

★ ★ **Welcome 2018!**

Happy New Year! I want to thank each and every one of you who have done so much to make Scenic Hills Senior Center a great success. We are grateful for our Sponsors, Partners, Volunteers and Members. Without you our center would not be the wonderful place it is today.

In 2017 our membership grew to a new high of 750! With this increase comes more traffic and more participation in programs, activities and events. This past November we passed the new levy (with your support) which will generate more funds to handle the increase in population along with being able to continue serving our older adults in many ways.

Coming in March, a new chore service worker will be added to our employee roster. This individual will be able to help seniors in areas that we have not been able to help this past decade. Another addition/change we are looking forward to is partnering with Logan Transit in the out-of-town transportation program and in opening up our homemaker waiting list.

We are also excited and looking forward to the upcoming expansion on the back of our building. This addition is going to give us extra space for a social room, card groups, billiards, along with restroom & storage areas. The exercise room is also going to be expanded to accommodate additional equipment. Look for further information about the new services along with the guidelines in our March/April Newsletter. Thank you again, Marjie Moore



Scenic Hills Senior Center Presents

The Country Gentleman—David Wayne Musician/Singer

**Dinner Show—Tickets \$15.00 (More on page 3)
Limited Seating**

Saturday, February 10th. Doors open @ 4:30~Dinner 5-6 pm, Show @ 6:30

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Saturday, January 6 ~ 4:00—6:30 pm



Soup Supper

Menu Choice of: Homemade Vegetable or Cream of Broccoli Soup, Hot Shredded Chicken Sandwich, Sloppy Joe or Coney Dog, Dessert & Drink







Suggested Donation \$8.00

January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
WEEKLY 	10AM STRENGTH & TONE CLASS 1PM LINE DANCE	9AM CHAIR VOLLEYBALL 12PM FREE BINGO 12:45PM CHAIR VOLLEYBALL	10AM FELLOWSHIP GROUP 11:30AM CHORUS PRACTICE 1PM TAI CHI	9AM CHAIR VOLLEYBALL 11AM CHESS 12P FREE BINGO 12:30 CHAIR VOLLEYBALL 3:30 PM LINE DANCE	9AM PINOCHLE 10AM BILLIARDS 12PM PROGRESSIVE EUCHRE	Check for Special Meals.
	1 CLOSED HAPPY NEW YEAR	2 CLOSED	3 No Choir	4 Center Opens @ 9:30	5	6 Soup Supper 4-6:30 pm
7	8	9	10 No Choir	11	12	13
14	15 CLOSED 	16	17 No Choir	18 PERI MTG.	19	20
21	22	23 SEOLS	24 No Choir	25	26 No Carry In	27
28	29	30	31 No Choir			

February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Center Opens @ 9:30	2 GIRLS NIGHT IN	3 No Soup Supper
4	5	6 Staff vs Seniors! Chair Volleyball	7 Choir Resumes!	8	9	10 David Wayne Dinner Show
11	12 	13 Mardi Gras Party	14 	15 MOB CLASS	16	17
18	19 CLOSED PRESIDENTS DAY	20	21	22 MOB CLASS 	23 No Carry In	24
25	26	27	28			

After Hours Special Events

Friday, Feb. 2

~5-8 pm

**Scenic Hills Senior
Center Presents**



\$5 Entry

Includes 5 Raffle Tickets

Open to the Public

740-385-6581

187 S. SPRING ST - LOGAN

Grab a friend and celebrate the evening shopping special one night sales, refreshments, gift giveaways and fun!

Plenty of cash and carry this night!



Some of the vendors on hand will be: Around The World Treasures, Avon, Crafty Sisters Designs, Handmade Vegan Soaps, 31 Handbags, Mary Kay, Tastefully Simple, Keep,

NYR Organics, Maria Hill—Mini Massages, Plexus, Lilla Rose, Scentsy, Paparazzi, La Loca Glass Fusions Sherri's Hair Salon, Jamerry Nails, Your Best Candle, Tupperware, Origami Owl, Pink Zebra, and more.

