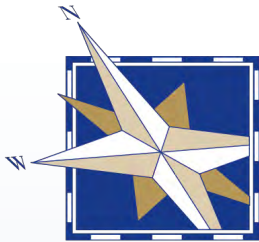


Volume 40 • Issue 8

The Sentinel

August 2023



2375 HARDING HWY. EAST
MARION, OHIO 43302

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

CENTER HOURS
Monday–Friday: 8 AM–4 PM

Sponsored By CenterWell Home Health & Humana



Wednesday, August 9 at Noon

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Join us for a good, old-fashioned Ice Cream Social on **Wednesday, August 9 at noon**. The celebration will begin with a delicious lunch featuring Lee’s Famous Recipe chicken tenders, pasta salad, and chips. And everyone’s favorite frozen dessert... ice cream!

Following lunch we will be entertained by 2012 Banjo Hall of Fame inductee, **Glenn Parks**. Glenn will perform many classic banjo tunes, along with telling a few stories and jokes. His strolling banjo entertainment is guaranteed to brighten your day. There will be a drawing for door prizes, too.



Cost is **\$10 Members/\$12 Non-Members**. Tickets are available here at the Center until end of day on Monday, August 7.

We Need Volunteers!

If you can volunteer a couple hours per week we will gratefully find a way to get you involved!

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.

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**.



TECH TIME with Angela Thomas

Need help using your Smartphone or Tablet? **Angela Thomas** from **Beltone** is offering **FREE** technology sessions for anyone who may need help navigating through their smartphone or tablet. Join her at the Senior Center on the **third Wednesday** each month from **10:30 am - 12:30 pm**. Coffee and snacks will be provided.



Farmer's Market

Caledonia Farmer's Market is held every **Saturday** from **10 am - 1 pm**, June through September. Locally grown produce & fruit; local baked goods, meats & honey. \$5 food vouchers available from Marion Co. Council on Aging for individuals 60+

FREE PRODUCE MARKETS

Marion City Schools is once again 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 on the **fourth Wednesday every month** 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**.



NEIGHBORHOOD SUPPER DRIVE-THRU DINNER

St. Paul's Lutheran Church, 135 W. Main Street in Waldo is continuing their Neighborhood Supper Drive-Thru Dinner program. It will be hosted on the **4th Tuesday** each month from **4:30 pm - 6 pm**. Pick up a warm meal, in a container, and take it home **FREE** of charge. They ask that you pull up to the door facing the parking lot and the meal will be delivered to your car. Everyone is welcome! Call **740-726-2770** for more information.



Transportation
740-387-5444

Senior Transportation

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

We thank our transportation coordinator and van drivers 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

Mondays at 11 am

Box Lunch Bingo!

Join us for “**Box Lunch Bingo**” every **Monday** here at the Center. First you’ll enjoy a delicious deli-style meal served at **11 am**, featuring menu items like chicken wraps, roast beef sandwiches, etc. prepared by the culinary staff at **LifeCare Alliance**. There is a suggested contribution of a \$1.50 per meal.

Following lunch **Maddy** or **Carla Poston** of **ProCore Health Brokers** will be calling Bingo and awarding nice prizes. Everyone is welcome!



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!

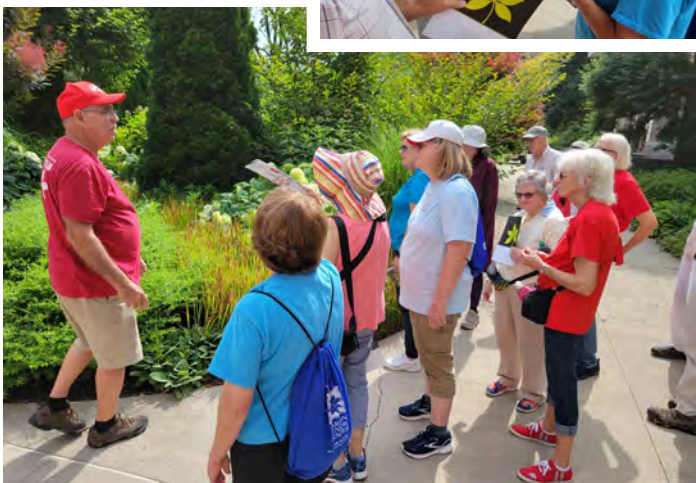
All participants will receive a delicious, nutritious lunch served individually at each table. The meals are provided on a donation basis (a suggested contribution of \$1.50 is welcomed). Meals must be eaten in the dining room. Anyone aged 60 years or older is eligible.

