

Volume 41 • Issue 11

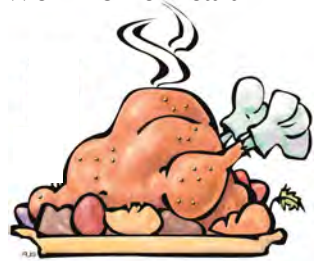
The Sentinel

November 2024

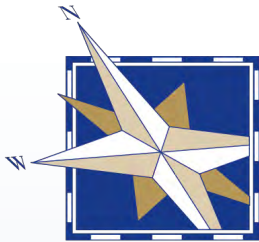


Sponsored By
Kingston Residence of Marion & CenterWell Home Health

Thanksgiving DINNER



Thursday, November 21 - Noon



2375 HARDING HWY. EAST
MARION, OHIO 43302

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

CENTER HOURS
Monday-Friday: 8 AM-4 PM

INSIDE THIS ISSUE:

Highlights	Cover
Senior Center Services	2 & 3
Health & Fitness	4 & 5
Classes, Clubs & Activities	6 & 7
Calendar/Birthdays	8 & 9
Brain Games	10
Movie/Upcoming Events	11
Life at the Center	12
Trips on the Horizon	14
Ads	15
Directory	Back



We will be serving our annual Thanksgiving Dinner at the Senior Center on **Thursday, November 21 at noon**. Dinner will be catered by *Eighty Eight Catering* with the help of volunteer members and friends of the Center. The traditional Thanksgiving dinner will feature turkey, mashed potatoes & gravy, stuffing, homestyle green beans, dinner roll & butter, pumpkin pie, and a beverage.

Entertainment will be provided by **Good Karma!**, a fun, talented trio of musicians specializing in covering multiple genres including classic rock, pop & country.

Tickets are **\$16 Members/\$19 Non-Members**, which includes dinner and entertainment. Tickets can be purchased at the Center through **Thursday, November 14**, while they last. Buy yours today!

Please note: All other regularly scheduled activities will be cancelled on this day.

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. This institution is an equal opportunity provider.

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.



Election Day Senior Transportation

Thanks to a grant from **Marion County Council on Aging**, we will be providing handicap-accessible transportation to and from voting polls for residents of the following senior facilities on election day, **Tuesday November 5:**

- Brownstone – 8:30am
- Marion Towers – 10:30am
- Seton Square – 12:30pm
- Chadwick Place – 2:30pm

Out-of-County Medical Transportation

Marion Senior Center is now able to provide transportation to and from medical facilities outside of Marion County. Call Misty at 740-387-5444.

FREE PRODUCE MARKETS

Buckeye Community School 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 on the **fourth Wednesday every month from 8 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

New Name, Same Fun!

Lunch Bunch Bingo!

Join us for “**Lunch Bunch Bingo**” every **Monday** here at the Center. First you’ll enjoy a delicious lunch served at **11 am**, in the Congregate Dining Center, 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 Center Coordinator **Toni Hurd** at **(740) 360-7863** to discuss menu options and to order your meals at least 24 hours in advance.

Volunteer of the Month

MEET JOSH RICH

By Tim Frericks

This month's volunteer is a lucky individual. Josh Rich is fortunate because his hobby and occupation are the same. We are fortunate because Josh has a passion for helping others and has an employer, CenterWell Home Health, which supports employee volunteering. Josh serves as a home health specialist at CenterWell.

Josh was born in Marion in 1977 and graduated from River Valley in 1995. As a scholar of note he finished in the top ten percent of his class. He matriculated at Bluffton University and Ohio State University before earning a degree as a physical therapy assistant from Marion Tech in 2000. He then was employed for 18 years at River Rock Rehabilitation in Marion and has continued helping others in the physical therapy field, especially seniors, in the last five years at CenterWell Home Health Company in Marion.

Interestingly, although Josh is too young to be a Senior Center member, he still volunteers at the Center food bank and bingo activities. CenterWell supports its employees volunteering with non profit organizations such as our Senior Center, and also sponsors events here.

Josh married Nicole in 2017 and is the father of four children: Ayden, Blake, Ayris, and Aycen.



