



September & October is packed full of activities, trips, and special events! You won't want to miss what's coming up!



Friday, October 5 ~ Dinner Concert

Scenic Hills Senior Center Presents

The Country Gentleman — David Wayne

General Public Invited.

DOORS OPEN @ 4:30 ~ FISH FRY DINNER 4:30-6:00 PM SHOW @ 6:30 TICKET PRICE \$15.00

Kids 10 and under \$5.00 *Tickets on sale September 4.* Purchase in advance @ Scenic Hills Senior Center

Menu: Deep Fried Fish, French Fries, Cole Slaw, Green Beans, Dessert & Drink

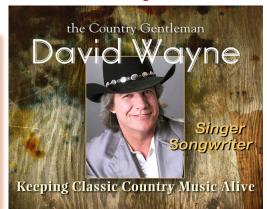


TABLE OF CONTENTS

Senior Chorus Concert, Health Fair	. pg. 3
Day Trips, Painting Class	. pg. 4
Daily Activity Calendar	. pg. 5

Special Luncheons	pg.	6
Tour Trips		
Communication Corner	pg.	10
Birthdays/Memorials	pg.	11



SEPTEMBER 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 Closed Labor Day	4	5	6 Open @ 9:30am	7	8	
9 Grandparents Day	10	11	12 Widows Support Grp 12p	13 Senior Day At Fair Blood Pressure14		15	
16	17	18	19 Blood Pressure	20 Blood Pressure PERI Mtg. 1:3021		22 First Day of Fall	
23 Senior Chorus 2:30	24 Footcare Clinic	25 SE Ohio Legal Service 12p	26 Blood Pressure Widows Support Grp 12p	27 Amish Trip Blood Pressure Health talk Widows Support 12p		29	
30							

OCTOBER 2018

Sun Mon		Tue	Wed	Thu	Fri	Sat Check for Special Meals.				
	10am Strength & Tone Class 1pm Line Dance	RENGTH & VOLLEYBALL GROUP ONE CLASS 12PM FREE BINGO 11:30AM M LINE 12:45PM CHAIR PRACTI		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					
	1	2	3 Coffee with Cop 8:30-10	4 Open @ 9:30 am	5 David Wayne Dinner/Concert	6				
7	8 Closed Columbus Day	9	10 HCCOA 1p Mobile Mamo Health Fair 9-12 Widows Support Grp 12p	11Blood Pressure Widows Support Grp. 12p Chair Volleyball Staff vs Seniors Jack Pine & Fall Leaves Trip	12	13				
14	15	16 Blood Pressure	17	18 Blood Pressure OSHIIP 9-3	19 Circleville Pumpkin Show Trip	20				
21	22	23 Fall harvest Luncheon hapcap	24 Painting Class Widows Support Grp 12p	25 Wear Pink Today Blood Pressure Health Talk Widows Support @ 12	26 Carry In 5p	27				
28	29 Footcare Clinic	30	31 Blood Pressure							

AFTER HOURS MEALS & SPECIAL EVENTS

"Howdy Y'all " Thursday, September 13th Scenic Hills Senior Center Celebrates Senior Day at the Fair

FREE ADMISSION FOR SENIORS UNTIL 3PM!

**Sponsored by Hocking County Commissioners.



MUSIC * BINGO WESTERN THEME

The Senior Day Walk starts @ 10:30 from the Senior Center to the Shelter House PURCHASE LUNCH TICKETS AT SENIOR CENTER TO RESERVE SEATS.

Sunday, September 23rd @ 2:30 pm Scenic Hills Senior Chorus Presents:



"SALUTE TO THE TROOPS" CONCERT

Come listen to the Senior Chorus perform a medley of songs honoring our Service Men and Women. Concert is held at the Senior Center and Open to the Public.



Free (Donations Welcome) Refreshments to follow.

WEDNESDAY OCTOBER 10th FALL HEALTH FAIR

9:00—NOON FREE AND OPEN TO THE PUBLIC

BLOOD PRESSURE, BLOOD SUGAR, DIABETIC SHOE SUPPLIES, WELLNESS & HEALTH INFORMATION, PHYSICAL THERAPY, MAMMOGRAMS, INFORMATION, DOOR PRIZES & MORE

HEALTH DEPARTMENT: FLU SHOTS FREE WITH MEDICARE CARD OR \$15.00 BRING YOUR INSURANCE CARDS—THEY WILL BILL ONSITE.

Shriver Pharmacy will be offering shingles & pneumococcal vaccine

A La Carte Brunch will be available for purchase.

Health Dept. 1st Settlement Physical Therapy EMS Goodcare Hocking County Sheriff Fairhope Hospice Avada Hearing Wagner Ins. Mobile Mammography Buckeye Vision and More!

