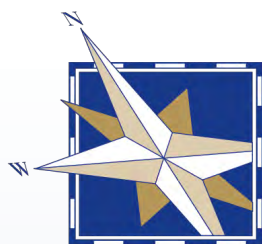


Volume 39 • Issue 5

The Sentinel

May 2022



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

Office: 740-387-6100
Transportation: 740-387-5444

CENTER HOURS
Monday-Friday: 8 AM-4 PM

INSIDE THIS ISSUE:

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**Beginning May 1
the Center will be open
Monday - Friday
from 8 am - 4 pm**

Back to Normal !

The day you have been asking for has finally arrived!

May marks the return to our normal business hours here at the Center. We thank everyone for their patience the past several months as together we adjusted from being closed, to being open reduced hours, to now being open from **8 am - 4 pm**.

As I write this, we are also hearing encouraging news as it relates to the federal transportation mandates potentially being relaxed. All good signs that statistics, as they relate to the pandemic, continue to improve in our community... and across the nation.

We had a great turnout for our **'Spring Fling'** event last month (*see photos on page 12*). It was great hearing all of the conversations, laughter along with the sound of music filling the halls of the Center that day.

We also have been blessed with the beautiful sound of music the past few months as our senior choir practices in preparation of our next event. You will have an opportunity to enjoy their music, along with a yummy lunch, by purchasing a ticket to this month's social event, **"Musical Potpourri"**. The event will be held on **Thursday, May 19** from **noon - 2pm** and tickets are available now (*see page 11 for complete details*).

With the return to "normal" hours, members are no longer required to make reservations for the **Fitness Center**. However, keep in mind there is still a capacity limit of 3 individuals working out at any one time in the Fitness Room due to space considerations (*see page 5*).

And with good weather finally in the forecast ahead, we are beginning to plan programs and activities utilizing our beautiful new **Activity Pavilion**.

If you have been patiently awaiting the return to our 8 am - 4 pm hours, or just better weather, we're glad that time has finally arrived. If you would like to get your activity added back on the schedule, please just let Lisa or Steve know. As always, we will try to accommodate your wishes as the additional time and available meeting space permits.

Like you, we're all glad to be back to normal!

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 **Emilee** at **740-387-6100** to see if you qualify for the **Commodity Supplemental Food Program (CSFP)**. The Center distributes each month in partnership with **Mid-Ohio Foodbank**. To qualify you must be age 60+, live in Marion county and be income eligible.

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**.



Farmers Market

Caledonia Farmers Market will be hosted at Caledonia Public Square on **Saturdays from 10am - 1pm from June through September**. Food vouchers for individuals 60+

- Locally grown produce & fruit
- Locally produced baked goods
- Locally produced meat & honey
- Local artists/crafters

For more information:
caledoniafarmersmarket2021@gmail.com

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, May 25
- Wednesday, June 22
- Wednesday, July 27
- Wednesday, August 24



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

MEET SIERRA BLANTON

We're very pleased to introduce the newest member of our team: **Sierra Blanton**.

Sierra is our new **Transportation Coordinator**, replacing **Emilee Evans** who was recently promoted to **Social Services Coordinator**.



Sierra is a Ridgedale graduate and resides in Marion with her two little boys, Lincoln and Madden. She loves reading and enjoys spending time walking the Tallgrass Trails enjoying nature. Sierra truly cares about others and is looking forward to making a difference in the lives of our 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!

Pickleball Boot Camp — May 9

Want to learn how to play? We're excited to announce instructor **Terry Dennis** will be hosting a one day 'Pickleball Bootcamp' on **Monday, May 9 at 9am**. The Boot Camp will be hosted at our outdoor pickleball courts and is **FREE** to members. No experience necessary. **Please see Lisa to register.**



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 in the area made specifically for pickleball. The two courts are located on the west side of the building (adjacent to our raised-bed gardens). Pickleball is available to members and guests anytime, however most usually gather to play together on weekday mornings beginning at **8 am**. We have paddles and pickleballs available for use by members just getting started (see Lisa).



Pace Setters Walking Club

The Center's walking club path is located around the perimeter of the Marion County MRDD property (located adjacent to the Center), and is available any time from dawn until dusk. **The program officially began on Monday, April 4, but there is still time to join in the fun!**

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 class members utilizing DVDs and videos for their exercises.



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.

Check In Before Working Out

Before working out for the very first time, Members are required to receive a Fitness Center orientation from a staff member and then provided a *Fitness Center Release of Liability* form requiring their signature.