He lives in Marion with Nicole and their two dogs (Cash and Finley) and two cats (Piper and Lynx).

Josh loves to travel and has taken trips to Jamaica and New York City. He spends much of his time watching and coaching his children's athletic endeavors.

Josh is a man whose hobby is "helping others." He takes much enjoyment in it. With his helping attitude, we are so glad he volunteers at the Senior Center.

SOCKS FOR SENIORS



Help us warm the hearts (and toes) of
Marion-area seniors this holiday.

From now through **December 31** the Marion Senior Center will be collecting new socks for seniors in our local nursing homes. Please bring your socks (*newly purchased only*) to the Center, and place them in the donation box located by the fireplace near the front entrance. You'll also be entered into a drawing for a Gift Card.



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.

Note: A new class is being offered on Wednesday afternoons at 1:00 pm, beginning on November 6.



Fitness Drumming

Our popular 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 22.

Leaders: Emilee Evans & Lisa Richardson



Our Fitness Drumming classes keep you moving! Members can enjoy a fun, energized, aerobic workout three days a week. Members can participate seated in a chair, if preferred.

Classes, Activities & Programs



Our featured guest speaker was former Buckeye football player Shaun Lane who shared his poignant, inspirational life story, including many details surrounding his playing days at OSU.

BUCKEYE TAILGATE
PARTY EVENT



Pictured Above: Books, Balance & BS ladies held a 50/50 raffle during the event which raised \$185 for their Hurricane Relief project.



Special thanks to Carma Taylor (Kingston Residence of Marion) & Dianne Drollinger (Embassy of Marion) for co-sponsoring this fun Buckeye Tailgate Party event!



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 **12:30 pm**.

Everyone is welcome to play! *Leader:* Sonny Hunt

Euchre

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

Everyone is welcome!

Hand & Foot

Hand & Foot cards is played out front on **Wednesday**

at **Noon**. Everyone is welcome! *Leader:* Judy Walker

Mexican Poker

Mexican Poker is played out front on **Fridays** at **12:30 pm**.

Everyone's welcome! *Leader:* Connie McCurdy

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.

Men's Coffee Hour

Josh Rich of *CenterWell Home Health* and **Brandt Kleinschmidt** of *True Match Insurance Solutions* co-host a Men's Coffee Hour on the **third Tuesday** of each month from **9 - 10 am**. 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. **Please Note:** Men's Coffee Hour is hosted offsite at **Tim Hortons**, 1325 Mt. Vernon Avenue in Marion.

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*.

Note: A new class is being offered on Wednesday afternoons at 1:00 pm, beginning on November 6.

Line Dancing

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

Pickleball

Our outdoor Pickleball courts are open to members and guests at no additional cost. Members are welcome and encouraged to meet weekday mornings for open play. 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 3 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

Open Quilting

Starting in July, Barb Arms and Barb Klee will be leading a new "Open Quilting" activity on **Fridays at 10:30 am** in the Craft Room. This is not a beginners class as there will be no instructor. This is a 'bring your project and machine and join in the fun' type activity and is open to everyone.

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 is "**Unusual Thanksgiving**". So bring your favorite prepared dish along with copies of your recipes. This group meets by the kitchen. *Leader:* Kathy Hampel

Helping Others Bingo

Tammy Thorpe of *DeWolfe Place* & **Brad Jackson** of *Capital City Hospice* hosts 'Helping Others Bingo' at **12:30 pm** on the **1st Wednesday** each month. Players need to bring a non-perishable food item as their entry fee. Tammy & Brad will deliver and donate food the items to a local food pantry.

Quarter Bingo

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

Kingston Bingo

Carma Taylor of *Kingston Residence of Marion* hosts Bingo at **12:30 pm** on the **3rd Wednesday** each month. Lots of fun and prizes!

White Elephant Bingo

Michelle Berg from *OhioHealth at Home* will be hosting 'White Elephant Bingo' on the **4th Wednesday** of each month at **10:15 am**. Everyone will bring in a new item, a "white elephant gift" as their entry fee. (Michelle 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.

