

Health Talk: Physical Therapy

Steven Fowler-First Settlement

Thursday, January 23



Health Talk: Heart Healthy

Dr. Mahmud, Cardio Vascular Specialist

Tuesday, February 25

Girls' Night In

Friday February 7th

5:00 p.m. ~ 8:00 p.m.

Scenic Hills Senior Center

\$5 Entry Includes 5 Raffle Tickets Open to the Public

Bring a Friend Plenty of Cash & Carry!



SOME VENDORS ON HAND WILL BE: Around The World Treasures, Crafty Sisters Designs, Handmade Vegan Soaps, 31 Handbags, Mary Kay, Tastefully Simple, NYR Organics, Christine Clement—Mini Massages, Plexus, Lilla Rose, Scentsy, Paparazzi, Jamerry Nails, Your Best Candle, Tupperware, Origami Owl, Pink Zebra, Attic Treasures, and more.

One thing we'll always cherish no matter what life sends is the memories and the happiness we had, by being friends.

Friday, February 14
(5-7 pm)

Valentine Carry In & Dance

Music/DJ: Cathy Thatcher

Dance/Music Requests Welcome!

There is a Box in Office to place Dance/Music Requests.

Men's Choice, Women's Choice, Couples Choice, Fun & Popular Group Dances, Line Dances & More. Get your photo taken.

Dance is Free! Bring a dish to share, Cake Provided by Center



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Weekly Activities

JANUARY 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	10AM CHAIR YOGA 1PM LINE DANCE	9AM CHAIR VOLLEYBALL 12PM FREE BINGO 12:45PM CHAIR VOLLEYBALL 1:00 CLUB EUCHRE	10AM FELLOWSHIP GROUP 11:30AM CHORUS PRACTICE 12:45 GOOD GRIEF 1PM TAI CHI	9:30 AM CHAIR VOLLEYBALL 12P FREE BINGO 12:30 CHAIR VOLLEYBALL 3:30 -5:30 LINE DANCE	9AM STRETCH & BALANCE 2ND & 4TH WEEK 9AM PINOCHLE 10AM BILLIARDS 10:00 FITNESS CIRCUIT 12PM PROGRESSIVE EUCHRE	
It's a good day to have a Good Day!			1 New Years Day (Closed)	2 Open @ 9:30	3	4
5	6	7	8 Good Grief Grp. Elvis Presley Birthday	9 9a Staff vs Seniors Volleyball 1:30 Online Training	10 9am Stretch & Balance	11
12	13	14	15	16 1:30 Online Training	17	18
19	20 Martin Luther King Jr. Day Closed	21	22 Good Grief Grp.	23 11:30 am Health Talk Physical Therapy	24 9am Stretch & Balance	25
26	27 Footcare Clinic	28	29 Life Line Screening NO MEALS TODAY	30	31	

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

FEBRUARY 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Vietnam War Ended (1973)	4 Thank a Mail Carrier Day.	5	6 Open @ 9:30	7 Girls Night In 5-8 pm	8
9	10	11	12 Good Grief Grp @ Noon 	13 9a Staff vs Seniors Volleyball	14 9am Stretch & Balance *Valentine Dance @ 5 pm	15
16	17 President's Day Closed	18	19	20 Love your Pet Day.	21	22
23	24 Footcare Clinic	25 11:30 am Dr. Mahmud Heart Health	26 Good Grief Grp. @ Noon	27	28 9 am Stretch & Balance National Chili Day.	29

CALENDAR OF DAILY ACTIVITIES

WEEKLY



DAILY ACTIVITIES—OFFICE HOURS: MONDAY THRU FRIDAY 8:00 AM—4:00 PM

EXERCISE AND BILLIARD ROOMS ARE AVAILABLE DAILY.

