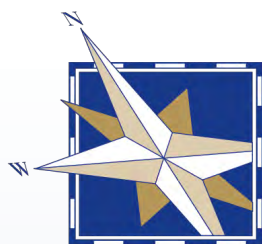


Volume 39 • Issue 3

# The Sentinel

March 2022



**2375 HARDING HWY. EAST  
MARION, OHIO 43302**

Office: 740-387-6100

Transportation: 740-387-5444

## **CENTER HOURS**

Monday–Friday: 10 AM–2 PM

## **INSIDE THIS ISSUE:**

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| Senior Center Services      | 2 & 3   |
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### **Friendly Reminder:**

**Your 2022 Membership  
Dues were due January 1.**

## **Time MARCHes On...**

March is the beginning of many things.

March 13 is the beginning of Daylight Savings Time.

March 20 is the beginning of Spring.

And precisely two years ago March marked the beginning of what we've come to know as the Covid global pandemic.

Unfortunately, it also brought a temporary end to many fun, familiar things we had come to know and love. Including many of the more popular group activities and trips offered here at the Center.

Time marches on and change is inevitable.

Time continues to pass whether we are cognizant of, acknowledge or like the fact. However, each passing day brings us closer to the eventual end of the pandemic. In fact, as I write this the statistics have been dramatically improving in our community. And for that we are all grateful.

Since I'm a "glass half full" type of guy, I encourage our members and our staff not to dwell on the things we currently cannot do... but try to focus instead on the many things we can do here at the Center.

We have many small groups of members meeting to play cards, Mahjong, dominoes, Bingo, etc. (*page 12*). We also have several individuals who enjoy shooting pool (*page 12*), participating in a Chair Yoga, Tai Chi or Exercise class, or working out together in the Fitness Center (*page 14*). And senior choir, monthly Popcorn & Movie (*page 11*), and congregate lunch (*page 3*) are all fun ways to interact and socialize with others.

We hope to get back to offering a variety of fun trips and social events for larger group gatherings, when we are permitted. Being the eternal optimist, I believe we will have that opportunity again some day. But until then, don't miss out on the many fun things you can do right now - today - here at the Center. And if there is something you'd like us to consider adding to the list of activities, stop in and discuss it. We're always open to changes.

After all, time marches on and change is inevitable!

Be Kind & Stay Well,  
Steve Badertscher, Director

# Senior Center Services

## 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 be income eligible.

## HEMEN: Helping Elderly Meet Essential Needs

HEMEN is a funding source that is available to assist consumers who are 60 and older in obtaining assistance with needs they may need to remain safe in their home, such as: Washing Machine, Dryer, Refrigerator, Stove, Mattress Set, etc. Call Area Agency on Aging at **800-860-5799** for details.

## MEALS-ON-WHEELS

Our Meals-on-Wheels provider **LifeCare Alliance** has decades of experience delivering delicious meals prepared under the direction of a registered dietician. They offer the flexibility of daily hot or cold meals, or weekly frozen meals, with a variety of tasty menu options. For more information call **614-278-3130**.



## Mask Update

Due to the decrease in COVID-19 cases in Marion County, Mayor Scott Schertzer modified his Executive Order (effective 10/25) as follows:

- Individuals that are fully-vaccinated will no longer be required to mask.
- Individuals that are unvaccinated will continue to be required to mask at all times in city-owned buildings.

## FREE PRODUCE MARKETS

**Marion City Schools** is collaborating with **Mid-Ohio Food Collective** to offer **Free Produce** to income eligible families in the Marion area. An ID is required with a limit of two family pick-up per adult. The food will be distributed from **9 am to 11 am (while supplies last)** at **The Marion**

**County Fairgrounds** Main Entrance parking lot located at 220 East Fairground Street. This distribution is **drive-thru only**. Upcoming distribution dates are listed below:



## FREE PRODUCE MARKET DATES

- Wednesday, March 23
- Wednesday, April 27
- Wednesday, May 25
- Wednesday, June 22
- Wednesday, July 27
- Wednesday, August 24



Transportation  
**740-387-5444**

## Senior Transportation

County-wide service is available on a donation basis every Monday through Friday from 8 am to 3:30 pm, with the exception of holidays. Pick-up times for dialysis appointments can be scheduled earlier than 8 am, but must be arranged at least one week in advance of your appointment time. All clients must be age 60+ and a Marion County resident.