Lunch Bunch Bingo

Maddy & Carla Poston of *ProCore Health Brokers* hosts Lunch Bunch Bingo at **11 am** every **Monday** in the Congregate Dining Center. Join us for a delicious lunch served on a donation basis at **11 am**, followed directly by Bingo. Lots of fun and prizes!

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!

Choir Practice

Director **Ednita Vafloor** and our choir '*Seniors in Song*' practice from September through May on **Thursday** mornings at **11:30 am** in the *Multipurpose Room*. We welcome anyone with an interest to join the choir.

November 2024 • Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>REMEMBER TO VOTE ON ELECTION DAY</p>  <p>TUESDAY, NOVEMBER 5</p>	<p><i>Veterans Day Lunch & Celebration!</i></p>  <p>Monday, Nov. 11 - Noon</p>	<p><i>Thanksgiving Dinner</i></p>  <p>Thursday, Nov. 21 - Noon</p>	<p><i>Save the Date!</i></p>  <p>Thursday, Dec. 19 - Noon</p>
<p>Open Pool Room 4 Open Fitness Room</p> <p>9:15-Fitness Drumming 11:00-Lunch Bunch Bingo 12:00-Pinochle 12:30- Euchre</p>	<p>Open Pool Room 5 Open Fitness Room</p> <p>10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 1:00-Rummikub</p> <p>Election Day... Please Remember to Vote!</p>	<p>Open Pool Room 6 Open Fitness Room</p> <p>9:15-Fitness Drumming 11:00-Congregate Dining/Lunch 12:00-Hand & Foot 12:30-Helping Others Bingo 1:00-<i>New!</i>Tai Chi</p>	<p>Open Pool Room 7 Open Fitness Room</p> <p>10:00-Line Dancing 11:00-Congregate Dining/Lunch 11:30-Euchre 12:00-Scrabble 11:30-Choir Practice</p>
<p>Open Pool Room 11 Open Fitness Room</p>  <p>9:15-Fitness Drumming 12:00-Veterans Day Lunch Event 12:00-Pinochle 12:30- Euchre</p>	<p>Open Pool Room 12 Open Fitness Room</p> <p>10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 12:00-Recipe Prepare & Share 1:00-Rummikub</p>	<p>Open Pool Room 13 Open Fitness Room</p> <p>9:15-Fitness Drumming 11:00-Congregate Dining/Lunch 12:00-Hand & Foot 1:00-<i>New!</i>Tai Chi 2:00-Quarter Bingo</p>	<p>Open Pool Room 14 Open Fitness Room</p> <p>10:00-Line Dancing 11:00-Congregate Dining/Lunch 11:30-Mahjong 11:30-Euchre 11:30-Choir Practice 12:00-Scrabble 12:30-Popcorn & Movie 'The Love Punch'</p>
<p>Open Pool Room 18 Open Fitness Room</p> <p>9:15-Fitness Drumming 11:00-Lunch Bunch Bingo 12:00-Pinochle 12:00-Get the Scoop on Medicare 12:30- Euchre</p>	<p>Open Pool Room 19 Open Fitness Room</p> <p>9:00-Mens Coffee Hour 10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 11:00-Social Connectedness Action Team meeting 1:00-Rummikub</p>	<p>Open Pool Room 20 Open Fitness Room</p> <p>9:15-Fitness Drumming 11:00-Congregate Dining/Lunch 12:00-Hand & Foot 12:30-Kingston Bingo 1:00-<i>New!</i>Tai Chi</p>	<p>12:00-Thanksgiving Dinner Event</p> <p>Note: All regularly scheduled activities are cancelled today.</p>
<p>Open Pool Room 25 Open Fitness Room</p> <p>9:15-Fitness Drumming 11:00-Lunch Bunch Bingo 12:00-Pinochle 12:30- Euchre 12:30-Food Box Day</p>	<p>Open Pool Room 26 Open Fitness Room</p> <p>10:00-Bridge 11:00-Congregate Dining/Lunch 11:00-Books, Balance & BS 1:00-Rummikub</p>	<p>Open Pool Room 27 Open Fitness Room</p> <p>9:00-Board Meeting 9:15-Fitness Drumming 10:15-White Elephant Bingo 12:00-Hand & Foot 12:00-Jam Session Lunch 1:00-Jam Session* 1:00-<i>New!</i>Tai Chi</p>	

