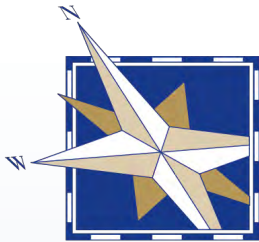


The Sentinel

April 2020



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

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

CENTER HOURS
Monday–Friday: 8 AM–4 PM

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Evening DANCE
Country Theme
Thursday, May 21

HELLO! HOPE YOU ARE WELL.

Our first and foremost concern during this COVID-19 pandemic is our members, associates, and the seniors we serve. We are truly in this together as a community -- and a country -- and our staff and our seniors are feeling that sentiment in very real ways right now. While our staff is being stretched daily to implement new procedures to ensure that those most in need receive care during this time, we are also acutely aware that this is a scary time for everyone.

For seniors, losing their connection to the Center in the face of mandated closings and social distancing is especially concerning. Our staff knows the benefits of socialization on health and happiness. Heck, it's why we all do what we do. So, even though the Center is currently not open to the public, we are continuing to reach out to our members through this "stay at home" time, via phone calls, text messages, and Facebook posts.

If you know of a senior you feel could benefit from a call, or a welfare check, please call us at (740) 387-6100 weekdays between 8am and 4pm with your request. Or email your request to info@marionseniorcenter.com

I personally want to commend all of the first responders that continue to put themselves in harm's way every day. And although they may not traditionally be thought of as "first responders", I also want to commend the brave men and women that provide our vital Senior Transportation and Home Shopping services, along with Food Box distribution and Home-Delivered Meals to our most vulnerable, at-risk community members during this COVID-19 pandemic. Even with all the safety protocols in place, they still put their own health at risk while selflessly serving others.

Our mission is "Improving Seniors Lives", and there has never been a time in recent history where critical missions like ours have been at the center of national discussion. People everywhere are getting a small glimpse of what homebound seniors face daily. Please remember to check on your elderly relatives or homebound neighbors regularly, especially during this critical time of "staying in place". We are all in this together, and look forward to seeing you when this is over!

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 **Wednesday, April 29** beginning at **10:30 am** to offer free assistance to anyone wanting to learn how to better use their Smartphones, tablets, iPads and other digital devices. Please call **(740) 387-6100** to schedule a half hour appointment.

Desserts & Memories

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

Food Box Program

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

LUNCH AT THE CENTER

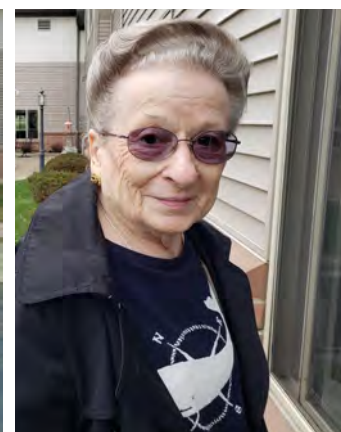
Hot and cold delicious, nutritious meals are available at the Marion Senior Center for anyone age 60+ **every Tuesday-Friday at 11:30 am**. Call Life Care Alliance at **1-888-656-6831** for details. You do not need to be a Senior Center member to participate in the Dining Center program.

NEW MEMBER MIXER

These quarterly gatherings are hosted on a **Friday at 11:30 am**. All recent new members are invited to join staff & volunteers for a free lunch, compliments of **DeWolfe Place**. Our next *New Member Mixer* is **Friday, April 3**. If you are planning to attend, please call **Lisa Richardson** at **(740) 387-6100** to RSVP.

