



"And so with the sunshine and the great bursts of leaves growing on the trees, I had that familiar conviction that life was beginning over again with the summer."

















JULY 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	9:30 AM CHAIR VOLLEYBALL 11AM CHESS 12P FREE BINGO 12:30 CHAIR VOLLEYBALL 3:30 -5:30 LINE DANCE	9AM PINOCHLE 10AM BILLIARDS 10:00 FIT4LIFE 12PM PROGRESSIVE EUCHRE	Check for Special Meals.
1	2	3	4 Closed	5 Center open 9:30 am today.	6 ICE CREAM SOCIAL 4-7	7
8	9	10	11 Widows Support Mtg. 12-1pm	12 CHAIR VOLLEYBALL VS STAFF Blood Pressure	13	14
15	16	17 Blood Pressure	18 Mike Sigler @ Laurelville	19 Blood Pressure PERI 1:30 PM	20 Paint Class 6pm	21
22	23 Footcare Clinic	24 LEGAL SERVICES NOON-3 BY APPT	25 Blood Pressure Amish Trip Widows Support Mtg. 12-1pm	26 Blood Pressure Health Talk 11:30 1pm Jarvis Law	27 5p Senior Carry In	28
29	30	31				

AUGUST 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	9:30 AM CHAIR VOLLEYBALL 11AM CHESS 12P FREE BINGO 12:30 CHAIR VOLLEYBALL 3:30-5:30 LINE DANCE	9AM PINOCHLE 10AM BILLIARDS 12PM PROGRESSIVE EUCHRE	Check for Special Meals.
			1	2 Center open at 9:30 am today	3	4 FISH FRY 4-6:30
5	6	7	8 HCCOA 1pm Widows Support Mtg. 12-1pm	9 CHAIR VOLLEYBALL VS STAFF Blood Pressure Tecumseh Trip	10	11
12	13	14	15	16 Blood Pressure Carnival Day!	17	18
19	20	21 Blood Pressure	22 Widows Support Mtg. 12-1pm	23 Blood Pressure Health Talk 11:30	24	25
26	27 Footcare Clinic	28	29 Blood Pressure	30	31 5p Senior Carry in	31

SPECIAL



Painting Class July 20th 6:00 pm

Fee: \$25.00 per person Includes instruction, supplies & refreshments.



Pay \$20 in office to reserve your spot then pay the artist \$5 the evening of the event.



OUTDOOR DRAMA - TECUMSEH!

AUGUST 9th, THURSDAY EVENING —TRIP TO SEE THE OUTDOOR DRAMA—TECUMSEH Transportation Fee \$20.00

Tickets at box office \$24.00; Depart Center at 6:00 pm, Show 8:00-10:45 pm.

Witness the epic life story of the legendary Shawnee leader as he struggles to defend his



sacred homelands in the Ohio country during the late 1700's.

The huge, outdoor stages of the Sugarloaf Mountain

Amphitheatre afford the audience a unique viewing experience. Sit beneath the stars as sheer spectacle surrounds you with a herd of galloping horses, live military cannon in action, and the most dazzling battle sequences offered on the American stage.

THURSDAY AUGUST 16th, 10:00 AM - 1:00 PM

Senior Center Members may bring their grandkids and great grandkids to this free fun event

Join us for Free....

*games *cotton candy

*snow cones *popcorn

*hot dogs *face painting

*chair volleyball * billiards & 8-ball

*clown * balloon animals

Senior Center fun for the family!



AFTER HOURS MEALS & SPECIAL EVENTS

DON'T MISS ** Friday, July 6th—Ice Cream Social *4-7 pm.

HOMEMADE ICE CREAM & PIES



Grilled Burgers, Hot Dogs, Coney Dogs & Brats, Brats w/sauerkraut.

SIDES: Baked Beans, Green Beans, French Fries, Cole Slaw along with Drinks & Desserts.

ICE CREAM FLAVORS

Chocolate, Vanilla, Strawberry, Peach, Cherry, Cherry Nut, & Blackberry.

Proceeds benefit the Senior Center.



DELICIOUS FISH FRY AUGUST 4th 4:00 -6:30 pm

FIRST SATURDAY OF THE MONTH

MENU: Deep Fried Fish (Pollack) French Fries, Green Beans or Baked Beans, Cole Slaw, Dessert & Drink Suggested donation: \$10.00 each

"Howdy Y'all" Thursday, September 13th Scenic Hills Senior Center Celebrates

Senior Day at the Fair



HELD AT THE SHELTER HOUSE WHICH IS RESERVED FOR SCENIC HILLS SENIOR CENTER LUNCH AND ACTIVITIES.