Birthdays & Anniversaries

FRIDAY

Open Pool Room **1**
Open Fitness Room

9:15-Fitness Drumming
10:30-Open Quilting
11:00-Congregate Dining/Lunch
12:30-Tai Chi
12:30-Mexican Poker

Open Pool Room **8**
Open Fitness Room

9:15-Fitness Drumming
10:30-Open Quilting
11:00-Congregate Dining/Lunch
12:30-Tai Chi
12:30-Mexican Poker

Open Pool Room **15**
Open Fitness Room

9:15-Fitness Drumming
10:30-Open Quilting
11:00-Congregate Dining/Lunch
12:30-Tai Chi
12:30-Mexican Poker

Open Pool Room **22**
Open Fitness Room

9:15-Fitness Drumming
10:30-Open Quilting
11:00-Congregate Dining/Lunch
12:30-Tai Chi
12:30-Mexican Poker

29

**Senior Center is
Closed Today**

November Birthdays

Russell Miley	Nov 01	Robert DeVore	Nov 11	Sue Miley	Nov 24
Odessa Myers	Nov 01	Margaret Snyder	Nov 11	Robin Banks	Nov 24
Gerald Wyant	Nov 01	Betty Kittinger	Nov 13	Barbara Belton	Nov 24
John Kaelber	Nov 01	Patti Lupica-Layne	Nov 14	Kyong Starkey	Nov 25
Ednita Vafloor	Nov 02	Virginia Murray	Nov 16	Cinda Callahan	Nov 26
Becky Willauer	Nov 02	B.L. Hammond	Nov 16	Mila Jones	Nov 27
Steve Renick	Nov 03	DelRita Beeney	Nov 18	Ruth Lutz	Nov 28
Linda Adkins	Nov 04	Kenneth Ellwood	Nov 19	Kathy Williams	Nov 28
Jo Henning	Nov 04	John Moodie	Nov 20	Alice Bower	Nov 29
Brenda Devine	Nov 05	Cathy Skinner	Nov 20	Gary Murray	Nov 29
Elane Snell	Nov 07	Ted Elsey	Nov 20	Clara Bolander	Nov 30
Judy Reed	Nov 09	Jim Shade	Nov 22	Fred Saull	Nov 30
Doris Sneed-Rapp	Nov 10	LeAnn Jones	Nov 22		
Glenna Stewart	Nov 10	Sandy Hall	Nov 22		

November Anniversaries

Ken & Shirley Anderson	11/2/1958	66 years
Myron & Betty Brown	11/23/1966	58 years
Richard & Cindy Buck	11/24/1984	40 years
Jim & Brenda Devine	11/8/1975	49 years
Kenneth & Carolyn Ellwood	11/8/1969	55 years
John & Carolyn Heimlich	11/3/1996	28 years
Harry & Elaine Uber	11/20/1964	60 years
Jerry & Marietta Wood	11/23/1962	62 years