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.

Life at the Center



Adventure Club had fun in July, visiting the Glen Helen Raptor Center in Yellow Springs (top & left) and Chadwick Arboretum at OSU in Columbus (below).



In Memoriam

It is with deep sadness and heavy hearts that we inform you of the death of our colleague and friend, Sheryl Simmons, who passed away on Friday, July 14 with her loving family by her side. Sheryl passed away after a courageous year-long battle with cancer. We will miss her more than words can express. She was not just our co-worker but our good friend as well.



'Fret Mashers' brought the energy to our 'Bluegrass & Burgers' event with a great performance! (...and the root beer floats were pretty popular, too.)

Crypto Currency Scam Seminar

Ohio District 5 Area Agency on Aging is teaming up with the Ohio Attorney General to present timely information about Crypto Currency scams. The event will be hosted on **Friday, August 4 at 9:30 am** the **Brickyard on Main** located in downtown Marion. The presentation is free and refreshments will be provided. For more details call Ohio District 5 Area Agency on Aging at **(419) 524-4144**.

Share Your Opinion!

Ohio Department of Transportation (ODOT) and Ohio University need your help! ODOT and Ohio University are conducting a focus group to assess the opinions and views of self-automated vehicles among the 40+ population. We will be hosting the focus group at the Marion Senior Center on **Monday, August 7 at 11 am and 1pm**. We need 15 participants per session. Please reach out if you are interested in participating!



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

Health & Fitness

Staying Active!

Pickleball

Come play America's fastest growing sport... pickleball! Our outdoor pickleball courts are state-of-the-art and free to members. We also have paddles and pickleballs available for members to use. No experience is necessary. Groups usually gather on weekday mornings to play.



Fitness Center

Our Fitness Center is open to members at no additional cost, and boasts a variety of fitness equipment, including a treadmill, 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.



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.



Fitness Drumming

Our new fitness drumming program for seniors is hosted in the Multipurpose Room on Monday, Wednesday, and Friday mornings at 9:15 am. Fitness Drumming is a fun, and highly engaging workout that can greatly benefit not only your overall health, but more specifically, your heart and lung health. No musical experience is necessary and there is no cost for this class. Class size is limited to 20.

Leaders: Emilee Evans & Lisa Richardson

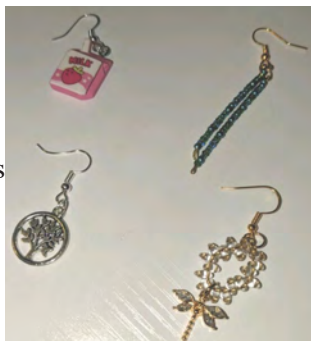


Our Fitness Drumming class is so popular that we just added another class on Fridays. So, members can now enjoy a fun aerobic workout three days a week. Plus, members are welcome to participate seated in a chair, if they would prefer.

Classes, Activities & Programs

'Exploring the Arts' with Kristin

Instructor **Kristin Bentley** will host her monthly art class on **Tuesday, August 22 at 1pm** in the **Craft Room**. All classes (with the exception of a special project) will be **\$5**. This month's project is "**Jewelry**" (earrings, bracelets and necklaces).



Note: Participants must sign up by Friday, August 18 at noon.

CHALK TALK presented by Elva Hurst

Elva Hurst is a professional artist and author from Lancaster County, PA. Growing up in large old order Mennonite family, she spent most of her time teaching herself art



between chores on the family dairy farm. After graduating 8th grade from her one room schoolhouse, she discovered the lost performance art of chalk talk. She now owns and operates the Barnyard Art Studio & Gallery on her 40-acre farm in Lancaster while traveling abroad to share her stories of faith and freedom through chalk talk.

Watch as Elva takes you and the audience through an inspiring show, sharing her stories through florescent chalk, music, and sound effects. Enjoy the grand finale as colored lights and an ultraviolet black light create beautiful effects on her artwork, ending the show with a memorable experience. See Elva 'Chalk Talk' at these area locations: **August 13 (Sunday)**

- Noon - St. John Lutheran Church (Cardington)
- 7 pm - Cornerstone Alliance Church (Rt. 4, Marion)

August 14 (Monday)

- 2 pm - American Legion Hall (Cardington)
- 7 pm - Palace Theatre - May Pavilion (Marion)

August 15 (Tuesday)

- 10:30 am - Chadwick (Marion)
- 7 pm - Jenera, St. Paul Lutheran Church

Call **Linda Ruehrmund** at **419-864-7520** for details.