MONDAYS:

*10:00 *Chair Yoga-Now every Monday w/ Danielle Arnette*
 11:30 Delay The Disease Class w/ Danielle Arnette
 1:00 Line Dancing (Beginners Welcome)
**Closed Jan. 20 & Feb. 17*



TUESDAYS:

9:30 Chair Volleyball
 10:45-11:30 *Free Blood Pressure 3rd Tuesday*
 12:00 Free Bingo
 12:45 Chair Volleyball

WEDNESDAYS:

10:00 Fellowship/Devotional Group with Karen Kornmiller
 11:30 Senior Chorus Practice All are Welcome
10:15—11:30 Free Blood Pressure Last Wednesday of Month
 1:00 Tai Chi \$2.00 per class All Members Welcome



THURSDAYS:

NOTE: First Thursday of the Month—Center Opens at 9:30!
 9:00—10:30 Chair Volleyball
 10:30—11:30 **Free Blood Pressure (3rd & 4th Thursdays)*
 12:00 Free Bingo
 12:00 Chair Volleyball
 3:30-5:30 Line Dancing w/ Kathy Thatcher



FRIDAYS:

9:00 *Strength & Balance Class 2nd & 4th Fridays w/ Brandy Stamper*
 10:00 **Fitness Circuit Class**
 11:30 Delay The Disease Class
 12:00 Progressive Euchre



EXERCISE ROOM OPEN DAILY (MUST HAVE A DRS SLIP) Pick up Dr. slips in office.





Girls Night In

Friday February 7th

5:00 p.m. ~ 8:00 p.m.

Admission: \$5.00 * Includes 5 Raffle Tickets

Scenic Hills Senior Center

187 S. Spring St. Logan, Oh.

***Bring your girlfriends & daughters to join the fun.
We will be celebrating the evening with
refreshments, gift giveaways and one night
only sales! Lots of cash and carry!***

Some of the vendors on hand will be:

Mary Kay, Scentsy, Thirty-One, Crafty Sisters Designs,

Tastefully Simple, Around The World Treasures, Kathy North's

Soaps, Norwex, Tupperware, Origami Owl, Keep, NYR

Organics, Pink Zebra, The Hocking House, Premier Designs,

Your Best Candle, Quilts & Things, Paparazzi, and more...



Happy New Year!

I am pleased to announce that with a growing senior population and increasing need for services, Scenic Hills Senior Center has purchased the former "Lee's Banquet Haus" to be used as an extension of the center. The new facility will be called Scenic Hills Education & Wellness Center.



Hocking County Seniors are integral to the vitality of our community. They are an active and generous presence in many local organizations, where they volunteer their time to help others, and they are caring neighbors, friends and family members to all of us. Ensuring they have the resources they need to live as fully, healthfully and independently as possible has always been a top priority.

We are not only expanding the size of our footprint but also our scope of services. There will be new classes and exercise opportunities rolled out in the spring of 2020. The addition will enhance the functionality of the Center and we will continue to use the building as a rental for community events. That will help offset the cost of added utilities.

I am very thrilled about this project and grateful to our County Commissioners for supporting this vision of growth for the Center. I feel fortunate to live and serve such a wonderful community"

Marjie Moore, Executive Director



Valentine's Day Dance & Carry-In.

**Friday, February 14
(5-7 pm)**

Celebrate Friendship this Valentine's Day

Music/DJ: Kathy Thatcher

Men's Choice, Women's Choice, Couples Choice,
Fun & Popular Group Dances, Line Dances & More. Get your photo taken.



Dance is Free! Bring a Dish To Share *Cake Provided by Center

REMINDER THAT THE CENTER OPENS @ 9:30 THE FIRST THURSDAY OF THE MONTH.

EFFECTIVE 1-1-2020

- ★ A Suggested Donation of \$2.00 for ALL Exercise & Line Dancing Classes
- ★ Free Bingo continues to grow and members have expressed a wish for additional prizes. Monetary donations and/or NEW, (no used) bingo items are being accepted to fulfill this need.
- ★ If you are interested in playing a game or two of Corn Hole. Please let us know in the office. It has been awhile since we've had any players.



Club Looking for additional players!

Club Euchre Group meets on Tuesdays from 1:00—3:00 pm. The group is new and growing and would like to have additional players. Club Euchre is played a bit differently. If you are interested please come join us. Instruction is available!!

HEALTH & WELLNESS

Health Network Presentation



**Thursday, January 23 @ 11:30 GUEST SPEAKER:
STEVEN FOWLER, PTA FIRST SETTLEMENT PHYSICAL
THERAPY**



Topics Steven will be speaking on are the symptoms, causes, diagnosis and treatment of the following:

SCIATICA, SHOULDER IMPINGEMENT, PLANTAR FASCIITIS & KNEE PAIN

Orthopedic Physical Therapists at FSPT diagnose, manage, and treat disorders and injuries of muscles, joints, bones and tendons.