Tickets must be purchased in advance at the Senior Center for \$5.00 and includes:



A KFC lunch (2 piece chicken, mashed potatoes, gravy, cole slaw, and biscuit) & A Reserved seat. Please Note: Seating is limited and reserved only for those who have signed up and paid. (740) 385-6581

The theme this year is *Western*. The Annual Senior Day Walk begins @ 10:30 from the Senior Center to the Shelter House and all are welcome to walk with us. *Admission to the fair is free for senior citizens until 3:00 pm on this day. *Sponsored by Hocking County Commissioners. Additional seating in the bleachers may be available for those who do not purchase a Lunch Ticket.



Live Music

Signups Start July 23.

DAILY CALENDAR OF ACTIVITIES

DAILY ACTIVITIES—OFFICE HOURS: MONDAY THRU FRIDAY 8:30 AM—4:00 PM
BUILDING IS OPEN: Mon. Tues. & Fri. 8:30—5:00 & Thursday 8:30—7:00 pm
EXERCISE AND BILLIARD ROOMS ARE AVAILABLE DAILY.

10:00 1:00 TUESDAYS: 9:00	Strength & Balance Class (1 st , 3 rd & 5 th Mondays) Chair Yoga (2 nd & 4 th Mondays) Line Dancing (Beginners Welcome) Chair Volleyball Free Blood Pressure 3rd Tuesday
	Free Bingo Chair Volleyball
11:30 <i>10:45-11:30</i>	Fellowship/Devotional Group with Karen Kornmiller Senior Chorus Practice Free Blood Pressure Last Wednesday of Month Tai Chi \$2.00 per class All Members Welcome
10:45—11:30 11:00 12:00 1:00	Chair Volleyball *Don't Miss July 5 ^{th &} Aug. 2 nd @ 9:00 am — Staff vs Seniors! Free Blood Pressure (2 nd & 4 th Thursdays) Chess Club Free Bingo Chair Volleyball Line Dancing
11:00 12:00	Pinochle Cards Billiards Progressive Euchre FIT4LIFE Danielle Arnett, Exercise Physiologist Carry In July 27 & August 31

"We do not stop playing because we grow old. We grow old because we stop playing."

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

3rd THURSDAY Sponsored by Carlin House

4th THURSDAY: Sponsored by Logan Care & Rehab.

LAST WEDNESDAY: Blood Sugar & BP sponsored by Fairhope Hospice



CLASSES



Are you concerned about falling? Interested in improving balance, flexibility, and strength? Falls are preventable!

A New Class is Starting on Thursdays for 8 weeks August 23—Oct. 11 from 1—3 pm. Call 740 385-6581or drop by the office to register. Space is limited to 12 people.

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 falling concerns



GAIN CONFIDENCE WITH MATTER OF BALANCE (MOB).

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



www.interimhealthcare.com Logan (800) 640-6943

A free in-home visit offers details on long-term care options like PASSPORT, Home modifications,

Medicare Savings 1-800-33

Medicare Savings and more!



1-800-331-2644 or Buckeyehills.org/aging

Appalachian Art and Craft Market

Offering an outstanding selection of Arts & Crafts,

Patriotic, Primitive, Country, Americana,

Jim Shore, Billy Jacobs and more.

Sandy Ogle, Proprietor 26784 US 33 (US 33 at SR 374) Rockbridge, OH 43149 (740)380-9020

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

HEALTH NETWORK PRESENTS



THURSDAY, JULY 26 @ 11:30. HEAT RELATED EMERGENCIES Presentation: Jeremy Young, Hocking County EMS

Why are older adults more at risk for Heat Related emergencies? What do I need to look for? I drink water can I still get dehydrated? Come listen to Jeremy speak on the risks to seniors during heat spells along with other related topics.

THURSDAY, AUGUST 23 @ 11:30 HEALTHY AGING & MOBILITY **Managing Life's Transitions**

Guest Speaker: Wellness Coordinator Danielle Arnett. M.Ed..



By the time a person reaches his/her 50's, strength, balance and endurance are already beginning to wane. The good news is these can often be preserved, or even improved with regular exercise! Join Danielle Arnett, Certified Strength and Conditioning Specialist to learn how to maintain well-being and functioning independence after 50. Danielle also teaches two classes at Scenic Hills Senior Center - Chair Yoga and Fit4Life.

