

July 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Technology -1	Triple Hand/Foot Card Group – 1	Fellowship – 10 Scrabble - 2	CLOSED – Independence Day	Euchre – 12	
7	8	9	10	11	12	13
	Technology -1	Triple Hand/Foot Card Group – 1	Fellowship - 10 Technology (Laurelville Library) - 10 Good Grief - 11:30 Choir - 1 Scrabble - 2	Technology – 930 Bingo – 12 Chair Volleyball	Euchre – 12	
14	15	16	17	18	19	20
	Technology -1	Triple Hand/Foot Card Group - 1	Hywet Trip Fellowship – 10 Choir - 1 Scrabble - 2	Technology – 930 Bingo – 12	Euchre - 12	
21	22	23	24	25	26	27
	Footcare Clinic Technology -1	Triple Hand/Foot Card Group - 1	Fellowship – 10 Good Grief – 11:30 Grand Opening-11 Choir - 1 Scrabble - 2	Technology – 930 Bingo (Western Day) – 12 Chair Volleyball	Euchre – 12 Baked Steak Dinner - 4	
28	29	30	31			
	Technology -1	Triple Hand/Foot Card Group – 1 Alzheimer's Support Group - 1	Fellowship – 10 Choir - 1 Scrabble – 2			

# August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Technology – 930 Bingo – 12 Chair Volleyball	Euchre – 12	
4	5	6	7	8	9	10
	Technology -1	Triple Hand/Foot Card Group – 1	Fellowship – 10 Choir – 1 Scrabble – 2	Breakfast B4 Hours Technology – 930 Bingo – 12 Chair Volleyball	Euchre – 12	
11	12	13	14	15	16	17
	Technology -1	Triple Hand/Foot Card Group - 1	Fellowship - 10 Technology (Laurelville Library) - 10 Good Grief - 11:30 Choir - 1 Scrabble - 2	Technology – 930 Bingo – 12 Chair Volleyball	Euchre - 12	
18	19	20	21	22	23	24
	Footcare Clinic Technology -1	Triple Hand/Foot Card Group - 1	Fellowship – 10 Choir - 1 Scrabble - 2	Technology – 930 Bingo – 12 Chair Volleyball	Euchre – 12	
25	26	27	28	29	30	31
	Technology -1	Triple Hand/Foot Card Group – 1 Alzheimer's Support Group - 1	Fellowship – 10 Good Grief – 11:30 Choir - 1 Scrabble – 2	Technology – 930 Bingo (Fav. Team Day) – 12 Chair Volleyball	Euchre – 12	





Scenic Hills Senior Center Monday - Thursday: 7:00 am - 4:00 pm

Friday: 8:00 am - 3:00 pm

## Educational and Wellness Center

Monday-Thursday: 8:00 am - 6:00 pm Friday: 8:00 am - 3:00 pm Saturday: 8:00 am - 12:00 pm



The Educational & Wellness Center (580 Radio Lane) will be <u>OPEN</u> from 8:00 a.m. - 12:00 p.m. on SATURDAYS!



## Logan in Bloom

Take a guided bus tour, with stops, through our beautiful town to see all the wonderful Logan In Bloom participants.

Keep an eye out for more information!