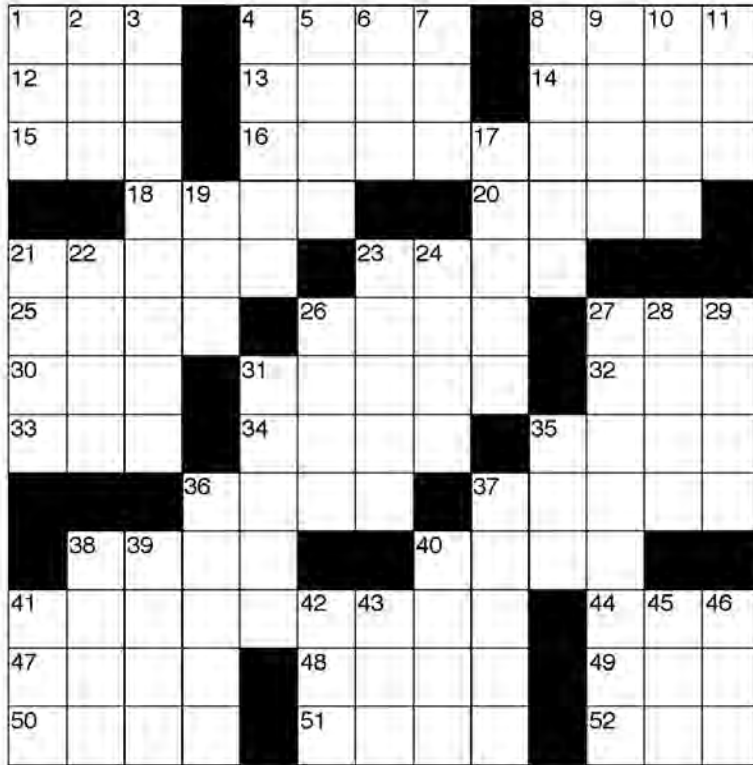
New Members

We welcome the following New Members that have recently joined:

Nick Burdette	Wanda Beers	Robert Carpenter
Sharon Burdette	Lynnelle Powell	Linda Carpenter
Ella Black	Mary Thrush	Brenda Keeton
Tina Gibson	Jean Sickmiller	Pat Pua
Tony Williams	David Sickmiller	

CROSSWORD PUZZLE

Answers on Page 13



©2021 Satori Publishing

A75

ACROSS

- 1 Quid
- 4 Hall (Ger.)
- 8 Aid
- 12 Pointed (pref.)
- 13 US dam
- 14 Son of Samuel
- 15 Formal dance (Fr.)
- 16 Pomace (2 words)
- 18 Quote
- 20 High (Lat.)
- 21 Heath evergreen
- 23 Novice
- 25 7th incarnation of Vishnu
- 26 Sibilant sound
- 27 Industrial Workers of the World (abbr.)
- 30 Compass direction
- 31 Sultan's residence
- 32 Indo-Chin. language
- 33 Shooting match (Fr.)
- 34 Old yarn measure
- 35 Rebuff
- 36 Tribe
- 37 Card
- 38 Seaweed
- 40 Geological epoch
- 41 Housed
- 44 Hawaiian frigate bird
- 47 Sweet spire
- 48 Day (Lat.)
- 49 Poetic contraction
- 50 Lofty
- 51 Musical beat
- 52 Noncommissioned officer (abbr.)

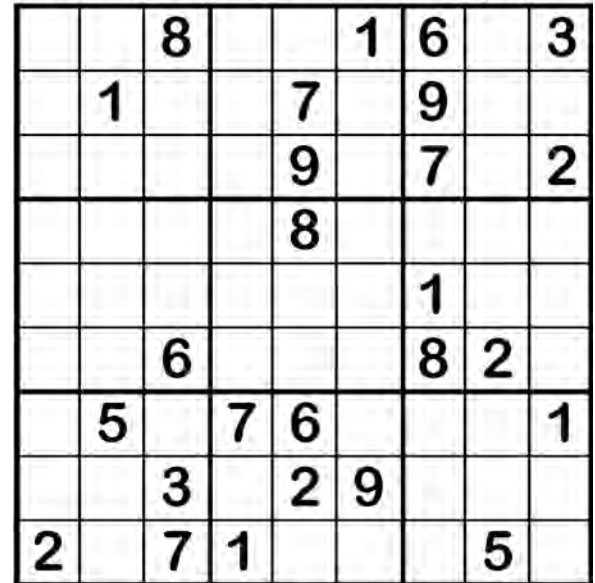
DOWN

- 1 Vehicle compartment
- 2 Fiddler crab genus
- 3 Musical instrument (string)
- 4 Mosque student
- 5 Rhine tributary
- 6 Asian gazelle
- 7 Garland
- 8 Single (pref.)
- 9 Touch
- 10 Victory site of Nelson
- 11 Dip
- 17 Ankles
- 19 Amazon tributary
- 21 Former
- 22 Islamic month
- 23 Weary
- 24 Munich's river
- 26 Part of golf club
- 27 Mirage
- 28 Women's Army Aux. Corps (abbr.)
- 29 Transitional editing effect
- 31 Coast
- 35 Flood
- 36 Deadly
- 37 Old-style verb
- 38 Gulf of the Ionian Sea
- 39 Heb. avenger
- 40 Onionlike plant
- 41 Hole
- 42 Central daylight time (abbr.)
- 43 Aunt (Sp.)
- 45 Office of Economic Development (abbr.)
- 46 Orinoco tributary