We thank our drivers who've served tirelessly on the frontline throughout this pandemic. They are heroes who deserve special praise, going above and beyond in so many ways!

*This service is made possible in part due to grant funding provided by Marion County Council on Aging (Senior Levy), Area Agency on Aging - District 5, and the City of Marion.*



# Improving Seniors Lives

## 2022 Membership Dues

**Friendly Reminder: Don't Forget to Renew your Senior Center Membership.**

2022 annual membership dues are **\$30**, and were due on or before January 1, 2022. You can make payments any weekday between 10am - 2pm. Or make a check payable to Marion Senior Center and mail it to: Marion Senior Center, 2375 Harding Highway E., Marion, OH 43302

Membership includes access to social activities and programs at the Center, as well as having your monthly newsletter ***The Sentinel*** mailed to your home each month.

Thank you in advance for your continued support of the Marion Senior Center and the vital activities, programs and services we provide Marion-area seniors!

## Congregate Dining Center

In partnership with *LifeCare Alliance*, the Center hosts a Congregate Dining Center every **Tuesday through Friday from 11 am - 12:30 pm**. Please join us for good food and fellowship every Tuesday, Wednesday, Thursday or Friday... or one day a week... or one day a month. It's completely up to you!

All participants will receive a delicious, nutritious lunch served individually at each table. The meals are provided on a donation basis (a suggested contribution of \$1.50 is welcomed). Meals must be eaten in the dining room. Anyone aged 60 years or older is eligible.

Please call Congregate Dining Room Coordinator **Toni Hurd** at **(740) 360-7863** to discuss menu options and to order your meals at least 24 hours in advance.



## Stay Active!

One of the best - and safest - places to host activities is outdoors... weather permitting, of course! Spring is on its way... however, since spring weather can be very "hit or miss" in Ohio, here are some of the activities that may be hosted outdoors in the months ahead:

### Pickleball

Members and non-members really enjoy playing pickleball, America's fastest growing sport. Marion Senior Center is home to the only public outdoor courts made specifically for pickleball. The two courts are located on the west side of the building (adjacent to our raised-bed gardens) and are available to members anytime. Pickleball is available anytime, however members usually gather to play together on weekday mornings beginning at **8 am**. We have extra paddles and pickleballs available for those just getting started (see Lisa).



### Pace Setters Walking Club

Since it requires no monitoring or special cleaning, the Center's walking club is available any time from dawn until dusk. **The formal program is scheduled to resume again in April 2022.** Members will continue to have access to the paved walking path if they would like to utilize it on nicer weather days. Along with a good cardio workout plus strength and conditioning benefits, every participant receives a reward as they reach different goals and milestones.



### Tai Chi

Tai Chi is a low-impact, slow-motion exercise, which reduces stress while increasing flexibility and balance. Which is probably why it continues to be a highly popular activity with our members. That in combination with the fact that our experienced instructors Steve and Marlene Renick are extremely patient and very encouraging. They host classes on **Friday at 12:30 pm** and welcome both beginners and those with Tai Chi experience.



### Intro to Fitness

This class is a great way to get started! The group meets on **Wednesday mornings at 10 am** and are led by Certified Personal Trainer Cindy Jennings. Cindy will not be available during the month of December, but class members will still meet utilizing DVDs for their exercises. Class size is limited so you must call **Lisa at 740-387-6100** any weekday between **8 am - 10 am** or **2 pm - 4 pm** to register for this class.



*With construction of our spacious new outdoor Activity Pavilion completed, we plan to schedule activities outdoors when weather permits. We look forward to Tai Chi along with other activities being held outdoors during the warmer weather days ahead.*

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

## Health & Fitness

### Safety First

Since safety is our top priority, the Fitness Center has put new protocols and procedures in place going forward. Members will notice a new hand sanitizing station and a unit containing individual spray bottles and towels, as well as a used towel receptacle.

