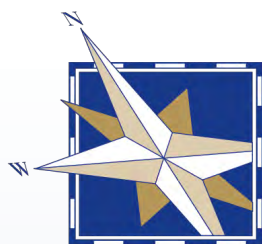


Volume 37 • Issue 7

The Sentinel

July 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

**The Center will
Remain Closed Until
Further Notice**

TEAMWORK *Makes the* **DREAM Work!**

We have certainly had more challenges thrown at us here at the Center these past few months than any other time in history! And although we feel we've handled those challenges quite well, we would be remiss if we didn't acknowledge and thank some very important individuals and organizations who collaborated (and continue to collaborate) with us to help navigate these unprecedented times.

First, let me start with our grant funding sources that make our vital senior services possible: Marion County Council on Aging (Senior Levy) and Area Agency on Aging - District 5. Since the very beginning of the pandemic, both organizations have been in lockstep with us providing essential services to our community's seniors, many who had no alternative option to obtain transportation for essential medical and dialysis appointments, and to purchase groceries. I have participated in weekly conference calls with my peers from seven neighboring counties in District 5 throughout the pandemic. The sharing of information and best practices has been invaluable as together we chart new territory. And our local Senior Levy and the services it enables was never more important than during these past few months!

Second, we appreciate the countless hours our mayor and his administration and the Marion Public Health staff have devoted to staying current and in compliance with the governor's executive orders and CDC recommendations with a laser focus on public safety and keeping us updated on the constantly-changing landscape of COVID-19.

Finally, I'm extremely grateful for the ongoing commitment of the staff and volunteers of the Center: drivers and transportation coordinators ensuring seniors get to and from essential appointments; personal shoppers keeping homebound client's cupboards full; staff members calling Center members, checking on their welfare and offering reassurance; volunteers distributing monthly food boxes to those in need; and our partners from LifeCare Alliance and their volunteers providing home-delivered meals. Truly teamwork at its best!

Be Kind & Stay Well,
Steve Badertscher, Director

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 the **last Wednesday each month** 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**. 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.

SENIOR TRANSPORTATION HEROES

Senior Transportation continues to run for "Essential Rides Only" (dialysis, medical, and grocery). Our dedicated van drivers continue to follow strict safety protocol -- which includes wearing a cloth mask -- while providing transportation to vital services for the seniors in our community.

Governor DeWine recently urged Ohioans to begin wearing cloth masks while in public, as recommended by the CDC. So, the newest update to our transportation protocol is a recommendation for all clients to also wear a mask. Since it's difficult to find and obtain cloth masks, our Transportation Coordinator **Barb Arms** volunteered to make the masks for our drivers as well as provide a complimentary mask to any of our seniors who may not have one available. (Thank you for your generosity and kind heart, Barb!)



Not all heroes wear capes... but a few definitely wear masks. Our area seniors are extremely thankful that we have dedicated drivers helping them get to and from essential services (dialysis, medical and grocery) through this difficult time.



Functional, yet fashionable! Transportation Coordinator Barb Arms has been creating and donating these cloth masks for our van drivers and also for any of our senior transportation clients who may not have one available.

Improving Seniors Lives



Update: AARP Foundation Tax Aides of Marion

We are not able to reopen to complete the tax returns for those of you that had an appointment for tax preparation after March 16, 2020 when all of AARP Foundation Tax Aide Sites were closed across the entire United States.

Covid-19, (Corona Virus) is vicious to those of us who are a bit advanced in age... it's a silent, sneaky, and unforgiving element that has brought all our lives to a halt in the way that we have known it to be. You, our tax clients and our volunteers, along with supporting staff at our Marion Senior Center Site are very important to all of us at AARP.

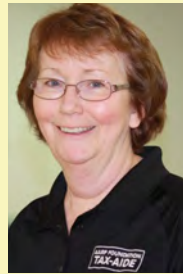
Our hope is that many, if not all of you have already had your 2019 Tax Returns completed. The deadline to file your 2019 Tax Return is still **July 15, 2020**.

There are Free File options for those of you who may be computer savvy or perhaps have a trusted family member that could assist you with your tax return. Go to [IRS.gov](https://www.irs.gov) and click on the box that says "do your taxes for free."

If this is not an option for you please search out a professional tax preparer to assist you with your 2019 tax return.

We're praying that our lives will all return to our normalcies but for now do know we care about you and want to keep you safe and are looking forward to getting together again for next year's tax returns.

Stay well and God Bless.



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**, but is currently on break until October. Instructor **April Morrison** always welcomes new members.

Pace Setters Walking Club

The Center's walking club will begin once the Center reopens. However, we encourage you to walk on your own until that time (while practicing proper social distancing, of course). Members walk laps on the nice paved track located behind **Marca/MCBDD**, and track their laps to earn great prizes. The more you walk the more you earn! **Humana** is our club sponsor.



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 begin on **May 21** and will be held at **Green Acres** on **Thursday** mornings this season. The league will conclude on August 27. Arrive at **8:30 am** for pairings (blind draw) with shotgun start at 9 am. Cost for 9 holes is **\$8 walking** or **\$15 with a cart**. 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** (date TBD) 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 will be scheduled on a future date to be determined. 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**.



