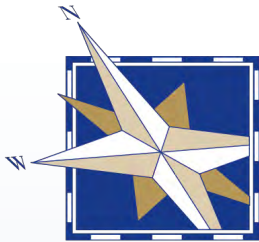


Volume 39 • Issue 1

The Sentinel

January 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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Friendly Reminder:

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

Happy New Year!

The start of a new year can be a time of renewal. It offers each of us an opportunity to reflect, set new goals, and start over. For many, living a healthier life is a popular New Year’s resolution. If it’s one of yours, we have some suggestions to help you live better in 2022.

Improve your diet. If you’d like an occasional break from preparing healthier foods on your own, consider joining us for the healthy, nutritious meals served at our Congregate Dining Center every Tuesday through Friday from 11am - 12:30pm.

Get moving. A sedentary lifestyle contributes to a variety of health concerns, ranging from obesity to diabetes and high blood pressure. Try to limit the amount of time you spend sitting and get up and move around throughout the day.

Exercise 30 minutes a day. Talk with your doctor for advice about the best types of exercise for you, and how much to do at first. We have a very nice Fitness Center available to our members for free. We also host classes like Tai Chi, Chair Yoga, Line Dancing, and Intro to Fitness each week. If you’re just getting started, set a goal that feels achievable, like walking on a treadmill for 15 minutes and then gradually increase it over time.

Learn to manage stress. From political strife to the coronavirus pandemic, 2021 has been stressful for almost everyone. But living with chronic stress is bad for physical and emotional well-being. Try to learn a few stress-management techniques you can turn to in the new year. Journaling, music, art projects, knitting, and meditation are a few to explore.

Laugh more. Laughter is not only fun, it’s also good for your health. It helps lower blood pressure and decrease the risk for depression. Remind yourself that laughter is the best medicine, whether it is talking with a funny friend on FaceTime, watching a comedy series on television, or playing cards or games with friends at the Center.

So, we encourage you to welcome in the new year by trying a few (or all) of these suggestions. Better yet, spend time doing so here at the Center.

Here’s to a happy, healthy 2022! May your troubles be less, and your blessings be more, and nothing but happiness come through your door!

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, January 26
- Wednesday, February 23
- Wednesday, March 23
- Wednesday, April 27
- 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

2022 Membership Dues

As we ring in the New Year, it's also time to renew your Center membership.

Membership dues will be \$30 for 2022, and are 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! And since fall and winter weather can be very “hit or miss” in Ohio, here are some of the activities that may be hosted outdoors:

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 anytime from dusk to dawn. However, the formal program has now concluded for this season and 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.

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 **Wednesday** at **10am**.

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!

DeWolfe Trivia

Nicole Rich from **DeWolfe Place** will host "*Trivia*" games on the **second Wednesday of each month at 10 am**.

Senior Choir 'Seniors in Song'

Director **Ednita Vaflor** announced that choir practice will **move to Monday during the week of the movie**. So, this month choir will meet on Thursday, Dec. 2, Monday, Dec. 6 and Thursday, Dec. 16. Note: choir will not meet on Dec. 23 or 30 due to the holidays.

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!