A sign is prominently displayed above this unit with the following instructions:

- ◆ Pick up your own disinfectant spray bottle and clean microfiber towel and keep them with you at all times.
- ◆ Clean all equipment after use.
- ◆ Social Distance a minimum of 6 feet between others while working out.
- ◆ Wash your hands after working out; follow good personal hygiene habits.
- ◆ Place towel in container marked "used" as you exit.
- ◆ Place used bottles beside the spray bottle caddy - NOT back in the caddy. They will be sanitized before the next group of people are allowed to enter.
- ◆ Please be considerate of the 45-minute time limit.



*Social Distancing decals have been placed on the floor in the Multi-purpose Room as a reminder to social distance a minimum of 6 feet between others while working out.*



*A) New Procedures; B) Clean Disinfectant Spray Bottles; C) Touchless Hand Sanitizer Station; D) Clean Microfiber Towels; E) Receptacle for Used Towels*



#### **MAKING APPOINTMENTS:**

All calls to Cindy for appointments must be made between 8 - 10 am or between 2 - 4 pm.

*Members should place used bottles beside the spray bottle caddy - NOT back in the caddy after use. The used bottles will be sanitized before the next group of people are allowed to enter.*



# Classes, Activities & Programs

## Don't See Your Group Listed?

Small groups continue to resume their weekly scheduled activities each month. **If your group would like to do the same** you just need to reach out to Activity Coordinator Lisa Richardson to make that happen. Keep in mind we are still open limited hours (10 am - 2 pm) in consideration of the enhanced cleaning and sanitizing that is required each day to help keep our members, guests, and staff safe.

**If you want to resume your activity and have it listed again on the newsletter calendar**, the steps are as follows:

- Each activity/group should elect one individual you would like to represent you.
- Have that individual contact or call Activity Coordinator **Lisa Richardson** at **(740) 387-6100** (between 8 - 10 am or between 2 - 4 pm) to let her know that your activity is ready to resume meeting each week.
- You will be assigned a day/time to meet. Every effort will be made to make it align as close as possible to the same dates/times your activity has met in the past.
- Activity/group leaders will be responsible to let Lisa know how many participants to expect each week. This can be easily accomplished verbally at the end of your activity before you leave each week (*ex.*, "Lisa, all eight of us are planning to be here again next week.")
- This communication will allow us to properly plan how much space and time will be needed to accommodate all groups each day. (*We don't want to turn anyone away because we were expecting a small group of four and then have 18 people surprisingly show up.*)
- Finally, we want to thank everyone for your continued patience and understanding ...you've all been extremely cooperative as we navigate these unprecedented times together.



## Bridge

If you like to play Bridge join us out front on **Tuesday** mornings at **10 am**. Everyone is welcome to play!

*Leader:* Bill Gossett

## Euchre

Euchre is played out front on **Mondays** at **noon**.

Everyone is welcome to play! *Leader:* Tillie Taylor

## Pinochle

Pinochle is played out front on **Mondays** at **noon**.

Everyone is welcome to play! *Leader:* Bill Gossett

## Rummikub

Learn to play the popular tile game *Rummikub*, hosted out front on **Tuesday** mornings at **11 am**.

*Leader:* Beulah Owens

## Mahjong

Learn to play the popular tile game *Mahjong*, hosted out front on **Wednesday** mornings at **11:30 am**.

*Leader:* Shirley Tolley.

## **New!** Dominoes

Dominoes is played out front on **Monday** at **11am**.

Everyone is welcome! *Leader:* Cookie Cocherl

## Open Sewing Time

Sewing machines, material, patterns, needles and thread are made available for you to create individual items at your own pace on **Wednesdays** from **12:30 - 2 pm** in the *Craft Room*.

## Open Craft Time

A variety of paints, brushes, idea books, liquid stain glass patterns, tracing paper, and woodworking items are available for you to create individual projects at your own pace on **Thursdays** from **12:30 - 2 pm** in the *Craft Room*.

## **New!** Picture This

Do you enjoy taking pictures? Would you like to learn some helpful tips and creative techniques to improve the quality photos you take? Photographer **Virginia Earl** will share galleries of photos she has taken over the years and discuss the thought process behind them. '**Picture This**' will meet the **2nd Wednesday** each month at **10am** in the *Craft Room*. **Note: this activity will not meet this month.**

# Classes, Activities & Programs

## Tai Chi

Tai Chi is a low-impact, slow-motion exercise, which reduces stress while increasing flexibility and balance. Instructors **Steve and Marlene Renick** host classes every **Friday at 12:30 pm** in the new *Activity Pavilion* (weather permitting) or the *Multipurpose Room*.