Bingo will FOLLOW Presentations



**Tuesday, February 25 @ 11:30
TAKE HEART! INVEST IN HEALTHY LIVING:
GUEST SPEAKER: CARDIOLOGIST DR. MAHMUD, CARDIO VASCULAR SPECIALIST**



SHSC is honored to have Dr. Mahmud here this day. He will be speaking on preventative measures in maintaining heart health. He will also speak on procedures of diagnosing and treatment of heart disease, such as congenital heart defects, coronary artery disease, heart rhythm disorders and heart failure.

⇒ **“GOOD GRIEF” A SUPPORT GROUP FOR WIDOWS.**



Group Meets the 2nd & 4th Wednesdays from Noon -12:45 pm. This group is a place for women to gather together and share their grief, sympathy, support, and stories with each other. Group meets in the Health & Wellness Room and welcomes newcomers.



CHAIR VOLLEYBALL! SENIORS VS. STAFF

Thursday, Jan. 9 & Feb. 13 @ 9 am. Chair Volleyball meet This game is a good exercise. It can has the ability to work on multiple skills, such as standing balance, sitting balance, and upper extremity strength with over head reaching.

MONTHLY (FREE) BLOOD PRESSURE SCHEDULE

Time for all 10:45—11:30 am.

3rd TUESDAY:
3rd THURSDAY
4th THURSDAY:
LAST WEDNESDAY:



Sponsored by The Laurels of Athens
Sponsored by Carlin House
Sponsored by Logan Care & Rehab.
Sponsored by Fairhope Hospice

LITERATURE FROM OUR BINGO SPONSORS MAY BE FOUND IN OUR LOBBY.



HEALTH & WELLNESS



GAIN CONFIDENCE WITH MATTER OF BALANCE (MOB)

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

**ARE YOU Over 60 years old? Concerned about falling?
Interested in improving balance, flexibility, and strength?**

NOW TAKING REGISTRATION FOR MOB CLASS MARCH 30—APRIL 22

A Matter of Balance Class will be offered: Twice a week for 4 weeks—Monday & Wednesday (1—3 pm) Call or drop by the office to register, Class is Free. (Limited to 12 people). 385-6581 SIGN UP NOW **IN THIS CLASS YOU WILL LEARN TO:** *View falls as controllable *Set goals for increasing activity *Make changes to reduce fall risks at home.

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.

Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends. "A Matter of Balance" can help people improve their quality of life, remain independent and may also help to reduce the number of unnecessary emergency room visits as well as hospitalizations.

DELAY THE DISEASE — EXERCISE PROGRAM

The Class is dedicated to helping individuals with Parkinson's Disease (PD) manage their symptoms and maintain quality of life.



"It's a fitness program to help the participants feel like they have the power over the disease rather than the disease having control over them."

The empowering results of the **Delay the Disease** exercise program can help participants:

Stock Photo *Move about with ease and confidence in a crowd. *Get out of bed or rise from a chair independently. *Improve handwriting. *Dress independently *Diminish worry that stiffness, slow steps and other symptoms are obvious. *Re-gain a sense of moving with normality. Classes are on Mondays & Fridays from 11:30—12:30. Suggested donation \$2.00 per class Ongoing and participants may join at anytime. Led by *Certified Instructor: Danielle Arnett, Exercise Physiologist*



THE FIT4LIFE EXERCISE CLASS HAS A NEW NAME AND NEW FORMAT.

"THE FITNESS CIRCUIT " Circuit Training is a great way to challenge participants individually while improving functional movement (movement that translates into daily activity while improving overall fitness and function). Participants will rotate through stations working at a pace and load that is adaptable for all fitness levels. Station signage will provide descriptions and pictures of exercises with adaptations and Danielle will work individually and with the group to create a fun, self-paced class.

Come try the new Fitness Circuit class on Fridays at 10 am *Instructor, Danielle Arnett, Exercise Physiologist*

HEALTH & WELLNESS

⇒ **EVERYDAY DIVINITY FOOT CARE CLINIC: January 27 & February 24 9a-1:30p Call Footcare Clinic @ 614-716-9919**



Treatment includes: Foot Care by State of Ohio Certified Foot Care Nurse which includes a *30 Minute Treatment *Complete Foot Assessment *Expertly Trim, *Thin and File Nails Payment method is cash or checks No insurance is accepted **New Fee: \$35.00.** 30 minute appts. Call **740-385-6581** to reserve your appointment or sign-up on sheet in office.