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:* Sonny Hunt

Euchre

Euchre is played out front on **Thursdays** at **11:30 am**.

Everyone is welcome! *Leader:* Shirley Marshall

Hand & Foot

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

Hand & Foot

Hand & Foot cards is played in the Game Room on **Thursday** at **9 am**. Everyone is welcome! *Leader:* Phyliss Shirk

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** afternoons at **1 pm**.

Leader: Beulah Owens

Mahjong

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

Leader: Kaki Anderson.

New! Sewing Class

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 - 3:30 pm** in the **Craft Room**.

Seamstress **Peni Yeoman** will instruct a new sewing class beginning this month

on **August 19**. The project is a matching kitchen towel & hot pad, with all materials provided at no cost.



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.

New! “What Am I ?” Trivia

Susan Snyder of Gentiva Hospice will be hosting a new “What am I ?” Trivia activity on the 3rd Monday of each month at **10:15 am** out front. Everyone will try to guess ‘who or what I am’ as Susan provides clues that describe a person, place or thing. There is no cost for this activity and refreshments will be provided!

Recipe ‘Prepare & Share’

Recipe ‘Prepare & Share’ meets on the **2nd Tuesday** at **Noon** each month to prepare and share our favorite dishes along with the recipes. This month’s theme will be “School Lunch Favorite”. So, bring your favorite prepared dish along with copies of your recipes. This group meets out front by the kitchen. *Leader:* Kathy Hampel

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. We have pickleball paddles and balls available for those members just wishing to try the game out. See Lisa to borrow those items.

Open Billiard Room

We have 2 new pool tables available for open play every weekday from 8 am to 4 pm. No matter your experience level, everyone is welcome to play!

Scrabble

Beginning this month, **Scrabble** will meet out front every **Thursday at Noon**. Scrabble is a word game in which players score points by placing tiles, each bearing a single letter, onto a game board. The tiles must form words which, in crossword fashion, flow left to right in rows or downwards in columns. *Leader:* Barb Schwartz

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!

Quarter Bingo

Josh Rich of *CenterWell Home Health* hosts Bingo at **2:00 pm** on the **second Wednesday** each month. Players ante a quarter at the beginning and will win the pot upon having a bingo.

New! White Elephant Bingo

Kylie Vetter from *AETNA* will be hosting ‘White Elephant Bingo’ on the **fourth Tuesday** of each month at **10 am**. Everyone will bring in a new item, a “white elephant gift” as their entry fee. (Kylie will also have extra prizes in case). All prizes will be wrapped in tissue paper so when they Bingo, they won’t know what they are picking.

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 served at **noon**, featuring a sandwich, side, chips and a beverage. Cost of lunch is **\$4**. *Note: All musicians performing that day receive a complimentary lunch.* Music is performed from **1 to 3 pm**, with cookies served at intermission. Public welcome!

Hooks & Needles

Instructor **Candice DeWitt** hosts this fun class on the **second Tuesday each month 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! *Note: The Craft Room will also be available every Tuesday at Noon for anyone interested in knitting or crocheting on their own.*

New! Chair Yoga

Beginning July 12, Instructor **Lori Dennis** will host an **introductory 6-week session** of classes **Wednesday** mornings from **10:15 - 11am** in the **Multi-Purpose Room**. There is no cost for this initial introductory session. Chair Yoga is a gentle form of exercise and relaxation, suitable for beginners and seniors.