ENERGY ASSISTANCE PROGRAM

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



We thought this little heart-warming story might be welcome relief from the seemingly endless CORVID-19 pandemic media coverage in the news. Transportation Coordinator Barb Arms recently arranged a special trip for client Cindy Mueller to visit her husband Karl who is in hospice at Primrose. Driver Bill White took Cindy to visit with her husband of 63 years, giving her a reprieve from social isolation while following all the new protocol (taking her temperature, practicing social distancing, etc.). As is the case with most senior communities, Primrose isn't allowing visitors in their facility as a safeguard. But they were accommodating to let Cindy speak to Karl through a window screen. It was a real day brightener, and you can hear the conversation through a video posted on our Facebook page at www.facebook.com/marionseniorcenter

Improving Seniors Lives

AARP™ Tax Filing Deadline Tax-Aide™ **Extended until July 15**

President Trump has announced that the deadline for filing Federal 2019 Tax Returns has been **extended until July 15, 2020**. We of AARP Foundation Tax Aides of Marion are so glad to hear this announcement.

We are now praying that all of us, and all of you, remain healthy and that the coronavirus (CORVID-19) is overcome soon. Once CORVID-19 is deemed to be a past threat to all of us and we receive clearance by AARP Foundation Tax Aides and other governmental agencies as well as the City of Marion and the Marion Senior Center we will be ready to proceed with the 2019 Tax Return season as soon as possible.

We have the appointments schedule and will contact persons that had a scheduled appointment when we are cleared to do so to see if you have had your return filed for 2019.

Your tax return can wait for now. Concentrate on staying healthy and following the necessary stay in place guidelines to keep yourselves safe.

AARP™ What Tax Info Will Tax-Aide™ **You Need to Bring?**

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

Tax preparation began on Friday, February 7, 2020.

Please bring the following to your appointment:

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

Health & Fitness

Morning Line Dancing with Royce

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

Afternoon Line Dancing with April

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

Pace Setters Walking Club

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



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

Golf League at Green Acres

Marion Senior Center Golf League is tentatively scheduled to 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** in May with instructor **Terry Dennis** providing free step-by-step instruction on the following:

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



Instructor Terry Dennis

Intro to Fitness

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



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

Zumba® Gold Toning & Strength Training

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

Fitness Center

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



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



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

Tai Chi

Tai Chi is a low-impact, slow-motion exercise, which reduces stress while increasing flexibility and balance. Instructors **Steve and Marlene Renick** host classes on **Wednesdays at 10:30 am** and **Fridays at 1:30 pm** in the *Multipurpose Room*.

Reiki

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

New! Beginners YOGA

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



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 **"Soup or Salad"**...so bring your best soup or salad to share, along with copies of your recipe.

Monday Mind Games

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

Breakfast for the Brain

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

Kingston Bingo

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

Senior Center Bingo

Florence Wright will call Bingo at **12:30 pm** on the **third Wednesday** each month.

Heartland Trivia

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

Left, Right, Center (LRC)

This wildly popular dice game is easy to learn and simple to play... with lots of prizes to win! The group meets out front with **Theresa Randall** of *Kindred Hospice* on the **second Thursday** and with **Cindy Jeffrey** from *Kindred Hospice* on the **fourth Tuesday** each month at **2:30 pm**.

Jam Session

An amazing group of talented local musicians and vocalists meet and perform at the Center on the **last Wednesday** of each month. Lunch is available for **\$3.50** and is served at **noon**. Music is performed from **1 to 3 pm**. Public welcome!

Mahjong

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

Choir

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

Classes, Activities & Programs



ETA - Floral Arranging

The next ETA (*Exploring the Arts*) class will be “Floral Arranging” instructed by *Marion Flower Shop* on **Thursday, April 16 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 **Wednesday, April 22 at 10 am**, instructor **Ariel Ingram** will once again lead our group. Sip some coffee and enjoy some yummy cupcakes as you create your very own masterpiece. No painting experience necessary. Cost is \$25. Please see Lisa to register and see a sample painting for this class.