## Line Dancing

This **Line Dancing** class meets on **Thursday** mornings at **10:00 am**. This class always welcomes new members.

## Pace Setters Walking Club

Members walk laps on the paved track located behind **Marca/MCBDD**. You can enter the walking path area through a gate located near our new Activity Pavilion. Register for this free program with Activity Coordinator Lisa Richardson, then track your laps and earn great prizes. The more you walk, the more you earn!

## Fitness Center

Our **Fitness Center** is open to members at no additional cost, and boasts a variety of 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 currently requires a reservation. A 45 minute time slot can be reserved at 10am, 11am, noon, or 1pm by calling Cindy Jennings at (740) 387-6100.** 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 **10 am** in the **Multipurpose Room**, led by Certified Personal Trainer **Cindy Jennings**. Cindy will motivate you as she teaches you exercises to improve your strength, core conditioning and balance.

## Pickleball

Our outdoor Pickleball courts are open to members and guests at no additional cost. Members typically meet almost every weekday morning for open play from **8 am - 10 am**. No pre-registration is required.

## Open Billiard Room

We have 3 pool tables available for open play every weekday from 10 am to 2 pm. Please call the Center at **(740) 387-6100** (between 8 -10 am or 2 - 4 pm) and let us know you're coming in to play.

## Kingston Bingo

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

## Monday Mind Games

**Carla Poston** from *ProCore Health Brokers* hosts *Mind Games* on **Monday mornings**. This class meets at **10 am**. Come give your brain a workout with trivia and various games. Games change every week, so stop by for some fun!

## Senior Choir 'Seniors in Song'

**Director Ednita Vafior** announced that going forward, choir practice will **move to Monday at 11:30 am during the week of the movie**. Choir will meet this month on **Thursday, March 3, Thursday, March 17 and Thursday, March 24 at noon**.

## **New!** Chair Yoga

Certified Chair Yoga Instructor **Laura Brown** hosts a class every **Friday** morning at **11am** in the **Multi-Purpose Room**. Cost is \$3 per class. Chair Yoga is a gentle form of exercise and relaxation, suitable for beginners and seniors. Chair Yoga is very beneficial for both mental and physical well being. Benefits include relieving stress while improving posture, flexibility, and balance.

## Hooks & Needles

Instructor **Candice DeWitt** hosts this fun new class on **Tuesdays at Noon** in the Craft Room. Candice owns *Stitch and Skein*, a new shop located in Downtown Marion. Learn a new skill or simply refresh your memory on knitting while bringing a little bit of cozy relaxation to your life, too!

## Bible Study

**Brad Boston** leads Bible Study on **Tuesday** mornings at **10 am** in the Craft Room. Enjoy good fellowship and uplifting discussions. Everyone is welcome!