August 2023 • Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><i>Create your favorite Sundae!</i></p>  <p>Wednesday, August 9 Noon</p>	<p>Open Pool Room 1 Open Fitness Room</p> <p>8:30-Ohio State Fair "Senior Day" Trip Departs</p> <p>10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 12:00-Recipe 'Prepare & Share' 12:00-Hooks & Needles 1:00-Rummikub</p>	<p>Open Pool Room 2 Open Fitness Room</p> <p>9:15-Fitness Drumming 10:15-<i>New!</i> Chair Yoga 11:00-Congregate Dining/Lunch 11:00-Color Me Happy 12:00-Hand & Foot 12:30-Open Sewing</p>	<p>Open Pool Room 3 Open Fitness Room</p> <p>8:15-Adventure Club Departs 9:00-Hand & Foot 10:00-Line Dancing 11:00-Congregate Dining/Lunch 11:30-Mahjong 11:30-Euchre 12:00-Scrabble 12:30-Open Craft Time</p>
<p>Open Pool Room 7 Open Fitness Room</p> <p>9:15-Fitness Drumming 11:00-Box Lunch Bingo 12:00- Euchre 12:00-Pinochle</p>	<p>Open Pool Room 8 Open Fitness Room</p> <p>10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 12:00-Recipe 'Prepare & Share' 12:00-Hooks & Needles 1:00-Rummikub</p>	<p>12:00-Ice Cream Social</p> <p>*Note: All regularly scheduled activities are cancelled today</p>	<p>Open Pool Room 10 Open Fitness Room</p> <p>9:00-Hand & Foot 10:00-Line Dancing 11:00-Congregate Dining/Lunch 11:30-Mahjong 11:30-Euchre 12:00-Scrabble 12:30-Open Craft Time</p> <p>12:30-Popcorn & Movie The Peanut Butter Falcon'</p> <p>5:00-Outdoor Concert</p>
<p>Open Pool Room 14 Open Fitness Room</p> <p>9:15-Fitness Drumming 11:00-Box Lunch Bingo 12:00- Euchre 12:00-Pinochle</p>	<p>8:00-Frankenmuth Trip Departs 15 Open Pool Room Open Fitness Room</p> <p>9:00-<i>New!</i> Men's Coffee Hour (Offsite at Tim Horton's) 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 12:00-Hooks & Needles 1:00-Rummikub</p>	<p>Open Pool Room 16 Open Fitness Room</p> <p>9:15-Fitness Drumming 10:15-<i>New!</i> Chair Yoga 10:30-'Tech Time' with Angela 11:00-Congregate Dining/Lunch 11:00-Color Me Happy 12:00-Hand & Foot 12:30-<i>New!</i> Sewing Class</p>	<p>Open Pool Room 17 Open Fitness Room</p> <p>8:15-Adventure Club Departs 9:00-Hand & Foot 10:00-Line Dancing 11:00-Congregate Dining/Lunch 11:30-Mahjong 11:30-Euchre 12:00-Scrabble 12:30-Open Craft Time</p>
<p>Open Pool Room 21 Open Fitness Room</p> <p>9:15-Fitness Drumming 10:15-<i>New!</i> "What Am I?" Trivia 11:00-Box Lunch Bingo 12:00- Euchre 12:00-Pinochle</p>	<p>Open Pool Room 22 Open Fitness Room</p> <p>10:00-<i>New!</i> White Elephant Bingo</p> <p>10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 12:00-Hooks & Needles 1:00-Rummikub</p> <p>1:00-Exploring the Arts - Kristin 4:00-Dime-a-Dog Trip Departs</p>	<p>Open Pool Room 23 Open Fitness Room</p> <p>9:15-Fitness Drumming 11:00-Congregate Dining/Lunch 11:00-Color Me Happy 12:00-Hand & Foot 12:30-<i>New!</i> Sewing Class</p>	<p>Open Pool Room 24 Open Fitness Room</p> <p>9:00-Hand & Foot 10:00-Line Dancing 11:00-Congregate Dining/Lunch 11:30-Mahjong 11:30-Euchre 12:00-Scrabble 12:30-Open Craft Time</p>
<p>28</p> <p>Senior Center is Closed Today for Food Box Day & Deep Cleaning</p>	<p>Open Pool Room 29 Open Fitness Room</p> <p>10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 12:00-Recipe 'Prepare & Share' 12:00-Hooks & Needles 1:00-Rummikub</p>	<p>Open Pool Room 30 Open Fitness Room</p> <p>8:00-Lake Erie Trip Departs 9:00-Board Meeting 9:15-Fitness Drumming 11:00-Congregate Dining/Lunch 11:00-Color Me Happy 12:00-Hand & Foot</p> <p>12:00-Jam Session Lunch 12:30-<i>New!</i> Sewing Class 1:00-Jam Session*</p>	<p>Open Pool Room 31 Open Fitness Room</p> <p>9:00-Hand & Foot 10:00-Line Dancing 11:00-Congregate Dining/Lunch 11:30-Mahjong 11:30-Euchre 12:00-Scrabble 12:30-Open Craft Time</p>