HEALTH & WELLNESS



I get by with a little help from my friends.

"Good Grief" A support group for Widows.

2nd & 4th Wednesdays from Noon -1:00 pm. This group is a place for women to share their grief, sympathy, support, and stories with each other. Group meets in the Card Room and welcomes newcomers.

Everyday Divinity Foot Care Clinic here JULY 23rd & AUGUST 27nd



Fee: \$30.00. 30 minute appts. from 9:00 - 1:30 pm. 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 Footcare services include 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.

method is cash or checks No insurance is accepted.

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 July 24th & Sept. 25th CALL THEIR OFFICE TO SCHEDULE AN APPOINTMENT 1 (800) 686-3668



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

3rd THURSDAY Sponsored by The Carlin House

4th THURSDAY: Sponsored by Logan Care & Rehabilitation

LAST WEDNESDAY: Sponsored by Fairhope Hospice

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





ELDER CARE PLANNING FOR OHIO SENIORS

You are Invited!



How to Protect Yourself or Your Loved One from Ending Up In a Nursing Home and What to Do if you Can't!

Even Millionaires are SHOCKED at How Expensive Long-Term Care can be!

Don't Make the Most Expensive Mistake of Your Life!

Elder Care Attorney Timothy Jarvis Revels the Steps YOU Should Take Right Now!

Seminar at Scenic Hills Senior Center, Thursday, July 26th, 2018 @ 1:00 pm.

Attendance at this meeting is free, but seating is limited. Call 740-653-3450 to reserve your seat. Refreshments, Snacks and Sweet Treats will be provided.

* Elder Law * Medicaid Planning * Estate Planning * Asset Protection



"For me, the field of Elder Care and Estate Planning is all about helping people. Making a positive difference in seniors' lives, and the lives of their families. All so that they may live their golden years with dignity, vigor, and the comfort of knowing that while they're here, they won't be a burden... and so that long after they're gone, their loved ones will be taken care of." Timothy P. Jarvis, Elder Care Attorney

Other Services



Scenic Hills Senior Center is proud to be an official site for Medicare Enrollment. Marjie Moore, Executive Director is a certified OSHIIP Counselor. Watch for open enrollment in October 2018.

- ♦ NOTARY PUBLIC SERVICE: Scenic Hills Senior Center offers a free notary public service. Please call ahead to make an appointment. 740 385-6581. You must bring a from of identification: Driver's license, Birth Certificate, Passport or ID issued by an employer.
- ◆ **TRANSPORTATION**: For Seniors 60+ years we offer out-of-county medical transportation for doctors appointments. This service is offered on a donation basis.
- ◆ SENIOR NUTRITION CENTER: Scenic Hills Senior Center is a Congregate Meal Site for the Meals-On-Wheels Program. They serve a well-balanced meal for seniors age 60+ Mon. thru Friday @ 11:00 am. Please call HAPCAP at 740 385-6813 to reserve your lunch.

Scenic Hills Senior Center—Senior Maintenance Service

Scenic Hills Senior Center is offering a Maintenance Service. Many older adults who want to remain in their homes find it difficult because of the inability to maintain their home due to cost or other factors. Some of the items we can do are minor repairs to a leaking faucet or toilet, change light bulbs, removal of tree limbs or obstructions that cause you from moving your vehicle.

You will be required to pay for the cost of any related materials needed to do the job. To qualify you must be 60 years old and live in Hocking County. Call us at 740-385-6581 to see about scheduling an appointment.

TRAVEL WITH SCENIC HILLS SENIOR CENTER

DIAMOND TOUR TRIP 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.

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 with

its antebellum architecture and unique Southern history. Explore Historic

Downtown Nashville and enjoy Diner and a show at the fabulous NASHVILLE NIGHTLIFE DINNER THEATER.



Visit the Country Music Hall of Fame — a state-ofthe-art cultural landmark and an architectural crown jewel of the Nashville skyline and a Behind the Scenes Tour of the Grand Ole Opry. Behind the Scenes Tour and more.