		Tim Mundy	July 8	Bill Mullins	lub/ 17
July		Carol Patterson	July 8		July 17
		Jim Powers	July 8	Sylvia Rider Pam Bookman	July 17
Birthday Larry Beal	<mark>/S</mark> July 1	Mary Taylor	July 8		July 18
Dale Brown	July 1	Monte Amnah	July 9	Phyllis Jackson	July 18
Marty Brown	July 1	Joyce Hunsaker	July 9	Betty Schagle Narcie Stahr	July 18
		Glenn Klingerberg	July 9		July 18
Cheryl Griffin	July 1	Tammy Holcomb	July 10	Bette Kitchen	July 19
John Robberts	July 1	Tom Meese	-	Gene Klinger	July 19
Bozz Salizzoni	July 1		July 10	Judith Cunningham	July 20
Susan Shull	July 1	Evelyn Ricketts	July 10	Linda Goss	July 20
Darlene Taylor	July 1	Willa Walters	July 10	Kevin Kerns	July 20
Georgie Audette	July 2	Barb Bartlett	July 11	Frank Nelson	July 20
Angie Keyes	July 2	Martha Pitts	July 11	Beth Powers	July 20
Morgan Monroe	July 2	Bruce Stapleton	July 11	Janet Pritchard	July 21
Georgia Ricketts-Smit	h July 2	Sherry Lehman	July 12	John Trovato	July 22
Kathy Crisler	July 3	Delmar Norman	July 12	Jerry Townsend	July 23
Harry Robison	July 3	Sam Cook	July 13	Merle Conley	July 24
Cathy Dewey	July 4	Rhonda Harvey	July 13	Marilyn O'Hara	July 24
Kay Garrett	July 4	Gay Rhodes	July 13	Wendy Anderson	July 26
Bonnie Hahn	July 4	Larry Eberst	July 14	Sundra Bullock	July 26
Debra Henwood	July 4	Elnor Ruth Flowers	July 14	Paula Hummel	July 26
Debbie Hinerman	July 5	Thomas Walsh	July 14	Roy Kelch	July 26
Shelby Mullins	July 5	Gloria Brown	July 15	Dorothy Pickett	July 26
Charlotte Shaw	July 5	Candy Gastin	July 15	Shirley Brooks	July 27
Coletta Stump	July 5	Josiah Hunsaker	July 15	Loretta Kemper	July 27
Ruby Core	July 6	Jenny Hutchison	July 15	Bruce Simons	July 27
John Switzer	July 6	Christy Mundy	July 15	Brenda Cottrill	July 28
Amy Wells	July 6	Mike Nihiser	July 15	Kelley Doyle	July 28
Dan Whalen	July 6	Marilyn Starkey	July 15	Chris Gompf	July 28
Diana Chalfant	July 7	Brenda Weghorst	July 15	Connie Ruff	July 28
Andrea Jones	July 7	Linda Brown	July 16	Lelia Browning	July 29
Janet Peach	July 7	David Grove	July 16	Ken Carpenter	July 29
Karen Lines	July 8	lda Neely	July 16	Sherri Simons	July 29
Deb Mohler	July 8	Claudia Nihiser	July 16	Mel Truex	July 29
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Judith Conley	July 30	Michael Collins	Aug. 9	Shirley DePouw	Aug. 18
John Lanning	July 30	William Postelwait	Aug. 9	Stephen Mowery	Aug. 18
Jean Reed	July 30	Charles Staten	Aug. 10	Sharon Williams	Aug. 18
Linda Truex	July 30	Beverly Zimmerman	Aug. 10	Clara Angle	Aug. 19
Darcy Hamrick	July 31	Renee Frederick	Aug. 11	Carol Bownes	Aug. 19
Gerald Hoy	July 31	Margaret Meige	Aug. 11	Susan Conrad	Aug. 19
Tracy Jackson	July 31	Mabel Rooker	Aug. 11	Daniel Dearing	Aug. 19
	ict	Herman Belcher	Aug. 12	Cindy Fickel	Aug. 19
Augu	151	Nancy Bond	Aug. 12	Mary Pavluck	Aug. 19
<b>Birthda</b>	<b>ys</b>	Leann Donnenwirth	Aug. 12	Doug Wells	Aug. 19
Joy Rutherford	Aug. 1	Missy Pack	Aug. 12	Clarence Herring	Aug. 20
Sharon Scribner	Aug. 1	Patricia Stetzer	Aug. 12	Rita Jones	Aug. 20
Sharon Waller	Aug. 1	Margie Boyle	Aug. 13	Tom Myers	Aug. 20
Donna Webb	Aug. 1	Shirley Eberst	Aug. 13	Tammy Napier	Aug. 20
Terrance Brooks	Aug. 2	Penny Myers	Aug. 13	Brenda Starr	Aug. 20
Jo Jackson	Aug. 2	Gloria Gainer	Aug. 14	Teresa Faulkner	Aug. 21
Jeff Yates	Aug. 2	Sharon Grossman	Aug. 14	Gary Miller	Aug. 21
David Harcourt	Aug. 3	Mark Hill	Aug. 14	Carol Mohler	Aug. 21
Dorothy Hunt	Aug. 3	Annette McClain	Aug. 14	Cathy Evans	Aug. 22
Roger Jones	Aug. 3	Corinne Nihiser	Aug. 14	Deborah Klinger	Aug. 22
Brenda Lehman	Aug. 3	Terry Six	Aug. 14	Crystal Oliver	Aug. 22
Melis Leonard	Aug. 3	Suellen Wilder	Aug. 14	John Pippin	Aug. 23
Wendy Powers	Aug. 3	Kathleen Hosler	Aug. 15	Jim Raeder	Aug. 24
Ralph Riddlebarger	Aug. 4	Valery Junge	Aug. 15	Don Thompson	Aug. 24
Mary Lee	Aug. 5	Cathy Kerns	Aug. 15	Lois McDonald	Aug. 25
Larry Allberry	Aug. 6	Linda McAllister	Aug. 15	John Sweeney	Aug. 25
Cheri Porter	Aug. 6	Alan Sigler	Aug. 15	Molly Weiland	Aug. 25
Helen Kilkenny	Aug. 7	Dave Beckett	Aug. 16	Teresa Johnson	Aug. 26
David Klug	Aug. 7	Patty Price	Aug. 16	Patsy Krannitz	Aug. 27
Marjorie Norris	Aug. 7	Karolyn West	Aug. 16	Elaine Pryor	Aug. 27
Julia Savely	Aug. 7	Nancy Brimner	Aug. 17	*August birthda	VS
Ron Ward	Aug. 7	Judy Fisk	Aug. 17	-	,-
Richard Sams	Aug. 8	Charlene Latorre-Han	nm Aug. 17	continued on	
Joey Warren	Aug. 8	Cathy Danison	Aug. 18	Pg. 6	