Birthdays & Anniversaries

FRIDAY

Open Pool Room **4**
Open Fitness Room

9:15-Fitness Drumming
11:00-Congregate Dining/Lunch
12:30-Tai Chi

Open Pool Room **11**
Open Fitness Room

9:15-Fitness Drumming
11:00-Congregate Dining/Lunch
12:30-Tai Chi

Open Pool Room **18**
Open Fitness Room

9:15-Fitness Drumming
11:00-Congregate Dining/Lunch
12:30-Tai Chi

Open Pool Room **25**
Open Fitness Room

9:15-Fitness Drumming
11:00-Congregate Dining/Lunch
12:30-Tai Chi

Save the Date!



Friday, Sept. 22 - Noon

August Birthdays

Fred Malone	Aug 01	Kathy Griffin	Aug 09	Judy Bill	Aug 19
Pat Mantey	Aug 02	Jon Gwinner	Aug 10	Winnie Mallett	Aug 23
Laurie Moon	Aug 02	Tilly Gresh	Aug 11	Sue McClaren	Aug 23
Loretta Murphy	Aug 05	Jan Elsey	Aug 11	Monica Granger	Aug 23
Phyllis Shirk	Aug 07	Linda Dietrich	Aug 12	John Probst	Aug 24
Dale Rapp	Aug 07	Betty Brown	Aug 13	Idelphia Hughes	Aug 27
Linda Hartle	Aug 07	Janine Williams	Aug 14	Barbara Mead	Aug 29
Raymond Haines, Sr.	Aug 08	Steve Ward	Aug 15	Brenda Jones	Aug 29
Tom Fetter	Aug 08	Bill Williamson	Aug 15	Karen Kirts	Aug 31

August Anniversaries

Lacy & Eva Blankenship	8/10/1970	53 years
Larry & Mary Geissler	8/31/2002	21 years
Raymond & Carol Haines	8/31/1959	64 years
Bob & Terry Kern	8/8/1964	59 years
Gary & Virginia Murray	8/18/1957	66 years
Jerry & Tammy Webber	8/12/1998	25 years
William & Kay White	8/14/1994	29 years
Jon & Virginia Yarger	8/18/2019	4 years

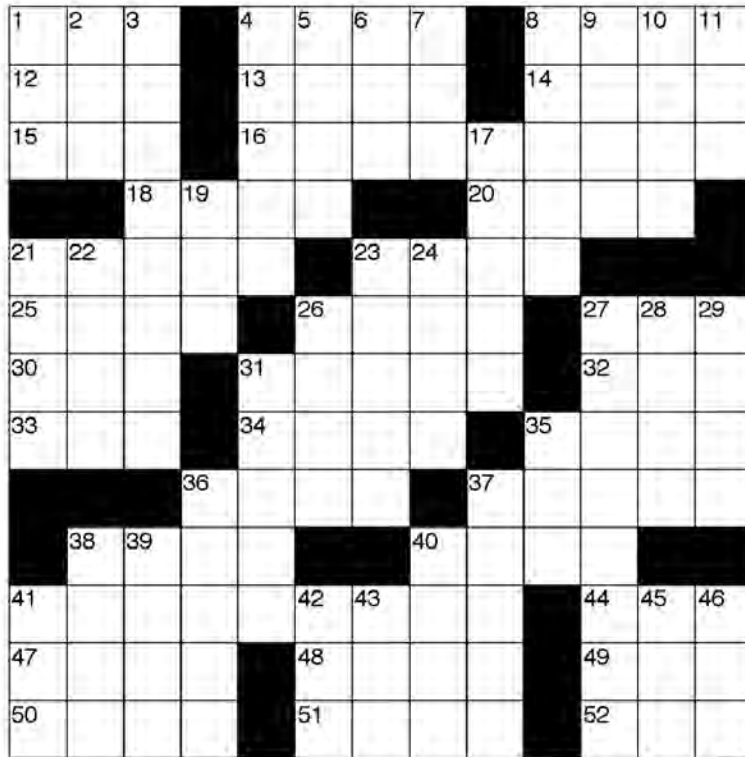
New Members

We welcome the following New Members that have recently joined:

Virginia Goodin	Teresa Shearer
Crystal Cox	Georgene Carroll
Judy Lucas	Marci Muciek
Carol Lauer	Doris Hindman
Betty Stover	Debbie Carr
Sandie Malone	Ginger Kauble
Sandy Stockman	Bill & Carolyn Bennett