# March 2022 • Calendar of Events

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  |
|--|---|--|---|
|  | Pool Room <i>(by Appointment)</i><br>Fitness Room <i>(by Appointment)</i><br><br><b>10:00-Bible Study</b><br><b>10:00-Bridge</b><br>11:00-Congregate Dining/Lunch<br><b>11:00-Rummikub</b><br><b>11:00-Books, Balance &amp; BS</b><br>12:00-Hooks & Needles | Pool Room <i>(by Appointment)</i><br>Fitness Room <i>(by Appointment)</i><br><br>10:00-Intro to Fitness<br>11:30-Mahjong<br>11:00-Congregate Dining/Lunch<br>12:30-Open Sewing Time                                | Pool Room <i>(by Appointment)</i><br>Fitness Room <i>(by Appointment)</i><br><br>10:00-Line Dancing<br>11:00-Congregate Dining/Lunch<br>12:00-Choir<br><b>12:30-Open Craft Time</b>                 |
| Pool Room <i>(by Appointment)</i><br>Fitness Room <i>(by Appointment)</i><br><br><b>10:00-Mind Games</b><br>11:00- <i>New!</i> Dominoes<br><b>11:30-Choir*</b><br>12:00- Euchre<br>12:00-Pinochle<br><br><i>*Choir is moved to Monday this week due to the Movie on 3/10</i> | Pool Room <i>(by Appointment)</i><br>Fitness Room <i>(by Appointment)</i><br><br><b>10:00-Bible Study</b><br><b>10:00-Bridge</b><br>11:00-Congregate Dining/Lunch<br><b>11:00-Rummikub</b><br><b>11:00-Books, Balance &amp; BS</b><br>12:00-Hooks & Needles | Pool Room <i>(by Appointment)</i><br>Fitness Room <i>(by Appointment)</i><br><br>10:00-Intro to Fitness<br>11:00-Congregate Dining/Lunch<br><b>11:30-Mahjong</b><br>12:30-Open Sewing Time                         | Pool Room <i>(by Appointment)</i><br>Fitness Room <i>(by Appointment)</i><br><br>10:00-Line Dancing<br>11:00-Congregate Dining/Lunch<br><b>12:30-Open Craft Time</b><br><i>'Nights in Rodanthe'</i> |
| Pool Room <i>(by Appointment)</i><br>Fitness Room <i>(by Appointment)</i><br><br><b>10:00-Mind Games</b><br>11:00- <i>New!</i> Dominoes<br>12:00- Euchre<br>12:00-Pinochle   | Pool Room <i>(by Appointment)</i><br>Fitness Room <i>(by Appointment)</i><br><br><b>10:00-Bible Study</b><br><b>10:00-Bridge</b><br>11:00-Congregate Dining/Lunch<br><b>11:00-Rummikub</b><br><b>11:00-Books, Balance &amp; BS</b><br>12:00-Hooks & Needles | Pool Room <i>(by Appointment)</i><br>Fitness Room <i>(by Appointment)</i><br><br>10:00-Intro to Fitness<br>11:00-Congregate Dining/Lunch<br>11:30-Mahjong<br><b>12:30-Kingston Bingo</b><br>12:30-Open Sewing Time | Pool Room <i>(by Appointment)</i><br>Fitness Room <i>(by Appointment)</i><br><br>10:00-Line Dancing<br>11:00-Congregate Dining/Lunch<br>12:00-Choir<br><b>12:30-Open Craft Time</b>                 |
| Pool Room <i>(by Appointment)</i><br>Fitness Room <i>(by Appointment)</i><br><br><b>10:00-Mind Games</b><br>11:00- <i>New!</i> Dominoes<br>12:00- Euchre<br>12:00-Pinochle   | Pool Room <i>(by Appointment)</i><br>Fitness Room <i>(by Appointment)</i><br><br><b>10:00-Bible Study</b><br><b>10:00-Bridge</b><br>11:00-Congregate Dining/Lunch<br><b>11:00-Rummikub</b><br><b>11:00-Books, Balance &amp; BS</b><br>12:00-Hooks & Needles | Pool Room <i>(by Appointment)</i><br>Fitness Room <i>(by Appointment)</i><br><br>10:00-Intro to Fitness<br>11:00-Congregate Dining/Lunch<br>11:30-Mahjong<br>12:30-Open Sewing Time                                | Pool Room <i>(by Appointment)</i><br>Fitness Room <i>(by Appointment)</i><br><br>10:00-Line Dancing<br>11:00-Congregate Dining/Lunch<br>12:00-Choir<br><b>12:30-Open Craft Time</b>                 |
| Pool Room <i>(by Appointment)</i><br>Fitness Room <i>(by Appointment)</i><br><br><b>10:00-Mind Games</b><br>11:00- <i>New!</i> Dominoes<br>12:00- Euchre<br>12:00-Pinochle   | Pool Room <i>(by Appointment)</i><br>Fitness Room <i>(by Appointment)</i><br><br><b>10:00-Bible Study</b><br><b>10:00-Bridge</b><br>11:00-Congregate Dining/Lunch<br><b>11:00-Rummikub</b><br><b>11:00-Books, Balance &amp; BS</b><br>12:00-Hooks & Needles | Pool Room <i>(by Appointment)</i><br>Fitness Room <i>(by Appointment)</i><br><br>10:00-Intro to Fitness<br>11:00-Congregate Dining/Lunch<br>11:30-Mahjong<br>12:30-Open Sewing Time                                | Pool Room <i>(by Appointment)</i><br>Fitness Room <i>(by Appointment)</i><br><br>10:00-Line Dancing<br>11:00-Congregate Dining/Lunch<br>12:00-Choir<br><b>12:30-Open Craft Time</b>                 |
| <b>Senior Center is Closed Today for Food Box Day &amp; Deep Cleaning</b>  | Pool Room <i>(by Appointment)</i><br>Fitness Room <i>(by Appointment)</i><br><br><b>10:00-Bible Study</b><br><b>10:00-Bridge</b><br>11:00-Congregate Dining/Lunch<br><b>11:00-Rummikub</b><br><b>11:00-Books, Balance &amp; BS</b><br>12:00-Hooks & Needles | 9:00-Board Meeting<br>Pool Room <i>(by Appointment)</i><br>Fitness Room <i>(by Appointment)</i><br><br>10:00-Intro to Fitness<br>11:00-Congregate Dining/Lunch<br>11:30-Mahjong<br>12:30-Open Sewing Time          | Pool Room <i>(by Appointment)</i><br>Fitness Room <i>(by Appointment)</i><br><br>10:00-Line Dancing<br>11:00-Congregate Dining/Lunch<br>12:00-Choir<br><b>12:30-Open Craft Time</b>                 |