⇒ **SOUTHEASTERN OHIO LEGAL SERVICE**



Free Legal Service to Senior Citizens. An Attorney from Southeastern Ohio Legal Services will be at Scenic Hills Senior Center on **January 28 & March 24.** **CALL 1 (800) 686-3668 @ SEOLS OFFICE FOR APPOINTMENT.**



Life Line Screenings go beyond regular checkups to look inside your arteries for signs of plaque build-up



All 5 Screenings for \$139

Carotid Artery/Plaque Screening
Ultrasound scan of the carotid arteries that screens for plaque buildup.

Heart Rhythm Screening (Atrial Fibrillation)
Screens for irregular heart beat.

Abdominal Aortic Aneurysm Screening
Screens for an aneurysm in the abdominal aorta, which could rupture.

Peripheral Arterial Disease Screening
Screens for peripheral arterial disease in the lower extremities.

Osteoporosis Risk Assessment
Ultrasound screen of the heel bone to determine abnormal bone mass density.



We will be in your neighborhood soon on **Wed, Jan 29th**
At – **Scenic Hills Senior Center in Logan**

Get your special Community Circle pricing!

Three ways to register:

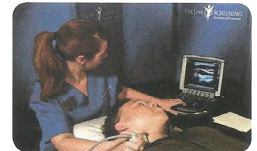
Call toll-free: 1-866-229-0469

Online: www.lifelinescreening.com/communitycircle

Text: the word [circle](#) to 797979

Getting Screened is Simple!

Painless, non-invasive, keep your clothes on.



SENIOR SERVICES

- ♦ **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 form 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 24 hours in advance to reserve your lunch at the center.



Senior Maintenance Service

Scenic Hills Senior Center offers a Maintenance Service for senior citizens. Many older adults who wish to remain in their homes oftentimes find it difficult to

maintain their home due to cost or other factors. Some of the items we help with are minor repairs to a leaking faucet or toilet, change light bulbs, install handrails in the home, removal of tree limbs or obstructions that cause you from moving your vehicle, to name a few. You will be required to pay for the cost of any related materials needed to do the job and donations for the service are welcomed. *To qualify you must be 60 years or older and live in Hocking County. Call us at 740-385-6581 to see about scheduling an appointment.*



(R U OK) TELEPHONE REASSURANCE PROGRAM

“ARE YOU OK?” WHAT: A telephone reassurance system or call check-in service for friends and family of a senior citizen. Loved ones who find it difficult to maintain consistent contact or who are concerned about elderly loves ones safety can use this system for added security. **WHY:** To keep seniors who prefer to live independently safe and to provide them with the added security of being monitored for safety by a loved one. To provide emergency response to elderly when needed. **INFORMATION ON THE RUOK PROGRAM AVAILABLE IN OFFICE**

VOLUNTEER OPPORTUNITIES

(COAD) CORPORATION FOR OHIO APPALACHIAN DEVELOPMENT



You Can make a difference in the life of others

Teresa Cline-Scurlock,
RSVP Regional
Manager Athens Area
from COAD (Corporation
 for Ohio Appalachian
 Development) is here at
 the center on the 2nd
 Tuesdays 9-11 am & 4th
 Thursdays @ 1-3 pm in
 the Lobby. **Call 740**
594-8499 For Info.

Teresa is here to talk
about the COAD Senior
Programs.

NO APPOINTMENT IS
NECESSARY.

2nd TUESDAY
9:00—11:00 AM

4th THURSDAY
1:00—3:00 PM



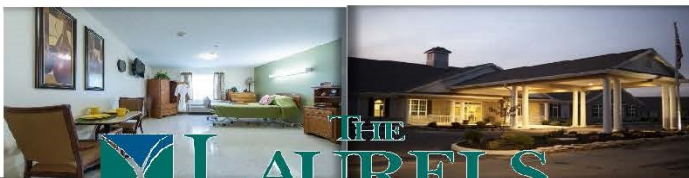
COAD's SENIOR PROGRAMS have provided volunteer opportunities for individuals age 55 and older. The programs are designed to help older Ohioans find meaningful community service opportunities as mentors and tutors to disadvantaged children and youth, and to other senior citizens who need supportive service to remain in their own homes

RSVP (RETIRED SENIOR VOLUNTEER PROGRAM) provides a wide range of possible volunteering options. RSVP offers maximum flexibility and choice to its volunteers.