CROSSWORD PUZZLE

Answers on Page 13



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A60

ACROSS

- 1 Fellow
- 4 Taro
- 8 Foot (suf.)
- 12 N.Z. fish
- 13 Black
- 14 Great Lake
- 15 Bachelor of Fine Arts (abbr.)
- 16 Medal (2 words)
- 18 Prison: Brit.
- 20 Ceremonial entrance
- 21 Belt
- 23 Palm starch
- 25 Indian camel
- 26 Vast
- 27 Palestine Liberation Organ. (abbr.)
- 30 Master of Business Administration (abbr.)
- 31 Cheek bone
- 32 King (Fr.)
- 33 Ten decibels
- 34 Variation (pref.)
- 35 Ice
- 36 Scientific name (suf.)
- 37 Aquarium fish
- 38 Christmas song
- 40 Egypt. evil god
- 41 Saga (2 words)
- 44 Belonging to (suf.)
- 47 Silver-iron ore
- 48 Javanese poison tree
- 49 Monkey
- 50 Indo-Chin. people
- 51 Man's name: abbr.
- 52 Talk

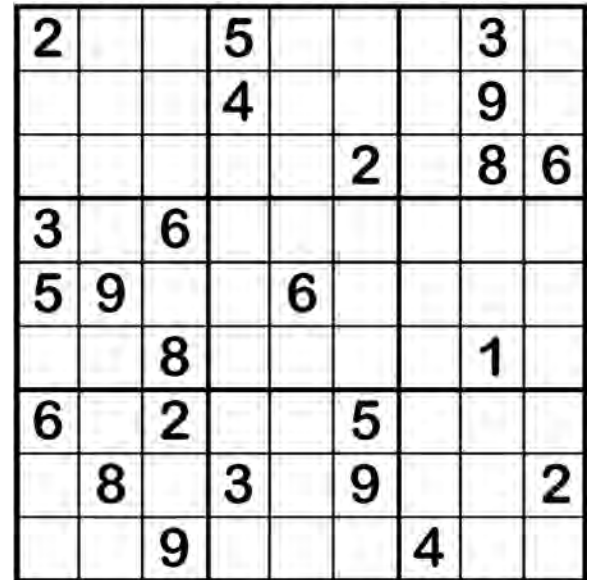
DOWN

- 1 Apronlike cloth
- 2 Television band abbr.
- 3 Bias
- 4 Anglo-Saxon assembly
- 5 Son of Adam
- 6 Botanical (abbr.)
- 7 Feminine (suf.)
- 8 Five of trump
- 9 Viking
- 10 Plate
- 11 Mouse-spotter's cry
- 17 Beer
- 19 Or (Lat.)
- 21 Crest
- 22 Rounded projection
- 23 Forage herb
- 24 Hamitic language
- 26 Wholesome
- 27 Augur
- 28 Circle
- 29 Unctuous
- 31 Twin crystal
- 35 Shorten
- 36 Father of Jason
- 37 Alluvial deposit
- 38 Son of Lamech
- 39 Killer whale
- 40 Thick slice
- 41 Nat'l Park Service (abbr.)
- 42 Caucasian wild goat
- 43 P.I. volcano
- 45 Amer. Automobile Assn. (abbr.)
- 46 One who is (suf.)

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: "N" = "R"

"RQÑ HRQKOT UNM ONUDORNT,
UVH BUGM QT YRTM OEM LRRH
JM RIO BDLEO JDV KX IMUNDVL
OR UOOMBCO."

- TEUGMTCMUNM

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E075

ENIGMA™

CRYPTOGRAM

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

"G MOGDZOT GPPODMU OMOTACMI;
ZO DGA AONOT MOXX RZOTO ZCU
CAPXQOADO UMBEU."

- ZOATI V. GHGLU

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E076

FREE OUTDOOR CONCERT

featuring **John Mullins**

Thursday, August 10 from 5 - 7 pm hosted in the new Activity Pavilion. This fun event is being sponsored by **Marion Senior Citizens Association, Inc.** (your Senior Center board), so there will be **no cost to attend and no ticket required.**



The **'Steak-N-It'** food truck will be onsite for those wishing to purchase something to eat. Some seating will be available but guests are encouraged to bring their own comfortable lawn chair. Public is welcome!