# August Birthdays Cont.

Margaret DePue	Aug. 28
Karen Carpenter	Aug. 29
Christine Nixon	Aug. 29
Carol Radcliff	Aug. 29
Robert McGomery	Aug. 30
David Spillman	Aug. 30
Wilma York	Aug. 30
Helen Daubenmire	Aug. 31
Melanie French	Aug. 31
Fabiola Gerken	Aug. 31
Loraine Helber	Aug. 31





HEALTHY

HINF

Grant



Spend a beautiful fall day exploring Amish Country. Visit the unique shops. Enjoy the homemade food. View the picturesque landscape. Tour a working farm. The possibilities are endless!

## Monday, September 30<sup>th</sup>

Depart Scenic Hills Senior Center: 7:00 a.m. Return to Scenic Hills Senior Center: Evening



Free Technology Assistance

> Scenic Hills Senior Center Thursdays 9:30 - 10:30 am

<u>Laurelville Library</u> 2nd Wednesday of the month 10:00 - 11:00 am

> Rob Davis - Technology Trainer No Appointment Necessary





# Diamond Sponsor (\$2,500)





Commissioner Sandra Ogle

# Silver Sponsor (\$1,000)



# Bronze Sponsor (\$500)

Roberts Funeral Home Merchants National Bank







If interested in becoming a Signature Sponsor, call 740.385.6581





# Technology Assistance

# Laurelville Library

# 16240 Maple Street - Laurelville 2nd Wednesday of the month

This program was made possible by The Healthy Aging Grant

# **Educational and Wellness Center**

# 580 Radio Lane - Logan Mondays 1:00 - 2:00 pm

This program was made possible by The Institute of Museum and Library Services & The State Library of Ohio

To help Empower, Encourage and Educate in a simple and relaxed atmosphere

# **FITNESS CLASSES**

#### 580 Radio Lane

Scenic Hills Educational & Wellness Center

Class	Day/Time	Instructor Lev	el
Chair Yoga	T/Th/11:00	Christina Nippert	1
PWR Hour	T/Th/10:00	Christina Nippert	1
One Step at a Time*	T/Th/*	Christina Nippert	1
*See pg. 13 for more details			
Beginning Line Dancing	W/Th/3:30	Kathy Thatcher	1
Advanced Line Dancing	W/Th/4:30	Kathy Thatcher	2
Feeling Fit	M/W/12:00	Michele Vincent	2
Fit w/ Bev	T/Th/9:00	Bev Riggs	2
Cardio Drumming	W/11:00	Debbie Smith	2
Circuit Training	M/9:30	Michele Vincent	3
Sweat & Power	W/9:30	Michele Vincent	3
Slow Flow Yoga	F/10:30	Jacquie Moku	3

# **Keep In Mind**

- Must be age 50+ to participate in fitness classes.
- Slow Flow Yoga is \$5.00 per class and Line Dancing/Fit w/ Bev are donation based.
- All classes, unless noted otherwise, will be held at The Educational & Wellness Center.
- If it is your first time taking a class, call to confirm the class is still on as scheduled. An instructor may be absent due to vacation/sickness/ emergencies.

#### INTENSITY LEVEL KEY

- (1) Light Intensity Easy to breath and carry on a conversation
- (2) Moderate Intensity Breathing heavier, still comfortable but becomes challenging
- (3) **Vigorous Intensity** Borderline uncomfortable, breathing labored but can still speak



Walking class will be returning to The Chieftain Center (14470 SR 328) August 20<sup>th</sup> at 12:00 p.m. The class will be held on Tuesdays and Thursdays.



# Fitness Class Updates

There will be <u>NO CLASSES</u> (except Line Dancing) on Wednesday, July 24<sup>th</sup>- Grand Opening of the gym addition.