THE FOSTER GRANDPARENT PROGRAM provides meaningful volunteer services opportunities to men and women age 55 years and older working with both children and youth who are in need. Volunteers are placed in a variety of settings such as schools, Head Start Programs, daycare centers, MRDD programs, juvenile justice facilities, hospitals and libraries.



SENIOR COMPANION VOLUNTEERS are healthy older adults who help other adults live independently. They assist with grocery shopping, providing support to family caregivers and with other tasks of daily living necessary to help their client maintain independence. Without the help of Senior Companions, many older adults would not be able to continue living at home and would need more expensive, less personal care.



THE LAURELS
 OF ATHENS
 A Skilled Nursing and Rehabilitation Center

All Private Rooms Inpatient Therapy
 Private Rehab Suites CMS Overall and Quality Rating Outpatient Therapy
 Private Bathrooms Aquatic Therapy

70 Columbus Circle Athens, Ohio 45701 740-592-1000
 thelaurelsfathens.com

Appalachian Art and Craft Market

This Art and Craft Market is a step above the average. Entering the door you are set aback by the angled aisles and awesome grand staircase that leads to a large selection of primitive, country, and American crafts provided by over 120 independent vendors. Also the largest selection of Jim Shore in Southeastern Ohio.



Sandra Ogle, Proprietor

26784 US 33
 Rockbridge, OH 43149
(740) 380-9020



HAPPY BIRTHDAY TO OUR FRIENDS

John	Goodlive	1/21	Vera	Davis	2/5	John	Eckhart	2/20
Mary	Moore	1/21	Donald	Trentel	2/5	John	Eckhart	2/20
Harley	Dupler	1/21	Pam	Bennington	2/6	Connie	Brown	2/20
Emmollie	Seum	1/21	Garold	Linscott	2/6	Yvonne	Patterson	2/20
Sharon	Wallar	1/22						
Mary Kay	Walsh	1/22						
Sylvia	Brooks	1/22	Don	Bennett	2/7	Vicki	Dodson	2/21
Shirley	Daubenmire	1/22	Nancy	Ault	2/7	Nancy	LaRue	2/21
Mary	Helber	1/22	Christy	Barnhart	2/7	James	Grow	2/21
David	Turner	1/22	Floyd	Miller	2/8	Yolanda	Calvo	2/22
Betty	Courtney	1/23	Patricia	Roley	2/8	Juanita	Hart	2/22
Jim	Pickett	1/24	Nina	Inboden	2/8	Susan	Karns	2/22
Rebecca	Keyes	1/25	Ruth	Bowling	2/9			
Mary	Kepler	1/26	Betsy	Sorrell	2/9	Eilene	Yoder	2/22
Edward	Darnell	1/26	Marjorie	Dollison	2/10	Thelma	Robberts	2/23
Walter	Roach	1/26	Cindy	Young	2/10	Janet	Swoyer	2/23
James	Groves	1/27	Jane	Burk	2/11	Martha	Poling	2/23
Brenda	Wadsworth	1/28	Jane	Woodward	2/11	Marie	Lehman	2/24
Ruth	Sahlin	1/28	Buck	Inboden	2/12	Dorothy	Watkins	2/24
Rick	Wallar	1/28	Jill	DeBerry	2/12	Betty	Schlagle	2/25
Grace	Howdyshell	1/28	Patty	Johnston	2/12	Mike	Schneider	2/25
Kathy	Moore	1/28	Patricia	O'Connor	2/12	Loretta	Helber	2/25
Brian	McNeil	1/29	Robert	Secoy	2/12	Jan	Lewis	2/25
Richard	Martin	1/29	Sarolin	Griggs	2/14	Mary	Mays	2/25
Ardythe	Ralph	1/29	Roger	Lytle	2/14	Don	McGathey	2/25
Frank	Joseph	1/30	Susan	Swart	2/14	Helen	Breining	2/27
Joan	Joseph	1/30	Bea	Courtney	2/14	Sharon	Groves	2/27
Betty	Plummer	1/31	David	Emrick	2/14	Charles	Karns	2/27
Joy	Robinson	1/31	Forest	Chesser	2/15	Dan	Foster	2/28
			Marvin	McDaniel	2/15	Ruth	Bontrager	2/28
			Lowell	Barnes	2/15			
			Pam	King	2/15			
			Helen	Sigler	2/15			
			Helen	Wollard	2/15			
			Janice	Baker	2/16			
			Buck	Edgar	2/16			
			Carl	Davis	2/16			
			Debbie	Bazell	2/17			
			Martha	Bolin	2/17			
			Andy	Potter	2/17			
			Patty	McDaniel	2/18			
			Carol	McPherson	2/18			
			Judy	Joy	2/19			
			Carolyn	Lucas	2/19			
			Vernon	Dixon	2/20			