January 2022 • Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Pool Room <i>(by Appointment)</i> 3 Fitness Room <i>(by Appointment)</i></p> <p>10:00-Mind Games 12:00- Euchre 12:00-Pinochle</p>	<p>Pool Room <i>(by Appointment)</i> 4 Fitness Room <i>(by Appointment)</i></p> <p>10:00-Bible Study 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Rummikub 11:00-Books, Balance & BS 12:00-Hooks & Needles</p>	<p>Pool Room <i>(by Appointment)</i> 5 Fitness Room <i>(by Appointment)</i></p> <p>10:00-Intro to Fitness 10:00-<i>New!</i> Dominoes 11:30-Mahjong 11:00-Congregate Dining/Lunch 12:30-Open Sewing Time</p>	<p>Pool Room <i>(by Appointment)</i> 6 Fitness Room <i>(by Appointment)</i></p> <p>10:00-Line Dancing 11:00-Congregate Dining/Lunch 12:00-Choir 12:30-Open Craft Time</p>
<p>Pool Room <i>(by Appointment)</i> 10 Fitness Room <i>(by Appointment)</i></p> <p>10:00-Mind Games 12:00- Euchre 12:00-Pinochle 12:00-Choir*</p> <p><i>*Choir is moved to Monday this week due to the Movie on 12/9</i></p>	<p>Pool Room <i>(by Appointment)</i> 11 Fitness Room <i>(by Appointment)</i></p> <p>10:00-Bible Study 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Rummikub 11:00-Books, Balance & BS 12:00-Hooks & Needles</p>	<p>Pool Room <i>(by Appointment)</i> 12 Fitness Room <i>(by Appointment)</i></p> <p>10:00-Intro to Fitness 10:00-<i>New!</i> Dominoes 10:00-DeWolfe Trivia 11:00-Congregate Dining/Lunch 11:30-Mahjong 12:30-Open Sewing Time</p>	<p>Pool Room <i>(by Appointment)</i> 13 Fitness Room <i>(by Appointment)</i></p> <p>10:00-Line Dancing 11:00-Congregate Dining/Lunch 12:30-Open Craft Time 12:30-Popcorn & Movie <i>'A Dog's Journey'</i></p>
<p>Pool Room <i>(by Appointment)</i> 17 Fitness Room <i>(by Appointment)</i></p> <p>10:00-Mind Games 12:00- Euchre 12:00-Pinochle</p>	<p>Pool Room <i>(by Appointment)</i> 18 Fitness Room <i>(by Appointment)</i></p> <p>10:00-Bible Study 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Rummikub 11:00-Books, Balance & BS 12:00-Hooks & Needles</p>	<p>Pool Room <i>(by Appointment)</i> 19 Fitness Room <i>(by Appointment)</i></p> <p>10:00-Intro to Fitness 10:00-<i>New!</i> Dominoes 11:00-Congregate Dining/Lunch 11:30-Mahjong 12:30-Kingston Bingo 12:30-Open Sewing Time</p>	<p>Pool Room <i>(by Appointment)</i> 20 Fitness Room <i>(by Appointment)</i></p> <p>10:00-Line Dancing 11:00-Congregate Dining/Lunch 12:00-Choir 12:30-Open Craft Time</p>
<p style="text-align: right;">24</p> <p>Senior Center is Closed Today for Food Box Day & Deep Cleaning</p>	<p>Pool Room <i>(by Appointment)</i> 25 Fitness Room <i>(by Appointment)</i></p> <p>10:00-Bible Study 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Rummikub 11:00-Books, Balance & BS 12:00-Hooks & Needles</p>	<p>9:00-Board Meeting 26 Pool Room <i>(by Appointment)</i> Fitness Room <i>(by Appointment)</i></p> <p>10:00-Intro to Fitness 10:00-<i>New!</i> Dominoes 11:00-Congregate Dining/Lunch 11:30-Mahjong 12:30-Open Sewing Time</p>	<p>Pool Room <i>(by Appointment)</i> 27 Fitness Room <i>(by Appointment)</i></p> <p>10:00-Line Dancing 11:00-Congregate Dining/Lunch 12:30-Open Craft Time</p>
<p>Pool Room <i>(by Appointment)</i> 31 Fitness Room <i>(by Appointment)</i></p> <p>10:00-Mind Games 12:00- Euchre 12:00-Pinochle</p>			