Answers on Page 13

Sudoku

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



©2021 Satori Publishing

DIFFICULTY: ★☆☆☆☆

ENIGMA™

CRYPTOGRAM

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

"KB ZP PEDACERPM V OVE AB
MVMP KERPSSPDR, ZP UJACSY
VUG JKO ZJVR XAAGU JP
MPVYU."

- MVSHJ ZVSYA POPMUAE

©2020 Satori Publishing

E0105

ENIGMA™

CRYPTOGRAM

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

"FSFZKLQF BCP C MCJZ XWZQ XL
IF CP HZFCX CP BF DVFCFPF."

- GFZFRK OLVVJFZ

©2020 Satori Publishing

E0106

Get the Scoop on Medicare!



Get the scoop on changes to Medicare for 2025 and enjoy a scoop of ice cream!

Carla & Maddy Poston of *ProCore Health Brokers** will be your hosts for these events being held at the Senior Center on the following dates and times:

- **Monday, November 18, 2024** (12 pm - 2 pm)
- **Monday, December 2, 2024** (9 am - 11 am)

Space is limited! Please call **740-815-5216** to RSVP or for more information.

**ProCore Health Brokers do not offer every plan available in your area. Currently, we represent 9 organizations which offer 81 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Assistance Program (SHIP) to get information on all your options.*



We had a great time at September's Chili Autumn event. Thanks to Kitchen Volunteers Janie Moore, Barb Klee, Terri Watts, Rhodie Metz and Sandy Hall for several days spent preparing a great meal. Special thanks to Michelle Berg (OhioHealth at Home) & Carol Ruff (Wyndmoor) for co-sponsoring this event.



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:

- **Veterans Day Celebration** - Monday, November 11
- **Thanksgiving Dinner** - Thursday, November 21
- **Christmas Dinner** - Thursday, December 19

OUR MISSION STATEMENT

Enriching the lives of seniors through activities and services that promote wellness, independence, and fun.



◀◀ Popcorn & Movie ▶▶ Thursday, November 14 - 12:30 pm

'The Love Punch'

Set in the French Riviera, *The Love Punch* brings together Pierce Brosnan and Emma Thompson in a feel good romantic comedy about an estranged couple who, after having their pension stolen by a crooked businessman, must reunite to steal it back.





Veterans Day Celebration

Monday, November 11 at Noon

Please join us in honoring our local Veterans for their patriotism and sacrifice during our annual **Veterans Day Celebration** hosted on **Monday, November 11 at Noon**.

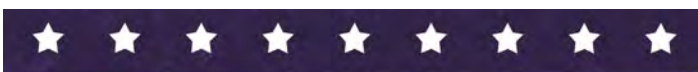
All veterans will receive a complimentary lunch, along with a special memento of the occasion. Lunch will feature beef & noodles over mashed potatoes, slice of apple pie, and beverage.



Following lunch, we are honored to have **Major Mike Hebenthal**, U.S. Air Force (retired) featured as keynote speaker of the Commemorative Ceremony. A special presentation individually recognizing and honoring each veteran in attendance will conclude the event.

Non-veterans are welcome and encouraged to join us. No tickets will be sold in advance. However, **please RSVP** to Lisa at 740-387-6100 or in person at the Center by Thursday, November 7.

Lunch will be served promptly at noon and is FREE for all Veterans. Any non-veteran guests attending will pay **\$4 per person for lunch** as they come through the lunch line. Open to public.