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



Due to space considerations, the Fitness Center is limited to 3 members working out at any one time.

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.

We Need Volunteers!

With more members and guests visiting the Center for events and activities these days, we could use a little assistance as we look to increase the hours the Center will be open to members.

That's why we need YOU!

New programs continue to be successful around the Center due to the dedication and commitment from our volunteers. We specifically need help with the following tasks:

- Welcoming & assisting members sign in
- Answering the phone
- Providing Tours of the Center to prospective new members

If you can volunteer a couple hours per week we will gratefully find a way to get you involved! Please call **Steve or Lisa** at **(740) 387-6100** today.



www.facebook.com/MarionSeniorCenter

Bridge

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

Leader: Shirley Groll

Euchre

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

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

Hand & Foot

Hand & Foot cards is played out front on **Wednesday** at **Noon**. Everyone is welcome! *Leader:* Judy Walker

Pinochle

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

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

New Time! Rummikub

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

Leader: Beulah Owens

Mahjong

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

Leader: Shirley Tolley.

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*.

Coming Next Month! Drum Fit

Our new drumming program for seniors begins next month! DrumFIT is designed to keep you active and exercising together to the beat of music. No musical experience is necessary. See Lisa for details!

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. **Due to space considerations, the Fitness Center is limited to 3 members working out at any one time.** Please consult your physician before beginning any exercise activities.

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 am** in the **Multipurpose Room**, currently led by class members utilizing exercise DVDs and videos featuring workouts 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. Want to learn how to play? **Sign up for Boot Camp!** (See article on page 4.)

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**.

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!

Jam Session

An amazing group of talented local musicians and vocalists meet and perform at the Center on the last Wednesday of each month. Music is performed from **1 to 3 pm**, with cookies served at intermission. **Please note:** there will be no lunch served prior to the Jam Session at this current time. Public welcome!

May 2022 • Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 Pool Room Fitness Room 10:00-Mind Games 11:00-Dominoes 11:30-Choir* 12:00- Euchre 12:00-Pinocle	3 Pool Room Fitness Room 10:00-Bible Study 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 12:00-Hooks & Needles 1:00-Rummikub	4 Pool Room Fitness Room 9:00-Intro to Fitness 11:00-Congregate Dining/Lunch 11:30-Mahjong 12:00-Hand & Foot 12:30-Open Sewing Time	5 Pool Room Fitness Room 10:00-Line Dancing 11:00-Congregate Dining/Lunch 12:00-Choir 12:30-Open Craft Time
9 Pool Room Fitness Room 9:00-Pickleball Bootcamp 10:00-Mind Games 11:00-Dominoes 11:30-Choir* 12:00- Euchre 12:00-Pinocle <i>*Choir is moved to Monday this week due to the Movie on 4/10</i>	10 Pool Room Fitness Room 10:00-Bible Study 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 12:00-Hooks & Needles 1:00-Rummikub	11 Pool Room Fitness Room 9:00-Intro to Fitness 11:00-Congregate Dining/Lunch 11:30-Mahjong 12:00-Hand & Foot 12:30-Open Sewing Time	12 Pool Room Fitness Room 10:00-Line Dancing 11:00-Congregate Dining/Lunch 12:00-Choir 12:30-Open Craft Time 12:30-Popcorn & Movie <i>'Rudy'</i>
16 Pool Room Fitness Room 10:00-Mind Games 11:00-Dominoes 11:30-Choir* 12:00- Euchre 12:00-Pinocle	17 Pool Room Fitness Room 10:00-Bible Study 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 12:00-Hooks & Needles 1:00-Rummikub	18 Pool Room Fitness Room 9:00-Intro to Fitness 11:00-Congregate Dining/Lunch 11:30-Mahjong 12:00-Hand & Foot 12:30-Open Sewing Time 12:30-Kingston Bingo	19 Pool Room Fitness Room 10:00-Line Dancing 11:00-Congregate Dining/Lunch 12:00-Choir 12:30-Open Craft Time 12:00-'Musical Potpourri' Lunch Event!* <i>*Ticket Required</i>
23 Senior Center is Closed Today for Food Box Day & Deep Cleaning	24 Pool Room Fitness Room 10:00-Bible Study 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 12:00-Hooks & Needles 1:00-Rummikub	25 9:00-Board Meeting Pool Room Fitness Room 9:00-Intro to Fitness 11:00-Congregate Dining/Lunch 11:30-Mahjong 12:00-Hand & Foot 12:30-Open Sewing Time 1:00-Jam Session*	26 Pool Room Fitness Room 10:00-Line Dancing 11:00-Congregate Dining/Lunch 12:00-Choir 12:30-Open Craft Time
30 Senior Center is Closed Today in Observance of 	31 Pool Room Fitness Room 10:00-Bible Study 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 12:00-Hooks & Needles 1:00-Rummikub		