Bridge

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

Euchre

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

Hand & Foot Card Game

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

Texas Hold ‘Em

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

Mexican Poker

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

Dominoes

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

Rummikub

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

Scrabble

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

Open Billiard Room

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

April 2020 • Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
CENTER CLOSED UNTIL 4/13 DUE TO COVID			
		8:30-Open Billiards 1 9:00-Exercise 9:30-Intro to Fitness 10:30-Tai Chi 12:30-Open Sewing*	9:00-Aerobics 2 9:30-Breakfast for the Brain* 9:45-Choir* 10-ETA: Floral Arranging* 11:00-Hand & Foot Cards 11:30- <i>New!</i> Beginners YOGA* 12:00-Bid Euchre 12:00-Mahjong
8:30-Open Billiards 6 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 7 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 8 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 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-LRC*
8:30-Open Billiards 13 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 14 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 15 9:00-Exercise 9:30-Intro to Fitness 10:30-Tai Chi 12:30-Senior Center Bingo* 12:30-Open Sewing*	9:00-Aerobics 16 9:30-Breakfast for the Brain* 9:45-Choir* 10:00-ETA - Floral Arranging* 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 20 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*	9:00-Aerobics 21 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 22 9:00-Exercise 9:30-Intro to Fitness 10:00-Coffee, Cupcakes & Canvas* 10:30-Tai Chi 12:30-Open Sewing*	9:00-Aerobics 23 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 27 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 28 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 29 9:00-Board Meeting 9:00-Exercise 9:30-Intro to Fitness 10:30-Tech Time with TJ* 10:30-Tai Chi 12:00-Lunch 12:30-Open Sewing* 1:00-Jam Session*	8:00-Scioto Downs* T 30 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 **3**
 9:00-Exercise
 9:30-Line Dancing
 11:00-Scrabble
 1:00-Card Game 31
 1:00-Mexican Poker
 1:30-Tai Chi

APRIL 19

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

8:30-Open Billiards **17**
 9:00-Exercise
 9:30-Line Dancing
 11:00-Scrabble
 1:00-Card Game 31
 1:00-Mexican Poker
 1:30-Tai Chi

8:30-Open Billiards **24**
 9:00-Exercise
 9:30-Line Dancing
 11:00-Scrabble
 1:00-Card Game 31
 1:00-Mexican Poker
 1:30-Tai Chi

F = Food Box Day

T = Trip Departure

D = Thursday Evening Dance

*See Article Inside for Details

April Birthdays

Jim Caldwell	Apr 01	Carol Miller	Apr 12	Connie Colbree	Apr 21
Virginia Cirko	Apr 01	Larry Craft	Apr 12	Roger Laws	Apr 21
Susan Williams	Apr 02	Joyce Miller	Apr 12	Cynthia Davis	Apr 23
Kaki Anderson	Apr 03	Tecola Hill	Apr 12	Bruce Edwards	Apr 23
Nancy Garrett	Apr 03	Patricia Wilson	Apr 12	Karen Jolliff	Apr 23
Stanley Griffith	Apr 03	Debb Henderson	Apr 13	Bonnie Klages	Apr 24
Judy Scheff	Apr 04	Cecil Denton	Apr 13	Maureen Brown	Apr 24
Charlotte Rowe	Apr 05	Bertha Stansbery	Apr 14	Nancy Mash	Apr 25
Ethel Butcher	Apr 06	Laurel George	Apr 14	Antoinette Mellini	Apr 25
Patricia Durkin	Apr 06	Sue Wisebaker	Apr 14	Faye Martin	Apr 26
William Fisher	Apr 06	Gloria Short	Apr 15	April Morrison	Apr 26
Barb Greetham	Apr 06	Dixie Snyder	Apr 15	Norbert Neutzling	Apr 26
Elizabeth		Brenda McElroy	Apr 15	Loretta "Faye" Waddell	Apr 26
"Betty" Knaul	Apr 07	Albert Steinman	Apr 15	Rose Fiedler	Apr 27
Trudy Sherer	Apr 07	Beverly McFarland	Apr 15	Frana Koudelka	Apr 27
Carl Grose	Apr 07	Dixie Davis	Apr 15	Nancy Dunnigan	Apr 28
Sarah Gramling	Apr 07	Millie Stockdale	Apr 16	Howard Huston	Apr 28
Marsha Wall	Apr 08	Cathy Williams	Apr 16	Michael Bowe	Apr 28
Kathleen Geyer	Apr 08	Peggy Bond	Apr 17	Betsy Blankenship	Apr 28
Beth Martin	Apr 09	Fern Parish	Apr 17	Judy Nemeth	Apr 28
Zulin Fields	Apr 09	Phyllis Glasco	Apr 18	William Dawson	Apr 28
Virgie Kinsler	Apr 10	Linda Welch	Apr 18	Mike Alic	Apr 30
Barb Arms	Apr 10	Steve Whipps	Apr 18	Larry Geissler	Apr 30
Mabel Cheetham	Apr 11	Christine Photos	Apr 18	Deb Lewis	Apr 30
Connie Rinehart	Apr 11	Joan Ault	Apr 19	Shirley Johnson	Apr 30
William VanBuskirk	Apr 12	Clara Bronson	Apr 20	Pat Miller	Apr 30
Gary Tumbleson	Apr 12	Glenette Garver	Apr 20	Juanita Keirns	Apr 30