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



COACH & CRUISE TO BERMUDA APRIL 27—MAY 5, 2019

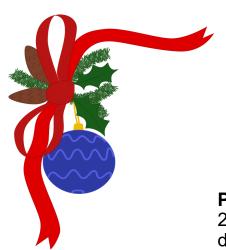
Passport Required. Prices based on double occupancy \$1829 —\$2119



Build your first ever pink sand castle at Horseshoe Bay Beach, Play 18 holes on Riddell's Bay, go Atlantic reef fishing or meet the fish while snorkeling on a shipwreck. Casinos, Fine Dining & entertainment, Shopping and much, much more!

Sailing Itinerary

28 April—New York City 29 April—At Sea 30 April—At Sea 1 May—Bermuda 2 May—Bermuda 3 May—Bermuda 4 May At Sea 5 May—New York City





PRESENTS

HOLIDAY ENTERTAINMENT EXTRAVAGANZA Lancaster, PA

3 Days—2 Nights, December 3—5, 2018 \$419.00 per person —*double occupancy

PACKAGE INCLUDES: 2 Nights lodging, 2 Breakfasts, 2 Dinners, including a Family-style dinner & a Smorgasbord dinner, "Jesus" at the Millennium Theatre,

"The First Noel" at the American Music

Theatre, Tanger Outlets, Kitchen Kettle Village, Souvenir gift, Luggage Handling, All taxes and meal gratuities, Motorcoach Transportation. Cancellation insurance available on request.



HOLIDAY ENTERTAINMENT EXTRAVAGANZA

3 Days - 2 Nights

The sample itinerary described below is approximately like the itinerary your group will be following during your stay with WHITE STAR TOURS. However, the exact times, days, and destinations may vary for your group.

Day 1 - Depart from your hometown and travel to the Amishlands of Pennsylvania, stopping for rest and lunch on your own along the way. Arrive at Sight & Sound's Millennium Theatre. See a live performance of Jesus, a musical stage adventure about the most famous person to ever walk the earth, and the everyday people whose lives he changed forever. You will see Jesus' birth, his death and his resurrection, and so very much more. Jesus is a show about love, both whimsical and adventurous, with technology never before used in the theatre. Plus, animals galore! Depart after the show for a local restaurant to enjoy a delicious dinner, served smorgasbord-style. After dinner, check into your lodging for a restful night.

Day 2 - After breakfast, depart for the **Tanger Outlets** where you can spend a couple hours seeking bargains for Christmas. Lunch is on your own at one of the restaurants in the outlet area. Continue to the beautiful **American Music Theatre** for an afternoon performance of the spectacular musical revue, "**The First Noel.**" Witness the magic and splendor of the season during this masterfully-produced holiday extravaganza, filled with your favorite carols of the season plus the AMT's renowned orchestra and beautifully choreographed dancers. After the show, depart for a local restaurant to enjoy dinner, served **family-style** in the Amish tradition. Return to your lodging after dinner for a relaxing night.

Day 3 - Following breakfast at the motel, check out and depart for a visit to **Kitchen Kettle Village** for some last-minute shopping. After lunch on your own, depart for home – taking with you wonderful holiday memories!



HAPPY BIRTHDAY TO OUR FRIENDS * JULY & AUGUST

Dale	Brown	1-Jul
Marty	Brown	1-Jul
Sue	Kellenbach	1-Jul
Darlene	Taylor	1-Jul
Suzanne	Stivison	1-Jul
Larry	Beal	1-Jul
Jenny L	Ditty	2-Jul
Nellie	Harvey	3-Jul
Kathy	Crisler	3-Jul
Mona	Canan	4-Jul
Letha (Kay)	Garrett	4-Jul
Debbie	Hinerman	5-Jul
Charlotte	Shaw	5-Jul
Coletta	Stump	5-Jul
Larry	Auker	6-Jul
Ruby	Core	6-Jul
John	Switzer	6-Jul
Dan	Whalen	6-Jul
Linda	Sigler	7-Jul
Rod	Glenn	7-Jul
Mary	Taylor	8-Jul
Joyce	Hunsaker	9-Jul
Glenn	Klingenberg	9-Jul
Sharon	Van Meter	11-Jul
Del	Norman	12-Jul
Sherry	Lehman	12-Jul
David	Giffin	12-Jul
Effie Gay	Rhodes	13-Jul
Betty	Ellinger	14-Jul
John	Hill	14-Jul
Larry	Eberst	14-Jul
Josiah	Hunsaker	15-Jul
Jenny	Hutchison	15-Jul
Irma	Spaeth	15-Jul
Candy	Gastin	15-Jul
Linda	Brown	16-Jul
lda M.	Neely	16-Jul
Sylvia	Rider	17-Jul
Harold	Wilson	17-Jul