In Memorium
Art Smith (Coach)



Nov 7, 1937 - Nov. 16, 2019

Richard Guess



June 25, 1937-Nov 18, 2019

TRAVEL WITH SCENIC HILLS SENIOR CENTER 2020

BROCHURES AVAILABLE FOR EACH TRIP!

DIAMOND TOURS BUS TOUR TRIPS

APRIL 19—25, 7 DAYS & NIGHTS \$699.00 per person * Double Occupancy



Amelia Island, St. Augustine & Jacksonville, FL

PACKAGE INCLUDES:

♦ 6 Nights lodging including 4 consecutive nights in Florida.
10 meals: 6 breakfasts & 4 dinners, Visit: Fountain of Youth, Kingsley Plantation, Narrated Cruise on St. John's River, Guided Tours of Amelia Island, St. Augustine and Jacksonville, Fernandina Beach, Dinner Party, and more.



JUNE 13—20, 2020 8 Days—7 Nights \$875 per person * Double Occupancy

Montreal & Quebec City & Ottawa

Need valid U.S. Passport or U.S. Passport Card for this Tour.



♦ Guided Tours of Montreal, Quebec City & Canada's Capital City—Ottawa. Visit to Notre Dame Basilica, Montreal's Underground City, A network of boutiques and restaurants & Ottawa's Parliament Hill. Narrated Cruise on the Stunning St. Lawrence River, visit the 1000 Islands Tower and more.



SEPT. 19—25, 2020 , 7 Days—6 Nights \$779 per person Double Occupancy

Atlantic City, New York City & Philadelphia

PACKAGE INCLUDES:

♦ 6 nights lodging including 3 nights at an Atlantic City Casino Hotel
11 meals, guided tour of New York City, see Rockefeller Center, Times Square, Wall Street Central Park and more!



♦ Luncheon Cruise aboard the Spirit of Philadelphia, Visit Atlantic City and receive a Casino Bonus! Free time to see the Liberty Bell and Independence Hall. Dine at a New York City Restaurant before heading to Atlantic City where you will check into a Casino Hotel for a 3 day stay.

♦ Cruise in style and comfort aboard Spirit of Philadelphia. Free time in Philadelphia. Visit the Hershey's Chocolate World in Hershey, PA and More!



SEPT. 7-12, 2020 6 Days & 5 Nights \$599 per person* Double Occupancy

BRANSON SHOW EXTRAVAGANZA



PACKAGE INCLUDES: 5 nights lodging, 8 meals,
7 Fabulous Shows including: New *Jersey Nights*, *Amazing Acrobats of Shanghai*, *Doug Gabriel*, *Presley's Country Jubilee*, *The Dublin Tenors* & *The Hughes Show*. Also

includes special Dinner Show on the *Showboat Branson Belle*.
Visit Historic Downtown Branson with free time to browse and shop.



PANAMA CANAL CRUISE

Alaska Asia Australia & New Zealand Bahamas & Florida Bermuda Canada & New England The Caribbean Cuba Europe Hawai'i
Mexican Riviera Pacific Coastal Panama Canal South America Transatlantic

SCENIC HILLS SENIOR CENTER PRESENTS

PANAMA CANAL



WITH NORWEGIAN CRUISE LINE ON THE NORWEGIAN PEARL
12 DAYS / 11 NIGHTS ~ NOVEMBER 4 – 15, 2020

	RT	ARRIVE	DEPART
	Miami, Florida		5:00 PM
2	At Sea		
3	At Sea		
4	Cartagena, Colombia	7:00 AM	2:00 PM
5	Panama Canal/Gatun Lake, Panama	5:00 AM	3:00 PM
5	Colon, Panama	5:00 PM	8:00 PM
6	Puerto Limon, Costa Rica	8:00 AM	5:00 PM
7	At Sea		
8	Roatan, Bay Islands, Honduras	9:00 AM	6:00 PM
9	Harvest Caye, Belize	8:00 AM	5:00 PM
10	Costa Maya, Mexico	8:00 AM	5:00 PM
11	At Sea		
12	Miami, Florida	7:00 AM	