THANK YOU TO OUR FOOD SPONSOR ~ LOGAN CARE AND REHABILITATION

Scenic Hills Senior Center Presents

The Country Gentleman ~ David Wayne

Entertainment/Dinner Show—Saturday, Feb. 10th



David has made several guest appearances on the Shotgun Red Variety Show and the Virginia Dreams Center Stage series on cable's RFD-TV. His latest album recorded in Nashville is "Thanks a Million" – a tribute to Marty Robbins.

The country music lifestyle embedded in his mind has never left him. When you witness a David Wayne Classic Country performance, you will realize he is truly a "walking country song."

Doors open @ 4:30, Dinner 5:00—6:00 pm, Performance @ 6:30

TICKETS ARE \$15.00 IN ADVANCE—ON SALE JANUARY 4

**Includes Fried Chicken Dinner with Sides, Drink & Dessert
OPEN SEATING. SEATING IS LIMITED.**

THANK YOU TO OUR SPONSORS!

Appalachian Art and Craft Market

Offering an outstanding selection of Arts & Crafts, Patriotic, Primitive, Country, Americana, Jim Shore and Billy Jacobs.

Sandy Ogle, Proprietor

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Hocking County

The Gateway to Ohio's Scenic Wonderland

Jeff Dickerson
County Commissioner

1 East Main St.
Logan OH 43138
740.385.5195

Email: commissioners@co.hocking.oh.us



Long-term care, skilled nursing, respite care, and hospice care.

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Be a Newsletter Sponsor.*

\$600.⁰⁰ Year

Thank You Bingo Sponsors!



Logan Care
and Rehabilitation



DAILY CALENDAR OF ACTIVITIES

DAILY ACTIVITIES—OFFICE HOURS: Monday—Wednesday - Friday 8:30 am—4:00 pm
Tuesday 8:30—5:00 & Thursday 8:30—7:00 pm **Building is open during these hours.**

EXERCISE AND BILLIARD ROOMS ARE AVAILABLE DAILY.

MONDAYS:	<p>10:00 Strength & Balance Class (1st, 3rd & 5th Mondays)</p> <p>10:00 Chair Yoga (2nd & 4th Mondays)</p> <p>1:00 Line Dancing (Beginners Welcome)</p>	
TUESDAYS:	<p>9:00 Chair Volleyball *Don't Miss on Feb. 06—Staff vs Seniors!</p> <p>10:45-11:30 Free Blood Pressure 3rd Tuesday</p> <p>12:00 Free Bingo</p> <p>12:45 Chair Volleyball</p>	
WEDNESDAYS:	<p>10:00 Fellowship/Devotional Group with Karen Kornmiller</p> <p>11:30 Senior Chorus Practice (Starts back up on February 7)</p> <p>10:45-11:30 Free Blood Pressure Last Wednesday of Month</p> <p>1:00 Tai Chi \$2.00 per class</p>	
THURSDAYS:	<p>9:00—10:30 Chair Volleyball</p> <p>10:45—11:30 Free Blood Pressure (2nd & 4th Thursdays)</p> <p>11:00 Chess Club</p> <p>12:00 Free Bingo</p> <p>1:00 Chair Volleyball</p> <p>3:30-4:30 Line Dancing—Beginners & Easy Dancing</p> <p>4:30—5:30 Line Dancing—Advanced</p>	
FRIDAYS:	<p>9:00 Pinochle Cards</p> <p>11:00 Billiards</p> <p>12:00 Progressive Euchre</p> <p>10:00 FIT4LIFE Danielle Arnett, Exercise Physiologist</p> <p>5:00 NOTE: NO CARRY IN FRIDAY NIGHT IN JANUARY & FEBRUARY</p>	

MONTHLY (FREE) BLOOD PRESSURE SCHEDULE Time for all 10:45—11:30 am.