Keynote Speaker:

Major Mike Hebenthal, USAF (retired)

Major Mike Hebenthal (retired) served in the U.S. Air Force and U.S. Air Force Reserves for a total of 26 years. He enlisted in 1983 and served the next four years in the 436th Supply Squadron's Fuels Analysis Lab at Dover Air Force Base in Delaware. Mike was selected as the 436th Airman of the Year in 1985. He went on to be selected as the 21st Air Wing Airman of the Year and subsequently the Military Airlift Command Airman of the Year.



Major Hebenthal left active duty and joined the 910th Air Force Reserve in Youngstown, Ohio in 1987 and received his commission as a Second Lieutenant in 1991. He was deployed to Saudi Arabia in November 2002 serving as Chief of Airlift Requirements. He deployed again in 2006 to Kyrgyzstan and again in 2008 to Baghdad, Iraq as Operations Officer. Mike then retired from the military in 2009.

Mike went on to receive a B.S in Education at Youngstown State University and M.S. Education Leadership, Akron State University degrees and his School Superintendent Licensure from Ashland University. He was a teacher from 1991-2003 at East Knox Local Schools and Garaway Schools before becoming a Middle School Principal at Centerburg Schools in 2003. He was promoted to Centerburg's Superintendent in 2012 and served in that position until 2022. He currently serves as a consultant to the Ohio Department of Education's State Support Team 7 located in Mansfield.

Personal experience with his deployments taught Major Hebenthal the value of outside support when a mom or dad is absent, away serving the country. During his first tour of duty, all four of his kids were elementary-school-aged or below. He has previously stated that he recognizes the burden his wife of 40 years, Janine, carried as a military spouse. Mike pays special attention to supporting military families who have children in the Centerburg Local School system. He ensured the school system was designated as a Purple Heart School District before his departure.

Major Hebenthal is a frequent speaker at Memorial Day, 4th of July and other public events. Mike and his family reside in Centerburg.

CROSSWORD PUZZLE ANSWERS (Pg. 10)

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

SUDOKU ANSWERS (Pg. 10)

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

ENIGMA Cryptogram Answers (pg. 10)

E0105: "If we encounter a man of rare intellect, we should ask him what books he reads." - Ralph Waldo Emerson

E0106: "Everyone has a fair turn to be as great as he pleases." - Jeremy Collier

Trips on the Horizon

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

Early Trip Announcement: **Lancaster, PA & More!** *March 13 - 15, 2025*

We will depart the Center via a **Brewster Travel** deluxe motorcoach enroute to Lancaster, in the heart of Pennsylvania Amish Country. We'll enjoy wine tasting at Mount Hope Estate Winery, at the estate of the iron magnate Grubbs family. Dinner will follow our visit before we check into the Doubletree Hotel, our home for the next two nights. After we enjoy a breakfast buffet, we will meet our guide and take a tour of Lancaster and Lititz Sweet Spot & Pretzels. We have reserved seating for the latest show at Sight & Sound Theatre's 'Noah'. Following the show we will enjoy a family-style dinner at Hershey Farms. We will stop at Kitchen Kettle Village, with time to visit some of the 42 shops and restaurants before we head home. Cost of trip is **\$639** per person*. Trip includes roundtrip Transportation, Amish Country Tour, Sight & Sound Theatre's 'Noah", two buffet breakfasts, two dinners, two nights lodging, luggage handling, taxes & gratuities on included activities. **Reserve your spot now with a non-refundable \$20 deposit.**

Trip Advisory Council *2025 Trip Planning is Under Way*

The *Trip Advisory Council* is scheduled to meet on **Tuesday, December 3** to discuss Center-sponsored trips for next year. Details will then be gathered and tentative dates will be explored during a follow-up meeting hosted on **Tuesday, December 17** to finalize options.

Once finalized, all details available at press time will be included in our **2025 Trip Brochure** which will be mailed to all members in early January!



Note: If you have a specific destination or day trip you'd like the Trip Advisory Council to consider, please share that info with Lisa or Steve before December 3.

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:
Emilee Evans

Transportation Coordinator:
Misty Witzel

Development Assistant: Steve Larcomb

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 handicap-accessible 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. ****Out-of-County Medical Transportation to and from medical facilities is now available!*** To learn more, contact the Center's Transportation Desk at (740) 387-5444.

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.