Birthdays & Anniversaries

FRIDAY

Pool Room *(by Appointment)* **7**
 Fitness Room *(by Appointment)*

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

Pool Room *(by Appointment)* **14**
 Fitness Room *(by Appointment)*

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

Pool Room *(by Appointment)* **21**
 Fitness Room *(by Appointment)*

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

Pool Room *(by Appointment)* **28**
 Fitness Room *(by Appointment)*

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



January Birthdays

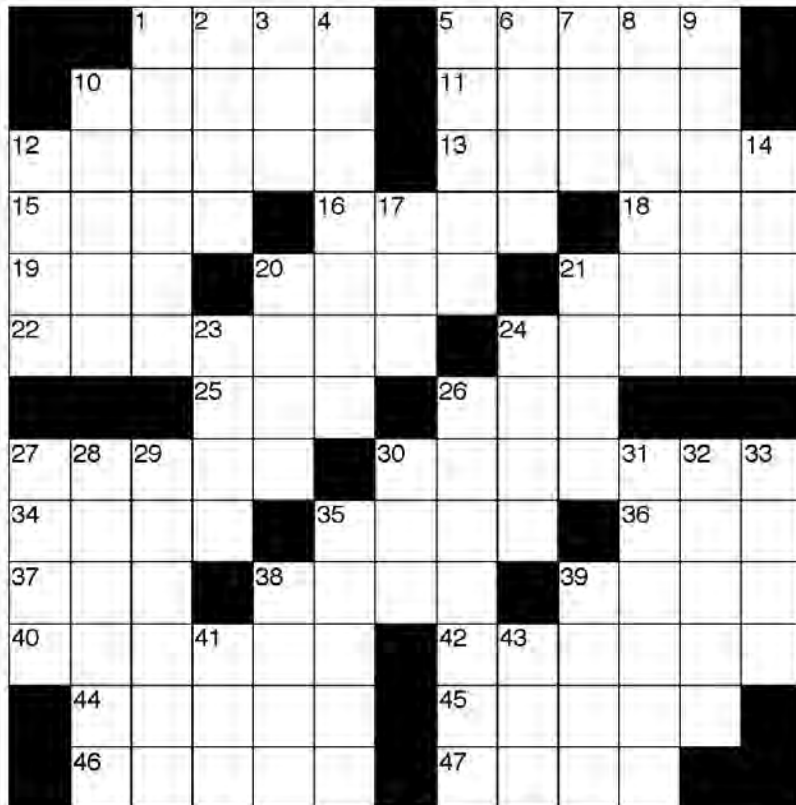
Sharon McFadden	Jan 01	Donald West	Jan 09	Paul Kennedy	Jan 24
David Schaber Sr.	Jan 01	Beverly Crist	Jan 11	Barbara Patrick	Jan 25
Judy Ulsh	Jan 02	Terry Kern	Jan 13	Joann Begley	Jan 25
A. Kim Thomas	Jan 02	Eva Blankenship	Jan 15	Ralph Brown	Jan 25
Susan Davis	Jan 03	Mary Koch	Jan 16	Joseph Clarke	Jan 25
Ken Estes	Jan 03	Steve Badertscher	Jan 16	Delores Doyle	Jan 25
Martha Cocherl	Jan 04	Mary Martin	Jan 18	Julianne Kyle	Jan 26
Marlene Huber	Jan 04	Lowell Harrah	Jan 19	Nicki Landfried	Jan 27
Shirley Pierce	Jan 05	Ann Thomas	Jan 19	Rosalie Dale White	Jan 27
Joe Bruno	Jan 05	Barbara Fleming	Jan 20	Patricia Hill	Jan 27
Denny Byrd	Jan 07	Nancy Whitaker	Jan 21	Nancy Eilerman	Jan 28
Carolyn Heimlich	Jan 07	Tim Mantey	Jan 21	Terry Fortney	Jan 29
Joyce Cumston	Jan 07	Janis Holbrook	Jan 23	Sue Brown	Jan 30
Donna McPeck	Jan 08	Louis Hughes	Jan 23	Mark Hartman	Jan 31
Jim Harshfield	Jan 09	Michael Moyer	Jan 23	Debra Coble	Jan 31

January Anniversaries

Steve & Marlene Renick	1/22/1982	39 years
Steve & Karen Ward	1/8/1966	55 years

CROSSWORD PUZZLE

Answers on Page 13



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A38

ACROSS

- 1 Post
- 5 Eyelashes
- 10 Rom. Furies
- 11 Astringent
- 12 Farewell (2 words)
- 13 Unassuming
- 15 E. Indian tanning tree
- 16 Scheme
- 18 Modernist
- 19 Civil War commander
- 20 With joy
- 21 Bluish-white metal
- 22 Ant
- 24 Hundred (pref.)
- 25 Rear
- 26 Council for Econ. Advisors (abbr.)
- 27 Soap plant
- 30 Wine vessel
- 34 Dear (Ital.)
- 35 Song (Ger.)
- 36 Federal

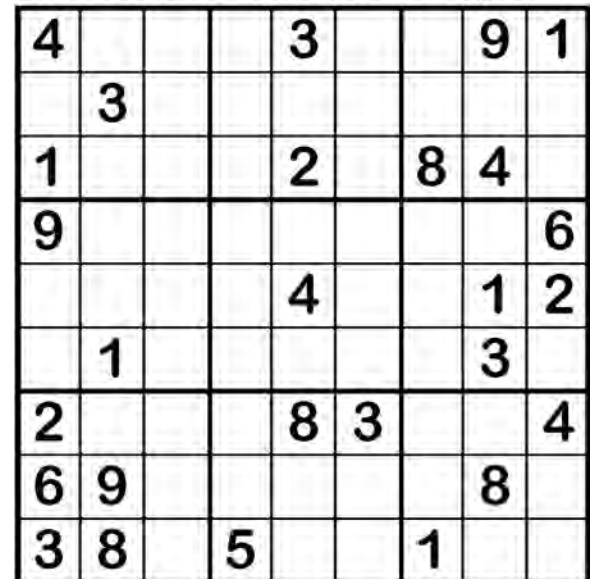
- 36 Federal Aviation Admin. (abbr.)
- 37 Russ. community farm
- 38 Unadulterated
- 39 Fever (pref.)
- 40 Heavenly
- 42 Roam
- 44 Heath evergreen
- 45 "Fra Diavolo" composer
- 46 Silk substitute
- 47 Ogle