2nd THURSDAY:

Sponsored by Care Tenders Visiting Nurses

3rd TUESDAY:

Sponsored by The Laurels of Athens

4th THURSDAY:

Sponsored by Logan Healthcare Center

LAST WEDNESDAY:

Blood Sugar & BP sponsored by Fairhope Hospice

Literature from our Bingo Sponsors can be found in our lobby.



CLASSES & WORKSHOPS

HEALTH NETWORK PRESENTS

THURSDAY, JANUARY 25 @ 11:30

SLIPS & FALL PREVENTION: Cart Switzer, Director of Rehabilitation Services at Hocking Valley Community Hospital will be here to speak about the risk of Slips & Falls. Cart will demonstrate some preventative measures we can take along with valuable tips.



THURSDAY, FEBRUARY 22 @ 11:30

VARICOSE VEINS & WOUND CARE: Caroline Hurst with Kachelmacher Clinic will be speaking about services beneficial to senior citizens in particular. Discussion will include Varicose Veins And Wound Care.



Everyday Divinity Foot Care Clinic will be here on February 26 & March 26
Please note the price increase in 2018 to \$30.00.

30 minute appointments from 9:00 - 1:30 pm. You Must reserve your appointment in the office or call to reserve your spot.

The standard \$30.00 treatment includes: Foot Care by State of Ohio Certified Foot Care Nurse Heather provide patients with personal attention, foot care services and complete foot health assessments. *30 Minute Treatment *Complete Foot Assessment *Expertly Trim, *Thin and File Nails *All tools are sterilized for each patient *Corns and Callouses are filed and buffed smoothed. **Payment method is cash or checks—no insurance is accepted.**



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

ARE YOU Over 60 years old? Concerned about falling? Interested in improving balance, flexibility, and strength? Falls are preventable!

A New Class is Starting on Thursdays for 8 weeks February 15—April 5, from 1—3 pm.
Call or drop by the office to register. Space is limited to 12 people. 385-6581

IN THIS CLASS YOU WILL LEARN TO:

- ▶ View falls as controllable *set goals for increasing activity
- ▶ Make changes to reduce fall risks at home
- ▶ Exercise to increase strength and balance

WHO SHOULD ATTEND?

- ▶ Anyone concerned about falls
- ▶ Anyone interested in improving balance, flexibility and strength
- ▶ Anyone who has fallen in the past
- ▶ Anyone who has restricted activities because of fall concerns

**GAIN CONFIDENCE
WITH MATTER OF
BALANCE (MOB).**

Falls are more common than strokes and can be just as serious.

TRAVEL WITH SCENIC HILLS SENIOR CENTER



NEW DIAMOND TOUR TRIPS FOR 2018

Bringing Group Travel to a Higher Standard®

*Price on Diamond Tour Trips is based on *Double Occupancy*.
Single Rooms Additional Cost.

For additional tour information, reservations, or to have a trip brochure mailed, call 385-6581.

YOU CAN ALSO VIEW MORE INFORMATION AND DETAILS AT: WWW.DIAMONDTOURS.COM

NOTE: DEPOSIT OF \$75.00 IS DUE AT TIME OF SIGN UP.



APRIL 16 ~ BRANSON SHOW EXTRAVAGANZA

6 Days, 5 Nights, \$579* Based on Double Occupancy

5 nights lodging including 3 consecutive nights in the Branson Area. 8 meals, Admission to 7 fabulous Branson Shows! The Blackwoods, AYO—Vices of Glory, Down Home Country, “Samson”, Million Dollar Quartet show, The Dutton Show. Visit Historic Downtown Branson, the Showboat Branson Belle, shopping on the waterfront, and more.

June 17—23, MACKINAC ISLAND — 7 Days, 6 Nights, \$599.*

**Based on Double Occupancy*

6 nights including 4 consecutive nights in Northern Michigan, 10 meals, Guided Tour of Mackinaw City, Visit Mackinac Island, Guided Carriage Tour, Boat Ride through Soo Locks, sight seeing in Sault Sainte Marie, Admission to Colonial Michilmackinac, Gaming @ Kewadin Sault Casino and more.