# Birthdays & Anniversaries

## FRIDAY

4

Pool Room (by Appointment)  
Fitness Room (by Appointment)

11:00-*New!* Chair Yoga  
12:30-Tai Chi

11

Pool Room (by Appointment)  
Fitness Room (by Appointment)

11:00-*New!* Chair Yoga  
12:30-Tai Chi

18

Pool Room (by Appointment)  
Fitness Room (by Appointment)

11:00-*New!* Chair Yoga  
12:30-Tai Chi

25

Pool Room (by Appointment)  
Fitness Room (by Appointment)

11:00-*New!* Chair Yoga  
12:30-Tai Chi

## March Birthdays

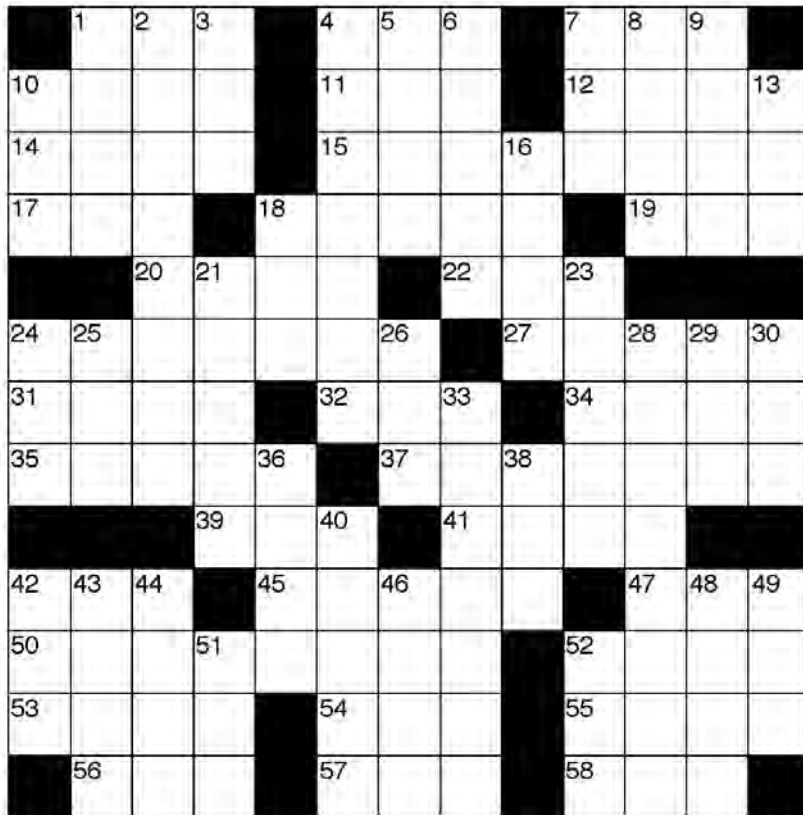
|                   |        |                    |        |                  |        |
|-------------------|--------|--------------------|--------|------------------|--------|
| Sonny Hunt        | Mar 03 | Steve Doyle        | Mar 09 | Carol P. Burley  | Mar 20 |
| John Shank        | Mar 03 | Gabe Vaflor        | Mar 10 | Claudia DeVore   | Mar 21 |
| Larry Kelly       | Mar 04 | Sandy Billenstein  | Mar 10 | Barbara Klee     | Mar 22 |
| Jeffery Hughes    | Mar 04 | Frank Waldo        | Mar 12 | Pat Rohler       | Mar 22 |
| William Brelsford | Mar 05 | Mary Lee           | Mar 14 | Clifford Evans   | Mar 24 |
| Larry Elliott     | Mar 05 | Janet Wulff        | Mar 14 | Kathy Conley     | Mar 26 |
| Peg Chesser       | Mar 06 | Becky Dutton       | Mar 14 | Priscilla Bishop | Mar 26 |
| Lucy Pfahler      | Mar 06 | Patricia Schneider | Mar 17 | Sharon Luton     | Mar 27 |
| Betty Scheiderer  | Mar 07 | Kenneth Cole       | Mar 18 | Bob Kern         | Mar 30 |
| Barbara Adams     | Mar 07 | Mauri Morse        | Mar 18 | Bede Agner       | Mar 31 |
| Ken Anderson      | Mar 08 | Tammy Webber       | Mar 19 |                  |        |
| Roger Smith       | Mar 08 | Jim Beaver         | Mar 20 |                  |        |