Birthdays & Anniversaries

FRIDAY

Pool Room **6**
Fitness Room

11:00-Chair Yoga
11:00-Congregate Dining/Lunch
12:30-Tai Chi

Pool Room **13**
Fitness Room

11:00-Chair Yoga
11:00-Congregate Dining/Lunch
12:30-Tai Chi

Pool Room **20**
Fitness Room

11:00-Chair Yoga
11:00-Congregate Dining/Lunch
12:30-Tai Chi

Pool Room **27**
Fitness Room

11:00-Chair Yoga
11:00-Congregate Dining/Lunch
12:30-Tai Chi

May Birthdays

Debra Page	May 01	Dorothy Janchar	May 12	Diane Wisda	May 24
Dale McGinnis	May 02	Karen Hall	May 13	Sheldon McKinness	May 24
Meredithe Predmore	May 04	Marietta Wood	May 13	Phyllis Patrick	May 26
Bev Furniss	May 05	Shaun Straw	May 15	William Weir	May 26
Clair Zimmerman	May 06	Leonard Janchar	May 16	Pebble Wyant	May 26
Delores Abbott	May 07	Judy Miller	May 17	Cathy Anastasio	May 26
Lucille Kennedy	May 09	Bill Gossett	May 18	Ronald Walker	May 27
Constance McCurdy	May 09	Carol Lewis	May 22	Susan Abbott	May 30
John Heimlich	May 11	Mary Frances Kise	May 23	Betty Woodruff	May 30

May Anniversaries

John & Julianne Kyle	5/1/1965	57 years
Dale & Doris Sneed-Rapp	5/6/2011	11 years
Gabe & Ednita Vaflor	5/28/1963	59 years
Daniel & JoAnn Zimmerman	5/27/1995	27 years

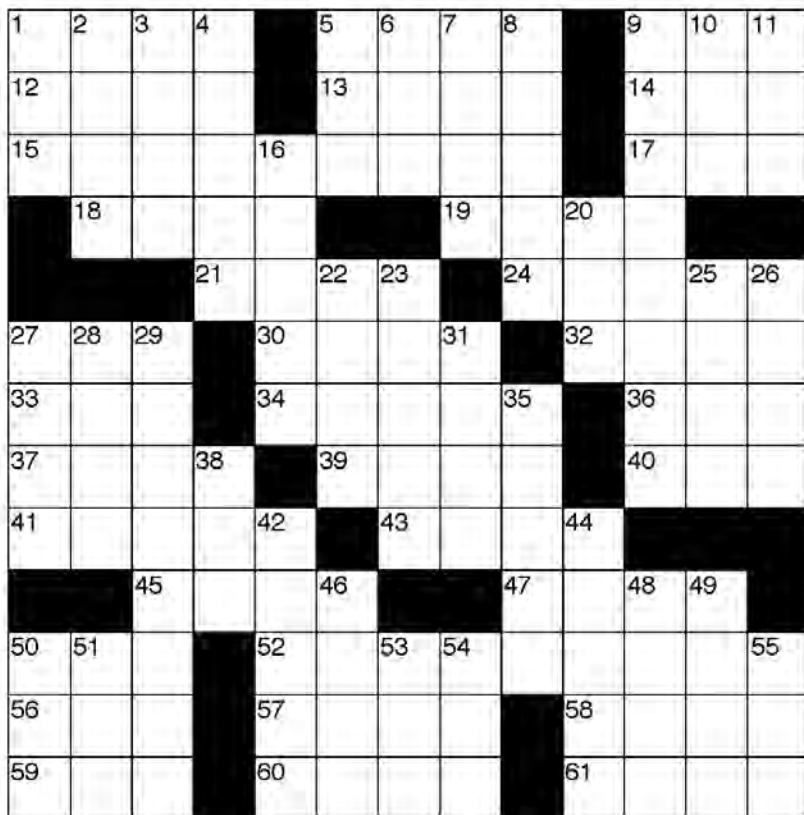
New Members

We welcome the following New Members that have recently joined:

