the historic homestead at **Malabar Farm State Park**.

## **Columbus Clippers Baseball**

### **“Dime-a-Dog Nights”**

***June 9, July 20 & August 18***

These trips depart the Center at **4 pm** to spend a relaxing summer evening watching the **Columbus Clippers** while enjoying ten cent hot dogs in beautiful Huntington Park, voted America’s #1 MLB minor league park. This season’s trips are: **Tuesday, June 9** vs. Charlotte, **Monday July 20** vs. Buffalo and **Tuesday, August 18** vs. Pawtucket. **Cost is \$20 Members/\$30 Non-members**. These extremely popular trips sell out fast, so sign up NOW!

## **Country Day Trip**

***Wednesday, August 5***

We will travel to Sunbury, OH to visit the **Glass Rooster Cannery** where you’ll tour their sustainable farm, make homemade natural soap and enjoy “Farm-to-Fork Buffet” for lunch. We’ll return to Marion County to tour historic **Owens Station Opera House**, along with the **Mill House, Covered Bridge** and **Blacksmith Barn**. Cost is **\$95**

## *“Socks for Seniors”*

Board members **Becky Yannitell, Barb Klee, Kathy Sherman** and **Paula Barron** organized and implemented a fundraising effort during the holidays to benefit area seniors in nursing homes. The **“Socks for Seniors”** committee members, assisted by Center staff, solicited and collected donations of new socks for residents of Marion-area nursing homes. Community members brought donations of socks to the Center to be displayed on a "Sock Tree" erected for the occasion. We had an overwhelming response to our drive, having collected **539 pairs** of new socks which the committee members delivered to seven Marion-area nursing homes in early January. The nursing homes were all very grateful, and included: **Marion Pointe, Harding Pointe, Marion Manor, Community Care & Rehabilitation, Presidential Post Acute, Brownstone Terrace, and Kiwanis Village (LaRue)**. Thanks to everyone who generously donated socks to this heartwarming (and foot warming) cause. Thank you to everyone who donated... we are already looking forward to next year's "Socks for Seniors" drive!



*“Socks for Seniors” Committee members collected 539 pairs of socks which they joyfully distributed to Marion-area nursing homes. Committee members pictured (l to r) are: Kathy Sherman, Becky Yannitell, Barb Klee, and Paula Barron.*





## 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.*