October 15-19, NASHVILLE SHOW TRIP 5 Days, 4 nights. \$599*

**Based on Double Occupancy*



4 Nights lodging, 8 meals, 2 Great Shows: The Grand Ole Opry & Nashville Nightlife Dinner Theater, Guided Tours of Nashville & Belle Meade Plantation, Admission to the Country Music Hall of Fame & Grand Ole Opry Behind the Scenes Tour and more.

ACTIVITIES AT THE CENTER

Mardi Gras Lunch Party ~ Tuesday, Feb. 13



Bring a Hot Dish to share at the Carry –In Lunch
(No Desserts Please) @ 11:00 am.

**Decorations, Cake & Music will be provided
by the center**



LINE DANCING CLASSES

Mondays @ 1:00 pm.—All levels welcome

Thursdays: Beginners & Easy Dancing 3:30—4:30.

Advanced 4:30—5:30 No Cost—Donations Welcome

SCENIC HILLS SENIOR CHORUS Do you enjoy singing? Join the Scenic Hills Senior Mixed Chorus, which meets at 11:30 a.m. on Wednesdays in the dining hall. This mixed chorus sings for fun and in concert throughout the year.



Vintage Quilt Raffle

Barbara Vorhee has donated a special quilt to the center for a fundraiser. The quilt, *Parasol Ladies*, was lovingly hand pieced and hand stitched by Barbara's mother, Locky Epperson about 50 years ago.

The quilt will be raffled off at our Mardi Gras Party on February 13. Tickets are on sale for \$1.00 each or 6 for \$5.00. This quilt is not new and has some spotting. It is on display in the Dining Hall.