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.

'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 resume in May.*

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 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 **"Mother's Favorite Dish"**...so bring your best dish 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 **Dianne Drollinger** 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 **date to be determined** at **10 am** 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 a **date to be determined** 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!

July 2020 • Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
F = Food Box Day T = Trip Departure  = Thursday Evening Dance *See Article Inside for Details	<div>12</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> <div>14</div> <div>15</div> <div>16</div> <div>17</div> <div>18</div> <div>19</div> <div>20</div> <div>21</div> <div>22</div> <div>23</div> <div>24</div> <div>25</div> <div>26</div> <div>27</div> <div>28</div> <div>29</div> <div>30</div> <div>31</div>		
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	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	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*	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 2:30-Lunch*
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	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	8:30-Open Billiards 9:00-Exercise 9:30-Intro to Fitness 10:00-Tai Chi 12:30-Senior Center Ring 12:30-Open Sewing*	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*
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* F	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	8:30-Open Billiards 9:00-Board Meeting 9:00-Exercise 9:30-Intro to Fitness 10:30-Tai Chi 12:30-Open Sewing*	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
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	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	8:30-Open Billiards 9:00-Board Meeting 9:00-Exercise 9:30-Intro to Fitness 10:30-Tai Chi 12:00-Lunch 12:30-Open Sewing* 1:00-Jam Session*	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

Birthdays & Anniversaries

FRIDAY

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	3
8:30-Open Billiards 9:00-Exercise 9:30-Line Dancing 10:00-King of the Pingo 11:00-Scrabble 1:00-Card Game 31 1:00-Mexican Poker 1:30-Tai Chi	10
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	17
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	24
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	31

July Birthdays

Betti Busch	Jul 01	Nannette White	Jul 10	James Kelley	Jul 19
Carol Kelly	Jul 01	Bob Miley	Jul 11	Loretta Bargaheiser	Jul 20
June Mackling	Jul 01	Mary Moodie	Jul 11	Char Browning	Jul 21
Toni Hurd	Jul 01	Rebecca Boston	Jul 11	Kenneth Payne	Jul 21
Karen Leyser	Jul 02	John Snyder	Jul 11	Dona J. Ulrich	Jul 21
Norma Plourde	Jul 02	Paul White	Jul 12	Norma Ward	Jul 21
Patricia Kelly	Jul 02	Sandra Brown	Jul 12	Robin Pedersen	Jul 21
Mary Lou Grose	Jul 03	Jack Graham	Jul 14	Linda Laucher	Jul 22
Gary Callahan	Jul 04	Linda Leffler	Jul 14	Martha Price	Jul 22
Sharon Huffman	Jul 04	Nancy Schiefer	Jul 15	Cecilia Witsberger	Jul 23
Debra Clayton	Jul 05	Rosemary Utley	Jul 15	Mary Shults	Jul 23
Judy L. Bean	Jul 06	Skip Miller	Jul 15	Barbara Fairchild	Jul 25
Sharalee Lore	Jul 06	Joseph Green	Jul 15	Gregory Klee	Jul 25
Linda Corbin	Jul 06	Jean Huebel	Jul 17	Peggy Vance	Jul 25
Dave Clayton	Jul 07	Margie Saull	Jul 17	Betty Hughes	Jul 26
Ann McAllister	Jul 07	Nondice Cox	Jul 17	Marie Stewart	Jul 26
Phyllis Spires	Jul 08	Stacy Squibb	Jul 17	Frank Jorgensen	Jul 26
Darlene Alexander	Jul 08	Mike Young	Jul 17	Betty Caprino	Jul 27
Alyce Ottman	Jul 08	Dawn Reeser	Jul 17	Donna Ferguson	Jul 27
Joyce Gattshall	Jul 08	Janie Moore	Jul 18	Jeannene James	Jul 28
Cathy Haycox	Jul 08	Marie Russell	Jul 18	Claudia Roadarmel	Jul 28
Susan Keirns	Jul 08	Elton Shuster	Jul 18	June Bender	Jul 29
Judy Walker	Jul 09	Mary Wickersham	Jul 18	Linda Aufdecamp	Jul 30
Wallace Beckel	Jul 10	Nancy Snyder	Jul 18	Connie Brown	Jul 30
Annelle Bushatz	Jul 10	Steve Roseberry	Jul 18	James Lowe	Jul 30
Beulah Owens	Jul 10	Roy Ferguson	Jul 19	Rosetta McCormack	Jul 30

July Anniversaries

Ira & Linda Stacy	July 25, 1964	56 years
Larry & Rosemary Scheff	July 30, 1966	54 years
Bob & Marti Simmons	July 05, 1969	51 years
William & Marcia Weir	July 26, 1970	50 years
Dave & Debra Clayton	July 30, 1977	43 years
Jim & Nancy Bowman	July 20, 1979	41 years
Tim & Mary Shoewalter	July 17, 1984	36 years
Ronald & Joyce Sanders	July 02, 1994	26 years
Fred & Terri Malone	July 15, 2005	15 years
Kenneth & Ermita Allen	July 02, 2019	1 year
Philip & Kathy Schaber	July 25, 2019	1 year

Volunteer of the Month

Food Box Day – June 22, 2020

Despite a little rain in the forecast, we were blessed with a pretty dry day as we distributed food boxes on Monday. Food Box recipients are doing a great job following the "No Touch Model" of distribution protocol by keeping their windows up and trunk lids open as they pick up their boxes. We distributed 241 food boxes to seniors in need this month.