## March Anniversaries

|                           |           |          |
|---------------------------|-----------|----------|
| Bob & Sue Miley           | 3/21/1965 | 57 years |
| Ronald & Judy Scheff, Sr. | 3/6/1977  | 45 years |

## CROSSWORD PUZZLE

Answers on Page 13



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A40

### ACROSS

- 1 Air-to-air missile (abbr.)
- 4 Slugger's stat
- 7 Fellow
- 10 African (pref.)
- 11 Fruiting spike
- 12 Elbe tributary
- 14 Trolley
- 15 Insect
- 17 Horse
- 18 Baltic island
- 19 Air Force Base (abbr.)
- 20 Black measles
- 22 Corrode
- 24 Amass
- 27 Afr. cattle breed
- 31 E. Indian tanning tree
- 32 Sup
- 34 Basse-Normandie city
- 35 Nat'l Assn. for the Advancement of Colored People (abbr.)

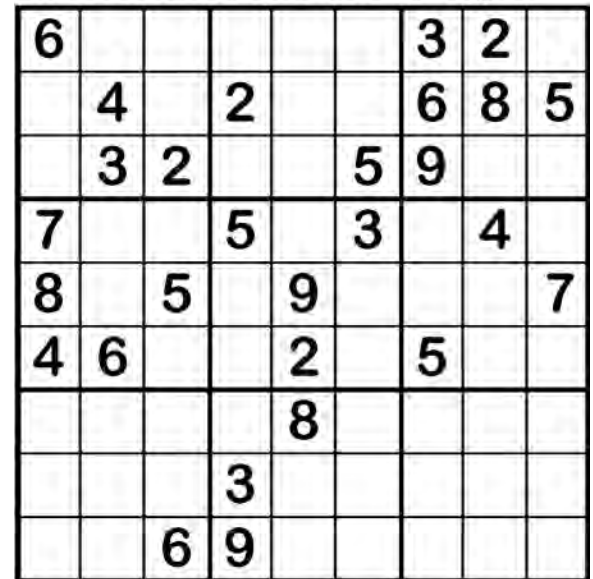
- 37 Tidy
- 39 Rom. first day of the month
- 41 Feminine (suf.)
- 42 Aggregate
- 45 Woman's work basket
- 47 Pronoun contraction
- 50 Ascus (2 words)
- 52 Medieval warclub
- 53 Weaverbird
- 54 Former cloth measure
- 55 Venezuelan copper center
- 56 Weep
- 57 Female ruff
- 58 Trouble