HAPPY BIRTHDAY TO OUR FRIENDS * JANUARY & FEBRUARY

Lisa	Mills	1/1	Steve	Uhl	1/25	Jay	Wilson	2/12
Dixie	Bosworth	1/1	Edward	Darnell	1/26	Loren	Inboden	2/12
Connie	Clark	1/1	Mary	Keplar	1/26	Robert	Secoy	2/12
Tom	Hammer	1/1	Regina	Prater	1/26	CP	York	2/12
Mike	Hard	1/1	Carleen	Goebel	1/27	Susan	Swart	2/14
Bob	Riggs	1/1	Grace	Howdyshehl	1/28	Jack	Brennan	2/14
William	Poling	1/2	Lonnie	Johnson	1/28	Beatrice	Courtney	2/14
Charles	O'Neill	1/3	Kathy	Moore	1/28	David	Emrick	2/14
Ann	Hiles	1/4	Ralph	Sahlin	1/28	Donna	Seager	2/14
Janice	Fetherolf	1/4	Rick	Wallar	1/28	Forest	Chesser	2/15
Gary	Lehman	1/5	Joe	Clark	1/29	Patty	McDaniel	2/15
Merle	Lanning	1/6	Rebecca	Martin	1/29	Doris	Wilson	2/15
Sue	Barrell	1/7	Edwin	Wilke	1/29	Helen	Wollard	2/15
Marguerite	McGrady	1/9	Wanda	Carpenter	1/30	Lowell	Barnes	2/15
Kathleen	Thatcher	1/10	Joan	Joseph	1/30	Helen	Sigler	2/15
Martha	Wright	1/10	Betty	Plummer	1/31	Janice	Baker	2/16
Shelby	Brown	1/11				Buck	Edgar	2/16
Sharon	McManaway	1/12				Carl	Davis	2/16
Patsy	Price	1/12	Paul	Stivison	2/1	Debbie	Bazell	2/17
Barbara	Frasure	1/13	Richard	Colburn	2/1	Carol	McPherson	2/18
Nilda	Brimner	1/15	Rachel	Leonard	2/1	Herberta	Chambers	2/19
Flora	Karns	1/15	Barbara	Wolford	2/1	Bea	Courtney	2/19
Linda	Brown	1/16	Deborah	Hall	2/2	Vernon	Dixon	2/20
Betty	Johnson	1/16	Sandy	Wells	2/3	Connie	Brown	2/20
Grace	Beardon	1/16	Bonnie	McCollum	2/4	Tom	Price	2/20
Marilyn	Bowers	1/16	Vera	Davis	2/5	Yolanda	Calvo	2/22
Bob	Johnson	1/16	Randy	Snepp	2/5	Susie	Karns	2/22
Mary	Schmitzer	1/17	Garold	Linscott	2/6	Martha	Poling	2/23
Irene	Kunkler	1/18	Nancy	Ault	2/7	Thelma	Roberts	2/23
Janet	Harris	1/18	Floyd	Miller	2/8	Letha	Beverly	2/24
Carroll	Kelley	1/18	Patricia	Roley	2/8	Dorothy	Watkins	2/24
Ron	Frasure	1/19	Ruth	Bowling	2/9	Marie	Lehman	2/24
Karen	Dixon	1/20	Marjorie	Dollison	2/10	Mary	Mays	2/25
Kent	Dupler	1/21	Les	Morgan	2/10	Don	McGathey	2/25
Mary	Moore	1/21	Carl	Mallon	2/11	Charles	Schneider	2/25
Emmallie	Seum	1/21	Marvin	McDaniel	2/11	Helen	Breining	2/27
Mary	Helber	1/22	Jean	Palmer	2/11	Charles	Karns	2/27
Mary Kay	Walsh	1/22	Jane	Burk	2/11	Carolyn	Colburn	2/28
Shirley	Daubenmire	1/22	Karen	Lanning	2/11			
Anthony	Beverly	1/23	Jane	Woodward	2/11			
Betty	Courtney	1/23	Jill	DeBerry	2/12			
Cathy	Williams	1/23	Clarence	York	2/12			
James	Pickett	1/24						
Rebecca	Keyes	1/25						

Reminder:

**No Friday Night Carry-In
January & February**



187 S. Spring St/, Logan, OH 43138

Executive Director: Marjorie Moore

Program Supervisor: Loretta Kemper

Fiscal Officer: Brandy Stamper

Office Clerk: Janet Blair

Event & Program Coordinator: Tina Koska

Maintenance: Dave Beck

Phone: 385-6581, Fax: 385-3548

www.scenichillsseniorcenter.com



SOUTHEASTERN OHIO LEGAL SERVICES FREE LEGAL SERVICE TO SENIOR CITIZENS

An Attorney from Southeastern Ohio Legal Services will be at Scenic Hills Senior Center to offer assistance to senior citizens on **January 27 & March 24**

PLEASE CALL THEIR OFFICE TO SCHEDULE AN APPOINTMENT 1 (800) 686-3668

WINTER HOURS:

Mon., Wed. & Fri., 8:30 am—4:00 pm. Tues.: 8:30—5:00 & Thurs. : 8:30 am—7:00 pm
Office Hours 8:30 am—4 pm.

COMMUNICATION CORNER: *Reminder the center does not open until 9:30 am on the FIRST THURSDAY of the month. **Center Closed:** Jan. 1 & 2, 15, Martin Luther King Day, Feb. 19, Presidents Day*



INCLEMENT WEATHER CLOSURES FOR SENIOR CENTER.

The Scenic Hills Senior Center is open to the public under a Level One.

The Scenic Hills Senior Center is **NOT OPEN** to the public under a Level Two.

Regardless of what the School District is doing—the above conditions apply.



COMMUNITY PARTNERSHIP

Interim
HEALTHCARE



*Working Together to
Build a Strong
Community*

Interim Healthcare of Logan continues their partnership with Scenic Hills Senior Center, as they present a check for \$2,000. Funds from the check will be used towards the homemaker and medical transportation programs.