April Anniversaries

Kenneth & Janice Linstedt	April 25, 1953	67 Yrs
Jerry & Mary Steiner	April 16, 1955	65 Yrs
Rudy & Patricia Schneider	April 02, 1956	64 Yrs
Butch & Velma Steinman	April 19, 1964	56 Yrs
Bruce & Jerri Edwards	April 26, 1964	56 Yrs
Lynn & Helen Slemmons	April 16, 1966	54 Yrs
Larry & Patricia Wood	April 20, 1969	51 Yrs
Gregory & Barbara Klee	April 14, 1979	41 Yrs
Richard Cooper & Mary Donaldson	April 23, 1983	37 Yrs
Brad & Lisa Richardson	April 04, 1991	29 Yrs
David & Beth Mansperger	April 03, 2006	14 Yrs
Ed & Cindy Little	April 24, 2019	01 Yr

New Members

Patricia Wilson
 Martha Price

Frana Koudelica
 Michael Kline
 Joyce Cumston

Belinda Guinther
 Regina Hunt

April is Volunteer Appreciation Month

Sponsored by Interim Healthcare

Sponsored by Interim Healthcare



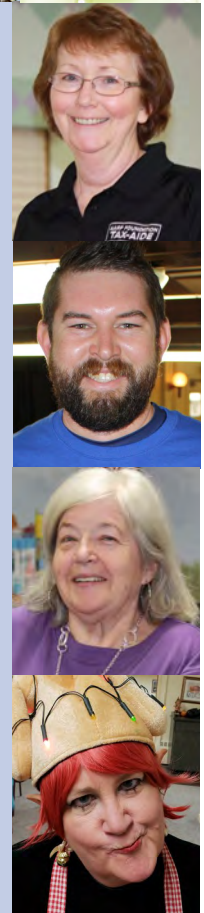
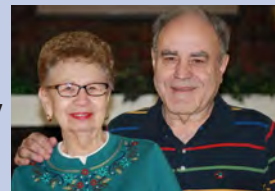
Volunteer Appreciation Celebration!

**Postponed Until May Due to COVID-19 Uncertainty at Press Time*

For everything our devoted volunteers do - day after day - they are truly appreciated! Please join us for our annual *Volunteer Appreciation Celebration Luncheon* on a future date **To Be Determined**.

All Center volunteers will be formally recognized and receive a **FREE** lunch on this special day to show our appreciation. Lunch will feature Beef & Noodles, Mashed Potatoes, Green Beans, Peach Cobbler, and a Beverage.