### DOWN

- 1 Hairdo
- 2 Strauss opera
- 3 Family member
- 4 Put back
- 5 Geological epoch
- 6 Oily ketone
- 7 Legume
- 8 Irish sweetheart
- 9 Explorer
- 10 Air traffic control (abbr.)
- 13 Mortar mixer
- 16 Killer of Castor
- 18 First-rate
- 21 Slow
- 23 Musical direction
- 24 Canada (abbr.)
- 25 Tumor (suf.)
- 26 P.I. peasant
- 28 4th incarnation of Vishnu
- 29 Curved letter
- 30 Too
- 33 Molasses
- 36 Gait
- 38 Delirium tremens (abbr.)
- 40 Light Amplification by Stimulated Emission of Radiation (abbr.)
- 42 Fast jet
- 43 Tree
- 44 Honey-eater bird
- 46 Bundle
- 48 Ecology (abbr.)
- 49 Drug Enforcement Admin. (abbr.)
- 51 John brown's dog
- 52 Sheep's cry

## Sudoku

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



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DIFFICULTY: ★☆☆☆☆

## ENIGMA™ CRYPTOGRAM

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

"KJDQXVRX QB TQDDXP, TED QDB  
WPEQD QB BYXXD."  
- HXJV-HJRZEXB PMEBBXJE

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E054

## ENIGMA™ CRYPTOGRAM

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

"GRGLMBWSDX SV FWIDXSDX.  
PGUPZG ILG BIHSDX BWGSL  
FUQGYSIDV VGLSUAVZM IDY BWG  
PUZSBSFSIDV IV I JUHG."  
- ESZZ LUXGLV

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E055

Answers on Page 13

## *For Your Safety: Cards & Games Protocols*

We are excited that Cards & Games are back. However, there are some new protocols in place to help ensure the safety of our members and guests. If you have any questions, please see Lisa, Cindy, or Steve.

- The leader of each individual group will get cards or games from Activity Coordinator **Lisa Richardson** just prior to their scheduled activity.
- Playing cards will be provided to each group. After the activity is completed for that day all cards used by that group will be kept in sealed containers and will not be used again for seven days.
- After the activity is completed for that day the games will be returned to Lisa and sanitized after each use.
- Hands of all participants must be sanitized before and after play.
- If a player gets up and leaves the table for any reason, their hands must be sanitized upon their return.
- Masks are currently not required by individuals that are fully-vaccinated.
- Masks must be worn at all times by individuals that are unvaccinated.
- Players must not sit closely and must maintain some reasonable social distance. For example, only four players seated around a regular 4-foot table.
- Players must call the Center at **(740) 387-6100** (between the hours of 8 am - 10 am or 2 pm - 4 pm) and RSVP to play. **Note:** Group leaders can RSVP for their entire group by providing Lisa with the total number of players along with their individual names. The reason for this is that the number of players may be limited in certain rooms due to capacity restrictions. By registering we can avoid having members and/or guests just showing up and then not having room for them to participate.
- Again, we want to thank everyone for your continued patience and understanding in our efforts to keep everyone safe. You've all been extremely cooperative.



**KINGSTON**  
RESIDENCE  
of MARION

## ◀◀ Popcorn & Movie ▶▶ Thursday, March 10 - 12:30 pm *‘Nights in Rodanthe’*

Richard Gere, Diane Lane, Christopher Meloni, Viola Davis. Calming beach scenes with wild horses running on the beach make this one a movie to be seen. A doctor, who is travelling to see his estranged son, sparks with an unhappily married woman at a North Carolina inn.





# Senior Moments



*Kingston Bingo is hosted the third Wednesday each month at 12:30pm. Lots of FUN and great prizes.*



*Mahjong is played every Wednesday at 11:30pm.*



[www.facebook.com/MarionSeniorCenter](https://www.facebook.com/MarionSeniorCenter)



*The Pool Room features 3 tables and is free and open to members every weekday from 10am - 2pm*



### CROSSWORD PUZZLE ANSWERS (Pg. 6)

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

### Answer to Sudoku

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

### ENIGMA Cryptogram Answers

**E054:** "Patience is bitter, but its fruit is sweet." - Jean-Jacques Rousseau

**E055:** "Everything is changing. People are taking their comedians seriously and the politicians as a joke." - Will Rogers



## *On a Positive Note*



*Members love our well-appointed Fitness Center because the exercise equipment is geared towards seniors, it's never crowded due to limit of 3 members at the same time, the facility is sanitized throughout the day, and it's free to members!*





## 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:**  
Emilee Evans

**Bookkeeper:** Jackie King

**Maintenance Supervisor:**

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.*