We know how important this monthly food distribution is to help address food insecurities within our community... and are grateful that we can meet those needs thanks to the teamwork of our dedicated volunteers and staff members: Tim, Jerry, Connor, Steve, Larry, Don, Annette, Marie, Lisa, Bill, Kathy, and Barb. Be kind and stay well! And special thanks to our partner Mid-Ohio Food Collective for making this all possible by providing and delivering the food boxes on a timely basis every month!



Upcoming Events



◀◀ Popcorn & Movie ▶▶ Thursday TBA - 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:

- **Easter Dinner** - Cancelled
- **Volunteer Appreciation Day** - Postponed
- **Senior Citizens Day** - Cancelled
- **Adventure Club Sign-up** - Cancelled



Postponed

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 **TBA** 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.



'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, TBA - 12:30 pm.

Topic:
Brief:
Instructor:

Tuesday, TBA - 12:30 pm.

Topic:
Brief:
Instructor:

Trips on the Horizon

LaComedia: 'Footloose'

Postponed - New Date TBD

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!

Postponed - New Date TBD

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** and **White**; 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 famed **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

Cancelled

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. Lunch at **Ole Zim’s Wagon Shed** will be served in a beautiful barn setting, followed by a tour of **Dale Haven Horse Farm**, where you’ll see beautiful Belgian Horses. 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!

Hawaiian Cruise Meeting!

The informational meeting originally scheduled for May 18 to discuss details and answer any questions about November’s Hawaiian cruise **has been postponed**. **Kevin Thuman** from *Fun 2 Tours* and Activity Coordinator **Lisa Richardson** will be contacting all those signed up for this trip with specific details.

Update: Our “cancel with refund” date has been extended to July 1.

Columbus Clippers Baseball “Dime-a-Dog Nights”

June 9/July 20 & August 18 Cancelled

These trips depart the Center at **4 pm** to spend a relaxing summer evening watching the **Columbus Clippers** while enjoying ten cent hot dog in beautiful Huntington Park, voted America’s #1 MLB minor league park. The first two trips have been cancelled. The trip on **Tuesday, August 18** vs. Pawtucket is pending. **Cost is \$20 Members/\$30 Non-members**.

Scioto Downs - Columbus

Thurs., May 28 & June 25 Cancelled

We will depart the Center via Lakefront charter coach at **8:30 am** to visit Scioto Downs. Cost of the trip is **\$39**, which includes \$20 slot play and a \$5 food voucher. **Sign up NOW** with a \$20 non-refundable deposit. *Note: If this trip is cancelled due to the ongoing CORVID-19 pandemic, you can apply your deposit to a future trip.*

On a Positive Note

6 Summer Safety Tips for Older Adults

1. Apply Sunscreen. As we age, skin usually becomes thinner and more fragile. That puts seniors at higher risk for sunburn or the more dangerous sun poisoning. Remember to apply and reapply sunscreen when spending any time outdoors or riding in a car. Sunscreen with an SPF of 30 to 50 should be applied and reapplied every two to four hours, or more frequently when swimming. Sunscreen also helps protect you from skin cancer.

2. Wear Sunglasses. Sunglasses are more than just a fashion statement. They are also essential for protecting your eyes from the sun's harmful rays. Research shows that routinely wearing a quality pair of sunglasses aids in preventing cancerous growths and cataracts. Choose sunglasses that protect your eyes from UV rays.

3. Protect your Feet. While it's fun to wear attractive sandals during the summer months, footwear plays a vital role in summer safety. Shoes that cover the fragile skin on the top of the foot, as well as those that have a sturdy sole to protect against cuts and falls, are best.

4. Shield the Face and Neck. The face and back of the neck are two of the first places on the body where skin cancer develops. Augment your sunscreen by wearing a hat with a brim wide enough to shield both.

5. Stay Hydrated. Seniors have an especially difficult time adjusting to fluctuating temperatures and humidity. It puts them at high risk for dehydration. Medication side effects and some health conditions, like chronic obstructive pulmonary disease, diabetes, and heart disease, further exacerbate the problem. Taking extra precautions to stay hydrated is vital.

6. Invest in Bug Spray. Insects that make their return during the warmer months are more than just pests. Some carry with them health concerns, such as Lyme disease and West Nile virus. Wear bug spray when you are outdoors. Long sleeves and pants offer another layer of protection. Also be sure to check your clothing, skin, and hair for ticks.

We hope these tips help you enjoy a safe summer!

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:

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

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



Need a Ride? Transportation Available for Seniors

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