Sheldon McKinnis	James Gormley
Dixie Hinze	Max Nwosu
Roger Vanover	Angie Garrett

CROSSWORD PUZZLE

Answers on Page 13



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A42

ACROSS

- 1 General
- 5 Turk. title
- 9 Federal Aviation Admin. (abbr.)
- 12 Oriental maid
- 13 Pinatone
- 14 Sleeveless Arab cloak
- 15 Firebug
- 17 Mine (Sp.)
- 18 Indo-Chin. language
- 19 Moles
- 21 Revise
- 24 Suspend
- 27 Soak
- 30 Terrapin
- 32 Pleasant
- 33 Cost of living index (abbr.)
- 34 Household gods
- 36 Exclamation

- 37 Arm bone
- 39 Starnose
- 40 Indian ground salt
- 41 Spirits of the dead
- 43 Son of Leah
- 45 Adjective-forming (suf.)
- 47 River into the North Sea
- 50 Vigor
- 52 Free
- 56 "Fables in Slang" author
- 57 Bird
- 58 East
- 59 Sleep
- 60 Headland
- 61 Elide

DOWN

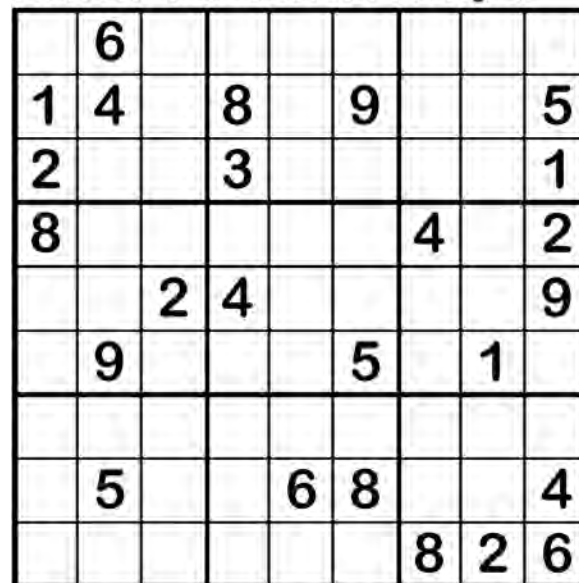
- 1 Hiatus
- 2 Starch (pref.)
- 3 Edible root
- 4 Oar's fulcrum
- 5 Luzon people
- 6 Cotton machine
- 7 Fr. exclamation
- 8 Bent
- 9 Brazen
- 10 Mother of Hezekia
- 11 Shoe size
- 16 Emulate
- 20 Vein (pref.)
- 22 Muslim holy man
- 23 Alps
- 25 Yearn
- 26 Affirmative
- 27 Slimy stuff
- 28 Wide-mouthed vessel

- 29 Seal
- 31 Proofreader's mark
- 35 Cut
- 38 Atomic Energy Commission (abbr.)
- 42 Black buck of India
- 44 Epic by Homer
- 46 Rounded projection
- 48 Cold alpine wind
- 49 Norse mythical hero
- 50 Old Doric name of Zeus
- 51 Artificial language
- 53 Power (Lat.)
- 54 Curve
- 55 No (Scot.)

Answers on Page 13

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"

"NLL IGAV JDLJKD CYA LYN
LR OMDGQ KLAU HDRLCD NPDV
CYA LYN LR XLCMQ."
- GYNPLC YAFALXA

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E049

ENIGMA™ CRYPTOGRAM

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

"SKK XVF DERYMD ET FSHXV
SHF KZPF BRDZJ."
- EDJSH VSBBFHDXFZY ZZ

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E051



Musical Potpourri

Thursday, May 19 at noon.

Join us for this month's social event '**Musical Potpourri**' on **Thursday, May 19 at noon**. The celebration will begin with a delicious box lunch featuring Lee's Famous Recipe Chicken strips, mashed potatoes & gravy, and a roll.

Then enjoy a concert by our senior choir **Seniors in Song**, under the direction of **Ednita Vafflor** and accompanied by **Terri Malone**. They will be performing a variety of their favorite songs from over the years.

There will be several nice door prizes, too.

Cost is **\$10** per person. The event is open to members and guests, with tickets being pre-sold here at the Center beginning **Monday, May 2**.

Note: We anticipate the event will be sold out, so purchase your tickets early.