Inside Cabin Category	IB	\$2,622
Outside Cabin Category	OB	\$3,022
Balcony Cabin Category	BA	\$3,712

**If booked by December 16, 2019
ONLY \$100 DEPOSIT REQUIRED!**

Rates are per person double occupancy and include roundtrip airfare from Columbus, cruise, port charges, government fees, taxes, and transfers to/from ship. NORWEGIAN CRUISE LINE HAS ADVISED THAT ALL AIR PRICES ARE SUBJECT TO CHANGE AND ARE NOT GUARANTEED UNTIL FULL PAYMENT HAS BEEN RECEIVED.

PASSPORT REQUIRED

DEPOSIT POLICY: If booked by December 16, 2019, only a \$100 deposit double occupancy or \$200 single occupancy is required. After December 16, 2019, an initial deposit of \$350 per person double occupancy or \$700 per person single occupancy is required in order to secure reservations and assign cabins. Final payment is due by June 3, 2020. Those who book early get the best prices and the best cabin locations.

Pick Two Perks!

Ultimate beverage package*
250 minute Internet Package
\$50 Per Port Shorex Credit
Dining Package*
20 Photo Package
\$75 Onboard Credit

PLUS

**Every Cabin receives the following
On Board Credit:**

Insides: \$50 (per cabin)
Ocean-views: \$60 (per cabin)
Balconies: \$100 (per cabin)
Mini Suites: \$140 (per cabin)

* Guests responsible for 20% gratuity for beverage and dining package and offer applies to first two guests in cabin. Otherwise, perks are per cabin and all guests in cabin must pick same perks.

**FOR RESERVATIONS OR MORE INFORMATION PLEASE CONTACT
MARJIE MOORE ~ (740) 385-6581**

6/5/20 GS

**NCL NORWEGIAN
CRUISE LINE®**

©2018 NCL CORPORATION LTD. SHIPS' REGISTRY: BAHAMAS AND USA 38162 9/18 200M



**Laurelville Senior Center
3rd Wednesday per month @ 11am
BINGO, LUNCH & GUEST SPEAKER**

**Murray City Seniors
Mon & Wed @ 11:30—Lunch
BINGO—LAST MONDAY OF THE MONTH**

2020 MEMBERSHIP APPLICATION AND WAIVER

Scenic Hills Senior Center—Logan Ohio 43138



****ANNUAL FEE: \$5.00 Single \$10.00 Couple January—December 2020 (*not prorated*)**

Please Make Check Payable to: *Scenic Hills Senior Center*

Please mail Check and Application to: 187 S. Spring St., Logan OH 43138

Membership is \$5.00 per person. To have newsletter mailed is an extra \$6.00. Any additional monies you wish to donate this year would be receipted in as a donation gift and appreciated.

Member Information

Today's Date: _____

NAME(s): _____ SPOUSE (if applying) _____

STREET: _____ PHONE: _____

CITY: _____ STATE _____ ZIPCODE _____

BIRTHDAY (Month & Day): _____ SPOUSE BIRTHDAY: _____

EMERGENCY CONTACT

Name:

Relationship:

Home:

Cell:

PHOTO RELEASE: *Permission to use photographs:* I grant Scenic Hills Senior Center (representatives or employees) my permission to take photographs of me participating in Scenic Hills Senior Center Activities for use and publish, in print or electronically, with or without my name. I understand that any photos taken of me are for the sole purpose in promoting activities & events at Scenic Hills Senior Center. I have read and understand the above.

Signature:

Printed Name & Date:

X

x

Do Not Fill Below Line—Office Use Only.

☐ Membership \$5.00 per person ☐ Newsletter Mailed \$6.00 ☐ Total Amount: _____

Date Paid: _____ Amount Paid: : _____ Computer: _____



Please turn page over to sign the Waiver & Release of Liability for SHSC Activities.