DOWN

- 1 Swed. sculptor
- 2 Venezuelan copper center
- 3 John, Gaelic
- 4 Shin (2 words)
- 5 Stick used in hurling
- 6 Sacred image
- 7 Went first
- 8 Peaceful
- 9 Off
- 10 Jap. news agency
- 12 Oceanic tunicate
- 14 S.A. toucan
- 17 Recline
- 20 Small flute
- 21 Ardor
- 23 Prayer beads
- 24 Principal
- 26 Axis deer
- 27 Top
- 28 First
- 29 Planetarium
- 30 Circuit (abbr.)
- 31 Once (2 words)
- 32 Pole in Gaelic games
- 33 Male noble
- 35 Rom. poet
- 38 _____ Rivera, CA
- 39 Gooseberry
- 41 Nothing
- 43 Herb of grace

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: "D" = "H"

"X IUBBNY YDN AXRA DU DXA
LUCUZ TNBG X BHU DXA PFAT
TNBG NLU."
- XLNLRNFA

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E050

ENIGMA™ CRYPTOGRAM

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

"POAHVS NABSV XWWJ NSM
RSFFSO AMJ RAJ NSM ZVOVS."
- FYWNAV UICCSO

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E053

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.

Meet Darnell Flourney

We are very grateful to have Darnell Flourney recently join us as the newest member of our staff. Darnell greets members with a warm welcome and his ever-

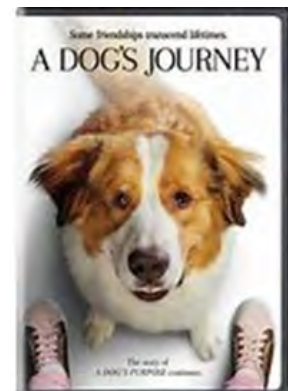


present smile out front as they enter the Center, assisting them with having their temperature taken, getting signed in, etc. He has also been a tremendous help in keeping the facility looking its best, always willing to lend a helping hand with anything that needs done. Next time you visit the Center be sure to say hello to Darnell.

KINGSTON
RESIDENCE
of MARION

◀◀ Popcorn & Movie ▶▶ Thursday, Jan. 13 - 12:30 pm *'A Dog's Journey'*

Ethan's (Dennis Quaid) beloved dog Bailey (voiced by Josh Gad) finds a new destiny: Protect Ethan's granddaughter CJ (Kathryn Prescott) at any cost. Bailey's adventure through multiple lives is filled with love, friendship and devotion as he and CJ experience joy and heartbreak, music and laughter, and a few really good belly rubs.



Volunteer of the Month

MEET SANDY HALL

by Tim Frericks

Our volunteer of the month, Sandy Hall, is an interesting person. Her soft-spoken demeanor belies a resolute will and steadfastness that have enabled her to lead an admirable life. Immediately after graduating from Marion Harding in 1960 she landed a job as a clerk in the GC Murphy store in downtown Marion. She then transitioned to a similar job at JC Penney's. After Penney's she began a 35 year career in the various kitchens of the Marion City Schools. Now retired she subs periodically when the need arises and when her schedule permits. Sandy believes in being active and productive.

Additionally, she was devastated but soldiered on when her husband and life partner, Jack Hall, died in early 2021. They had been married 58 years and 8 months and seemingly did everything together. Their mutual interests included camping (mostly at Indian Lake), traveling and antiquing. They had traveled



together to Virginia touring the home of George Washington at Mt. Vernon then on to Pigeon Forge, Tennessee. They even made it to Mt. Rushmore. They also loved the same house which they lived in since 1974.

Though troubled by the loss of Jack, Sandy realized she needed to be involved and soon became a fully engaged member of the Senior Center in March,



2021. Shortly after she began volunteering as a "greeter" on Tuesdays and Thursdays. She enjoys her greeting duties. She also assists with the monthly Food Box program.

A long time resident of Marion, Sandy attends Grace Baptist Church and is a proud parent of two adult children. Her daughter, Sue, age 58 lives in Columbus and her son, Mark, age 56, lives in Marion. Sandy also has two sisters, Linda living in LaRue and Brenda living in Columbus.

Sandy is a happy, contented person and demonstrates that the human spirit needs constructive activity to maintain and nourish it.



CROSSWORD PUZZLE ANSWERS (Pg. 6)

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

SUDOKU ANSWERS (Pg. 6)

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

ENIGMA Cryptogram Answers

E050: "A fellow who says he has never told a lie has just told one." - Anonymous

E053: "Praise makes good men better and bad men worse." - Thomas Fuller

On a Positive Note



Line Dancing class meets Thursday mornings at 11am in the Multi-Purpose Room. Along with all the benefits of being good for balance, flexibility and a great aerobic exercise, line dancing is just a whole lot of fun! Everyone is welcome!

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

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.