There will be <u>NO</u> walking class, PWR Hour, or Chair Yoga: Tuesday, September 3<sup>rd</sup> Thursday, September 5<sup>th</sup>



Cardio Drums will be back 7/17/24



Fit w/ Bev will be back 9/3/24

# FITNESS CENTER ORIENTATION

We will be holding several gym orientations to show off the new addition and get you comfortable with the new equipment. Each Wednesday we will have a morning session (9:00 a.m.) and afternoon session (1:00p.m.) to better accommodate our members.

JONUS

JULY 31 AUGUST 7 AUGUST 14™

WEDNESDAY,

**580 RADIO LANE, LOGAN** 



# GOOD GRIEF Moving through grief together

Support meetings held the 2nd and 4th Wednesdays of the month at Scenic Hills Senior Center, located at 187 S. Spring Street, at 11:30 a.m.

# July 10th & 24th

August  $14^{th}$  &  $28^{th}$ 

FAIRHOPE Hospice and Palliative Care's Grief Care Coordinator will be joining the Good Grief Group on the 4th Wednesday. The Grief Care Coordinator will share grief education and coping strategies.

## Alzheimer's Association Support Group

For those diagnosed with Alzheimer's and their caregivers.

This group will meet the <u>LAST Tuesday</u> of the month at 1:00 p.m. at Scenic Hills Senior Center (187 S. Spring Street)

Upcoming Dates: July 30<sup>th</sup> August 27<sup>th</sup> September 24<sup>th</sup>

# LAURELVILLE SENIOR CENTER

Laurelville Senior Center will host their monthly meeting on the <u>third Wednesday</u> of each month.



July 17<sup>th</sup> August 21<sup>st</sup> September 18<sup>th</sup> October 16<sup>th</sup>

## THANK YOU OHIO'S HEALTHY AGING GRANT

## Fitness classes\* will be <u>FREE</u> the remainder of 2024!

\*Slow Flow Yoga (Friday) will remain \$5.00 per class. Line Dancing & Fit w/ Bev will continue to be donation.





Travel Advisory

#### When you travel with Scenic Hills Senior Center

\*You must be self-sufficient.

\*We can only accommodate canes - there is no room on the bus for walkers/wheelchairs.

\*Scenic Hills Senior Center staff is unable to help you walk, get on/off the bus, get up/down steps, etc.—this is for your safety and the safety of our employees.

## Hollywood



Bring your luck and money and join Scenic Hills Senior Center for a day of gaming and fun!



# Monday, September 23

Depart SHSC: 8:30 a.m. Return: By 3:30 p.m.

# Atlantic City, New York City & Philadelphia

Including 3 Nights at a Casino Hotel in Atlantic City

## November 2 - 8, 2024 7 Days/6 Nights \$950 pp/double occupancy

For more information and a detailed itinerary visit: www.GroupTrips.ScenicHillsSeniorCenter2110488

Reservation Contact: Marjie Moore 740.385.6581 mmoore@hocking.oh.gov Optional Travel Insurance sign p at: www.travelconfident.com

\$75 Due upon signing up. Add \$279 for single occupancy. Final payment due: 8/26/24



#### This Tour Includes:

- Motorcoach transportation
- 6 nights lodging including 3 consecutive nights at an Atlantic City Casino Hotel
- 9 meals: 6 breakfasts and 3 dinners
- Guided Tour of New York City, "The Big Apple!" See Rockefeller Center, Times Square, Wall Street, Central Park, and more!
- Guided Tour of Philadelphia
- Visit Atlantic City and receive a Casino Bonus!
- Free time to see the Liberty Bell and Independence hall.









For more information and to see a detailed itinerary visit: www.grouptrips.com/scenichillsseniorcenter/2188332

For Information & Reservations Contact: Marjie Moore at 740.385.6581 or at mmoore@hocking.oh.gov

Departure: Scenic Hills Senior Center 8:00 AM

Payment Information: \$75 Due up signing up. Price per person, based on double occupancy. Add \$618 for single occupancy. Final payment due: 7/25/25

#### This tour includes...

- Motorcoach transportation
- 12 nights lodging including 3 consecutive nights in a Las Vegas Casino Hotel
- 17 meals: 9 breakfasts and 8 dinners
- Admission to the Hoover Dam Visitor Center
- Visit Grand Canyon National Park including an Imax Grand Canyon movie
- Visit to magnificent Zion National Park and Petrified Forest National Park
- Free Day to shop, explore and discover Las Vegas
- Gaming and Sight-seeing on the famous Las Vegas Strip
- Guided tour of historic Boulder City and a stop at the Lake Mead Overlook.





### HOURS of Operation:

SHSC (187 S. Spring St.): M -Th. 7am - 4pm & F 8am - 3pm

SHEWC (580 Radio Lane) : M -Th. 8am - 6pm, F 8am - 3pm, Sat. 8am-12pm