WAIVER AND RELEASE OF LIABILITY FOR SCENIC HILLS SENIOR CENTER ACTIVITIES

In consideration of the risk of injury while participating in activities and consideration for the right to participate in activities, I hereby, for myself, my heirs, executors, administrators, assigns, or personal representatives, knowingly and voluntarily enter into this waiver and release of liability and hereby waive any and all rights, claims or causes of action of any kind whatsoever arising out of my participation in the Activities, and do hereby release and forever discharge SHSC, their affiliates, managers, members, agents, attorneys, staff, volunteers, heirs, representatives, predecessors, successors and assigns, for any physical or psychological injury, including but not limited to illness, paralysis, death, damages, economical or emotional loss, that I may suffer as a direct result of my participation in the aforementioned Activities.

I am voluntarily participating in the aforementioned activities. I am participating in the Activities entirely at my own risk. I am aware of the risks associated with traveling to and from as well as participating in any Activity, which may include, but are not limited to, physical or psychological injury, pain, suffering, illness, disfigurement, temporary or permanent disability (including paralysis), economic or emotional loss, and death.

I agree to indemnify and hold harmless SHSC against any and all claims, suits or actions of any kind whatsoever for liability, damages, compensation or otherwise brought by my or anyone on my behalf, including attorney's fees and any related costs, if litigation arises pursuant to any claims made by me or by anyone else acting on my behalf.

I acknowledge that SHSC and their directors, officer, volunteers, representatives and agents are not responsible for errors, omissions, acts or failures to act of any party or entity conducting a specific event or activity on behalf of SHSC.

I acknowledge that this activity may involve a test of a person's physical and mental limits and may carry with it the potential for death, serious injury, and property loss. The risks may include, but are not limited to, those caused by terrain, facilities, temperature, weather, lack of hydration, condition of participants, equipment, vehicular traffic and actions of others, including but not limited to, participants, volunteers, spectators, coaches, event officials and event monitors, and/or producers of the event.

I acknowledge that I have carefully read this "waiver and release" and fully understand that it is a release of liability. I expressly agree to release and discharge SHSC and all of its affiliates, managers, member, agents, attorneys, staff, volunteers, heirs, representatives, predecessors, successors and assigns, from any and all claims or causes of action and I agree to voluntarily give up or waive any right that I otherwise have to bring a legal action against SHSC for personal injury.

To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence on the part of SHSC, its agents, and employees, and county.

In the event that I should require medical care or treatment, I agree to be financially responsible for any costs incurred as a result of such treatment. I am aware and understand that I should carry my own health insurance.

IF INCLUDING SPOUSE PLEASE HAVE BOTH SIGNATURES.

Member(s) Signature: _____

Spouse Signature _____

Date: _____

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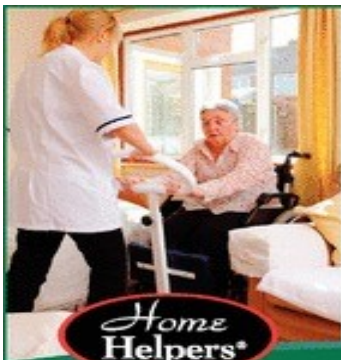
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Scenic Hills Senior Center

Serving the Seniors of Hocking County

Executive Director: Marjorie Moore
 Phone 740 385-6581 Fax: 740 385-3548
 187 S. Spring St., Logan OH 43138
 www.scenichillsseniorcenter.com

Program Supervisor: Loretta Kemper
 Fiscal Officer: Patty Sammons
 Marketing/Educational: Brandy Stamper
 Marketing/Educational: Janet Blair
 Event & Program Coordinator: Tina Koska
 Maintenance: Nate Nelson & Larry DeBerry
 Technical Support: Carla Smyers

OFFICE HOURS:

Monday-Friday 8 am—4 pm.
 (Thursdays open until 6:00 pm
 for activities only)

First Thursday of the Month

Building opens at 9:30 am.

WINTER WARMTH

*Piles of snow beneath my boots
 chilly winds blowing everywhere
 snow keeps mounting on the posts
 on the windows and on the roads
 shovels outside,
 soups inside
 hot and rich,
 chicken and corn
 coming back from all the work
 this is what I look for
 the warm chestnuts,
 the cracking fire
 this is my winter warmth*



**A Huge Shout Out
 to Logan Care &
 Rehabilitation**

Mark Gray,
 Admissions Director for
 providing the delicious luncheon
 for the Center's
 Christmas Open House.



BUILDING CLOSURES:

Monday, January 20
 Monday, February 17



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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.