Special thanks to **Kingston Residence of Marion** for sponsoring this event.



FREE TAKE HOME LUNCH

Boomer & Senior Expo AN OUTDOOR EVENT

May 27th | 11am-2pm
At Kingston Residence of Marion

LOCAL VENDORS
that serve seniors.
—
TONS OF
GIVE-A-WAYS

Senior Center staff members will be participating once again in the '**Boomer & Senior Expo**' hosted at **Kingston Residence of Marion** located at 464 James Way, Marion. The event will be held **Friday, May 27** from **11am - 2pm**.

Leave the driving to us! Transportation to and from the event for anyone age 60+ can be scheduled by calling **Marion Senior Center Transportation** at **740-387-5444**.
Note: Please call as soon as possible to ensure availability!



◀◀ Popcorn & Movie ▶▶ Thursday, May 12 - 12:30 pm **'Rudy'**

Rudy grew up in a steel mill town where most people ended up working, but wanted to play football at Notre Dame instead. There were only a couple of problems. His grades were a little low, his athletic skills were poor, and he was only half the size of the other players. But he had the drive and the spirit of 5 people and has set his sights upon joining the team.



Life at the Center



www.facebook.com/MarionSeniorCenter



Carla Poston from ProCore Health Brokers hosts 'Monday Mind Games' every Monday morning at 9 am. Come give your brain a workout with fun trivia and various games. Everyone is welcome!



A nice gathering of members and guests joined us for our first social event of the year... 'Spring Fling'! The event began with a delicious lunch from local favorite Jer-Zee ice cream shop, and afterwards we enjoyed a concert by 'Full Moon', a rockin' acoustic duo made up of Steve and Kristi Moore. They played familiar popular music from the 60s & 70s. Quite a few folks went home with some great door prizes compliments of Kingston, ProCore Health Brokers, and the Jer-Zee. Special thanks to Kingston Residence of Marion for sponsoring the event!



CROSSWORD PUZZLE ANSWERS (Pg. 6)

G	A	T	T		A	G	H	A		F	A	A
A	M	A	H		T	I	E	R		A	B	A
P	Y	R	O	M	A	N	I	C		M	I	A
	L	O	L	O		N	E	V	I			
			E	D	I	T		D	E	L	A	Y
S	O	P		E	M	Y	D		N	I	C	E
C	L	I		L	A	R	E	S		A	H	A
U	L	N	A		M	O	L	E		R	E	H
M	A	N	E	S		L	E	V	I			
		I	C	A	L			E	L	B	E	
Z	I	P		S	O	V	E	R	E	I	G	N
A	D	E		I	B	I	S		A	S	I	A
N	O	D		N	E	S	S		D	E	L	E

Answer to Sudoku

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

ENIGMA Cryptogram Answers

E049: "Too many people run out of ideas long before they run out of words." - Author Unknown

E051: "All the sounds of earth are like music." - Oscar Hammerstein II

Free Smoke Alarms for Seniors

Project Safe Senior

Home fires are the greatest disaster threat to American families. Annually, home fires cause 2,500 deaths and roughly \$7 billion in property damage. Through the installation of **free** smoke alarms and completion of home-safety checklists and plans in vulnerable neighborhood the Red Cross' Home Fire Preparedness Campaign aims to save lives, reduce injuries and build more resilient communities.

American Red Cross, Marion Senior Center, Marion County Council on Aging and Marion City Fire Department are teaming up to reduce the number of home fire deaths by putting at least one working smoke alarm in every home via **Project Safe Senior** initiated by the **State Fire Marshall**.

Area seniors can register to receive **free** smoke alarms installed in your home by completing a very short survey **printed on page 12** of this issue of the Sentinel, and also available at the **Marion Senior Center** or Marion County Council on Aging offices, or online through a link posted on the Marion Senior Center Facebook page: www.facebook.com/MarionSeniorCenter

Please Complete & Return the short Survey on Page 12

***Smoke Alarms Save Lives!
Available FREE to Seniors***



Free Smoke Alarms are available to all area seniors. Simply complete and return a short survey available at the Senior Center.

Marion Senior Center

2375 Harding Hwy. E.
Marion, Ohio 43302

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

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Marion, OH
Permit #23

Directory

Director: Steve Badertscher

Activity Coordinator: Lisa Richardson

Social Service Coordinator:
Emilee Evans

Transportation Coordinator:
Sierra Blanton

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 Emilee Evans at (740) 387-6100.**

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