We invite you to join us as together we celebrate "The Heart of our Senior Center Team"... the many dedicated volunteers who are vital to the daily operation of the Center. Let's all take a moment during **National Volunteer Week** (April 19 - 25) to recognize and thank them!



Upcoming Events



◀◀ Popcorn & Movie ▶▶ Thursday, April 16 - 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 Until May
 - **Senior Citizens Day** - Monday, May 11; noon
 - **Adventure Club Sign-up** - Friday, May 15; 8 am



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

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

Tuesday, March 3 - 12:30 pm.

Topic: "Cyber Security for Seniors"
Brief: How to protect yourself from online predators, telephone scams and computer viruses.
Instructor: **Wayne Strunk**, Technology Specialist

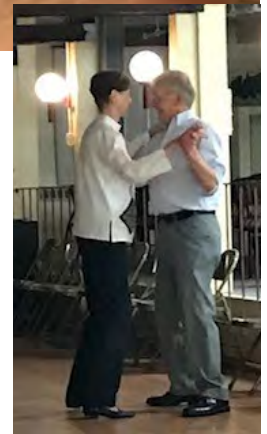
Tuesday, April 21 - 12:30 pm.

Topic: "Butterfly & Moth Collection"
Brief: See specimens of butterflies and moths collected from around the world.
Instructor: **John Peacock**

*****Postponed Until May*****

Country Dance

This month's dance will feature a Country theme. DJ Evan Richardson will be playing all your favorites, including classic line dance songs. The dance will be hosted on **Thursday, May 21** from **6 - 8 pm**. Evening dances are open to the public with both singles and couples welcome. Cost is **\$5** in advance/**\$8** at the door.



Trips on the Horizon

LaComedia: 'Footloose'

Friday, April 17

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

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

June 11 - 20

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

**Double Occupancy*

Pigeon Forge & Smoky Mountains Show Trip

Mon. - Fri., September 14 - 18

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

Murder Mystery Dinner Train

Tuesday, September 22

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

Indians at Reds Overnight

Tues. - Wed., July 7 - 8

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

Chicago

Explore the Wonders of the Windy City

Fri. - Sun., August 7 - 9

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

**Double Occupancy*

Wright-Patt Air Force Museum

Thursday, July 16

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

Trips on the Horizon

'Jaws with Paws' Day Trip *Wednesday, June 24*

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

Hawaiian Cruise Meeting!

Ralph Aliseo from *Norwegian Cruise Lines* will be here **May 18 at 12:30 pm** to discuss details and answer any questions about our Hawaiian cruise in November. If you are registered to go on this trip we encourage you to attend.

Columbus Clippers Baseball **“Dime-a-Dog Nights”**

June 9, July 20 & August 18

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

Scioto Downs - Columbus *Thursday, April 30*

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.*

Coronavirus Advice

Beware of Scams

Unfortunately, scammers are taking advantage of fears surrounding the coronavirus. The Federal Trade Commission has identified several of them and is offering tips to protect yourself and others. These include watching for emails claiming to be from the CDC saying they have information about the virus and ignoring online offers for vaccinations. There currently are no vaccines, pills, potions, lotions, lozenges, or other prescription or over-the-counter products available to treat or cure COVID-19 online or in stores.

If you receive an email asking you to donate to a nonprofit that is fighting the coronavirus, make sure to research the organization first through an independent charity rating service such as Charity Navigator.

NCOA Blog by Kathleen Cameron, BScPharm, MPH

Stress and Coping with CORVID-19

Older people are at higher risk for severe illness from COVID-19 which may result in increased stress during a crisis. Fear and anxiety about the pandemic can be overwhelming and cause strong emotions. Here are some recommendations from the CDC website:

Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories and social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

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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Directory

Director: Steve Badertscher

Activity Coordinator: Lisa Richardson

Social Service Coordinator:
Cindy Jennings

Transportation Coordinator: Barb Arms

Bookkeeper: Jackie King

Maintenance Supervisor: Jay Yarger

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

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.