*Thanks to the positive feedback received from members attending the 'Welcome Back! Party' hosted in April, the Senior Center Board is hosting a free Outdoor Concert featuring **John Mullins** to celebrate summer!*

Downtown Marion Senior Day
 Rolling out the Red Carpet for Seniors
Aug 23rd 11am-5pm
 Give-a-ways & door prizes
 Win gifts from local shops

Dementia Support Group

Marion County Council on Aging is hosting a **Dementia Support Group** at their offices located at 125 Executive Drive, Suite 102, Marion. The group will meet again on **Tuesday, August 8 at 1 pm.** Refreshments will be provided. For more info call Marion County Council on Aging at **740-387-0401.**



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:

- **Ice Cream Social** - Wednesday, August 9
- **Free Outdoor Concert** - Thursday, August 10
- **Chili Autumn Event** - Friday, September 22
- **OSU Tailgate Party** - Friday, October 20

New! Men's Coffee Hour

Josh Rich (*CenterWell Home Health*) and **Brandt Kleinschmidt** (*Humana*) are co-hosting a **Men's Coffee Hour** on the **third Tuesday** of each month. Any Senior Center men interested in fellowship (and 'solving all the world's problems' over a fresh hot cup of coffee) are welcome to join in the fun. The next Men's Coffee Hour will be hosted at **Tim Hortons** located at 1325 Mt. Vernon Avenue in Marion on **Tuesday, August 15** from **9 - 10 am.**



◀◀ Popcorn & Movie ▶▶

Thursday, August 10 - 12:30 pm

'Peanut Butter Falcon'

A feelgood modern-day Mark Twain fable that will melt your heart. After running away from a residential nursing home to pursue his dream of becoming a pro wrestler, a man who has Down syndrome befriends an outlaw who becomes his coach and ally.



Trips on the Horizon

**One night's Lodging on Overnight Trips per person cost is based on double or single occupancy.*

Senior Day at Ohio State Fair

August 1, 2023

We will travel via Senior Center transportation vans to Columbus on **Tuesday, August 1** to attend 'Senior Day' at the Ohio State Fair. **This trip will depart at 8:30 am** (gates open at 10 am). Along with visiting the many free attractions, all participants are invited to enjoy the free 1964 The Tribute (Beatles Tribute) concert in the WCOL Celeste Center at 1 p.m.

Trip is limited to 22 participants. Cost is \$25 Members/ \$35 Non-members.

Frankenmuth Overnight

August 15 & 16, 2023

We will travel to Frankenmuth, Michigan, a town known for its distinctive Bavarian-style architecture and home to Bronner's CHRISTmas Wonderland, the world's largest Christmas store. Christmas Lane at Bronner's is illuminated 365 days a year with over 50,000 strings of lights and Christmas cookies can be found year round as well in Christmas Town USA. Dinner at the Bavarian Inn will take you to the heart of Bavaria with delicious ethnic dishes as well as Great American food. Lots of free time to stroll through the shops and enjoy the world-famous Glockenspiel. Trip includes one breakfast and one dinner. Cost of trip per person is \$255 double; \$337 single*.

This trip is sold out. Thank you, members!

Glass Rooster

Tuesday August 29, 2023

We will depart the Center at **10:30 am** and travel to Glass Rooster Cannery located on a 120-acre sustainable farm near Sunbury, OH. We will enjoy a farm-to-table lunch including broasted chicken, a garden side, roasted potatoes and their signature bread with a dessert. Following lunch, there will be a short break, at which time you are welcome to take a walk or shop in their country store. Next we will take part in a hands-on soap making class. Each guest will take home two bars of soap custom made by them. On our return trip home we will visit the historic Owens Quarry Opera House, restored from the 1870s. Experience life as it were in the 1800's with several architectural restorations – a covered bridge, a blacksmith barn, a small Indian settlement, and more. The cost for this event is \$99 per person, all inclusive. Trip limited to 22 participants. **Reserve your spot NOW with a non-refundable \$20 deposit.**

Lake Erie Island Hopping

August 30, 2023

We will travel to Sandusky, OH to board the 'Goodtime' cruise ship for our Lake Erie island hopping experience. The 'Goodtime' is captained by Marion's very own Captain John Probst. Our first stop will be Kelleys Island to spend a little time exploring this island community. We will then depart and enjoy a buffet lunch onboard the ship as we travel to our next stop at Put-In-Bay. After having ample time to enjoy the island, we will then cruise back to the mainland for our return home. Cost of trip is \$176. **Reserve your spot NOW with a non-refundable \$20 deposit.**