Narcie	Stahr	18-Jul
Glenn	Ward	18-Jul
Sherry	Hutchison	18-Jul
Bette	Kitchen	19-Jul
Annette	Harrison	19-Jul
Judith	Cunningham	20-Jul
Cathy	Kerns	20-Jul
Janet	Pritchard	21-Jul
Brenda	Frasure	22-Jul
Dee	McLain	22-Jul
Sharon	Robinson	23-Jul
Curt	Stivison	23-Jul
Janet	Staten	23-Jul
Bob	Schrader	24-Jul
Merle R	Conley	24-Jul
Rita C	Fonticella	25-Jul
Barbara	Cullison	25-Jul
Dorothy	Pickett	26-Jul
Paul	Taylor	26-Jul
James	Pickett Jr.	27-Jul
Brenda	Cottrill	28-Jul
Larry George	Aurand	29-Jul
Charlotte	Johnson	29-Jul
Lelia	Browning	29-Jul
Judith L	Conley	30-Jul
Jean A.	Reed	30-Jul
Don	Stimmel	31-Jul

Birthdays are celebrated at the Carry In Dinner. Cake is Sponsored by Fairhope Hospice and the flowers are furnished by Kroger's of Logan.





James E	Ditty Jr	1-Aug
Sharon	Wallar	1-Aug
Barbara	Kornmiller	1-Aug
Bill	Helber	4-Aug
Ralph	Riddlebarger	4-Aug
Ray	Dennis	5-Aug
Robby	Robinson	6-Aug
Marjorie	Norris	7-Aug
Don	Gable	7-Aug
Sheila	Wilson	7-Aug
Kathy	Lowe	10-Aug
Mabel	Rooker	11-Aug
Ann	Glick	12-Aug
Shirley	Eberst	13-Aug
Suellen	Wilder	14-Aug
Gloria	Gainer	14-Aug
Tom	Collins	15-Aug
Lois	McDonald	15-Aug
Kevin	Kerns	15-Aug
Mary	Colliton	16-Aug
Nancy	Brimner	17-Aug
Ronald	McPherson	18-Aug
Evelyn	Lacross	18-Aug
Sandra S	Littleton	19-Aug
Teresa	Faulkner	21-Aug
Billy E	McBride Sr.	22-Aug
Lisa	Mouser	22-Aug
Kathryn	Nixon	22-Aug
Don	Thompson	24-Aug
Janice	Coakley	25-Aug
Darl	Derr	26-Aug
Teresa	Johnson	26-Aug
Bea	Stallsmith	27-Aug
Patsy	Krannitz	27-Aug
Elaine	Pryor	27-Aug
Linda	Moore	30-Aug
Wilma	York	30-Aug
Robert	McGomery	30-Aug
Helen	Daubenmire	31-Aug

MONTHLY SENIOR CARRY IN CLUB @ 5:00 PM

FRIDAY, JULY 27th Entertainment:

Mary Ann Nelson Piano Monthly Birthdays are recognized at the Carry In.

FRIDAY, AUGUST 31th
Guest:

Nicole Stump National Resource Specialist Forestry Office Hours: Monday thru Friday 8:30 AM-4:00 PM

Building Open: Mon. Tues. & Fri. 8:30-5:00 & Thursday 8:30-7:00 pm



Executive Director: Marjorie Moore Program Supervisor: Loretta Kemper Fiscal Officer: Brandy Stamper Office Clerk: Janet Blair

Event & Program Coordinator: Tina Koska Maintenance: Dave Beck & Larry DeBerry

Phone: 385-6581, Fax: 385-3548 www.scenichillsseniorcenter.com

THE CENTER/BUILDING WILL BE CLOSED ON:

CLOSED—Wednesday, July 4th Independence Day

Reminder: The center does not open until 9:30 am on the FIRST THURSDAY each month



Laura Kennedy, Admissions & Marketing Director

P 740-385-2155 F 740-385-1789 300 Arlington Avenue, Logan, OH 43138 lkennedy@logancareandrehab.com www.logancareandrehab.com

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Ron Arnett In Memoriam Harry Dickerson











Care where you need it, when you need it.

LANCASTER 282 Sells Road | 740-654-7077 | 800-994-7077 LOGAN 96 W. Hunter Street, Suite B | 740-380-1186 www.fairhopehospice.org

Bingo Sponsors!



