Sandusky Day Trip

September 13, 2023

We will travel via Senior Center transportation vans to Sandusky, OH to visit the Lagoon Deer Park, you can purchase bags of feed for the deer (\$1, \$2 or \$5 per bag depending on size you want). Next we'll visit the Merry-Go-Round Museum, where you'll enjoy a fun and relaxed atmosphere while you tour the Museum and learn about the history and art of the carousel plus ride a working vintage carousel. We'll complete our trip by visiting Firelands Winery, for a Tour & Tasting of their world-class wines. Cost of trip is \$59, which includes transportation admission to the Deer Park, Merry Go Round Museum, and the winery tour & tasting. This trip is limited to 22 participants. **Reserve your spot NOW with a non-refundable \$20 deposit.**

Amish Country Day Trip

October 5, 2023

We will depart the Senior Center parking lot at **7:30 am** and travel via Pioneer motorcoach to Amish Country in Holmes County on **Thursday, October 5**. We are hopeful this will be during the peak season of vibrant fall foliage. Our first stop is Yoder's Amish Home to tour an Amish home, barn and schoolhouse. For those looking for a little adventure, buggy rides will be available. There is also a bakery and gift shop on site. We will then travel to Walnut Creek Cheese for shopping & lunch (on your own). Next, we'll depart for Baltic Mill Winery where there will be wines available to sample or purchase. Our next stop is Walnut Creek, OH to visit Coblentz Chocolates, which includes allowing leisurely shopping time for the downtown Gift Shops, or just sitting back, relaxing and taking in the beautiful views of the countryside. We'll end our visit with a delicious Amish-style meal at Der Dutchman before returning to the Center around 8:15 pm. Cost of trip is \$139 per person, which includes motorcoach transportation, Amish Home tour, and dinner at Der Dutchman. Trip limited to 35 participants. **Reserve your spot NOW with a non-refundable \$20 deposit.**

CROSSWORD PUZZLE ANSWERS (Pg. 10)

BUD		GABI		PEDE
IHI		EBON		ERIE
BFA		METAL		DISK
	GAOL		ARCH	
CLOUT		SAGO		
OONT		HUGE		PLO
MBA		MALAR		ROI
BEL		ALLO		COOL
	ACEA		GUPPY	
	NOEL		SETH	
NORSE		TALE		EAN
PACO		UPAS		SAI
SHAN		ROBT		YAK

SUDOKU ANSWERS (Pg. 10)

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

ENIGMA Cryptogram Answers (pg. 10)

E075: "Our doubts are traitors, and make us lose the good we oft might win by fearing to attempt." - Shakespeare

E076: "A teacher affects eternity; he can never tell where his influence stops." - Henry B. Adams

Trips on the Horizon

LaComedia Dinner Theatre: 'Miracle on 34th Street' November 8, 2023

Sit back and relax as we travel to the LaComedia Dinner Theatre in Springboro, OH for their production of 'Miracle on 34th Street'. The touching story of a young girl and her mother first denying and then discovering that Macy's Santa is the real Santa Claus. We will enjoy a great dinner and a wonderful show! Cost of trip is \$124.

Reserve your spot NOW with a non-refundable \$20 deposit.



www.facebook.com/MarionSeniorCenter

Overnight Trip Oglebay/Wheeling Downs December 6 & 7, 2023

We will begin our trip through Ohio to Wheeling, West Virginia for our visit to Wheeling. We will visit Oglebay Park for the Festival of Lights, the Mansion Tour, the Glass Museum and the Good Zoo. We'll enjoy a dinner show before getting a good night's rest. We will spend some time at Wheeling Downs Casino before returning home. Cost of trip is \$309 double; \$369 single.* **Reserve your spot NOW with a non-refundable \$20 deposit.**

Important Note: Please don't delay in signing up for trips you are really interested in with a deposit ASAP! This will help us avoid cancelling trips due to lacking the necessary number of signups by trip deadlines.

Departure Times: Unless otherwise noted, all trips will depart the Senior Center at 8 am.

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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Permit #23

Directory

Director: Steve Badertscher

Activity Coordinator: Lisa Richardson

Social Service Coordinator:
Emilee Evans

Transportation Coordinator:
Sierra Blanton

Development Assistant:

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**

**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.