NEW CLASSES, DAY TRIPS & MORE

AT THE SENIOR CENTER



COFFEE WITH A COP

Wednesday, Oct. 3. 8:30–10:00 am. Come enjoy a cup of coffee and Donut with one of our local Police Officers. This event allows Logan

citizens a chance to interact, meet and speak with the officer about any concerns or issues and learn more about each other.

DAY TRIPS

(Space is limited. Sign up and pay in office.)

\Rightarrow AMISH DAY TRIP

Wednesday, September 26. Depart 7:00 am – Return approx. 8:30 pm. Transportation Fee \$30.00 pp.

⇒ VISIT JACK PINE HAND BLOWN GLASS STUDIO & FALL LEAVES TOUR \$10 PP



Thursday, October 11. Depart 11 am, Return approx. 4:00 pm. Lunch on your own at Ridge Inn Restaurant



$\Rightarrow CIRCLEVILLE PUMPKIN SHOW$

Friday, October 19. Depart 9:00 am, Return 5pm \$15.00 pp

*** FALL PAINTING CLASS

Wednesday, Oct. 24 6:00 pm. Fee \$25.00 per person. Includes instruction, supplies & Refreshments. Sign up & Pay in office.



Health Network Presents:

4TH THURSDAY EACH MONTH AT 11:30 HEALTH & WELLNESS PRESENTATION.

- ⇒ SEPTEMBER 27 TOPIC: DIABETES Speaker Denise Kiamy RD
 - RD
- ⇒ OCTOBER 25 WEAR PINK TODAY! TOPIC: BREAST CANCER AWARENESS, Guest: FMC Cancer Resource Center

$\Rightarrow \text{``GOOD GRIEF''} A \text{ support group}$ for Widows.

2nd & 4th Wednesdays from Noon –12:45 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 Sept. 24 & Oct. 29 9a-1:30p

The 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 Fee: \$30.00. 30 minute appts. Must reserve your

appointment on sign-up sheet in the 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 **November 27.** CALL THEIR OFFICE FOR APPOINTMENT. 1 (800) 686-3668

DAILY CALENDAR OF ACTIVITIES

BUILDING IS OPEN: Mon. Tues. & Fri. 8:30—4:30 & Thursday 8:30—7:00 pm EXERCISE AND BILLIARD ROOMS ARE AVAILABLE DAILY.						
10:00	Strength & Balance Class (1 st , 3 rd & 5 th Mondays) Chair Yoga (2 nd & 4 th Mondays) Line Dancing (Beginners Welcome)					
<i>10:45-11:30</i> 12:00	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 WelcomeImage: Comparison of the second seco					
<i>10:45—11:30</i> 11:00 12:00	Chair Volleyball <i>*Free Blood Pressure (2nd & 4th Thursdays)</i> Chess Club Free Bingo Chair Volleyball Line Dancing					
11:00 12:00	Pinochle Cards Billiards Progressive Euchre <i>FIT4LIFE</i> Danielle Arnett, Exercise Physiologist <i>Carry In September 28 & October 26</i>					

REMEMBER: Stretch Often! *STAYING YOUNG – JUST 10 MINUTES A DAY....* As we know part of aging affects our muscles. They become shorter and tighter, reducing our flexibility. Stretching increases the range of motion in our joints. Better range of motion means better balance, better balance means less falls and injuries. Balance is often something that is overlooked and underemphasized at every age. Balance is good for your body's communication, coordination, reaction time, and long-term health. Calf and hamstring stretches as well as heel-to-toe calf raises are the best stretches for balance.

Make a commitment to do daily stretches in the morning while your coffee brews. You'll feel better because your muscles will be at ease and your range of motion will increase.

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

Vintage Quilt - Hand Pieced & Hand Quilted

Member Barbara Vorhees recalls the many times when her mother had a quilt in the works. Her mother, Locky Epperson, born in 1915, grew up learning to quilt from her mother often using fabrics from their dresses and aprons. When Barbara's mother passed away in 2004, She left behind several quilt tops which Barbara has generously donated to the center.



Another member, Wanda Toops, also an accomplished quilter, generously took this vintage top pieced from fabrics many over 80 years old, and painstakingly brought it to life with her beautiful hand quilting.

Raffle Tickets

The pattern is "Grandmother's Flower Garden" and was the most popular pattern after 1925. It is on display at the Senior Center.

Tickets are 1.00/ea or 6 for 5.00. Scenic Hills will be drawing the winning raffle ticket on Thursday, November 15^{th} at the luncheon.





FOR PART D BEGINS OCT. 15 AND ENDS DEC. 7. MEDICARE HEALTH & DRUG PLANS CHANGE EVERY YEAR! ARE YOU KEEPING UP?

PLEASE NOTE: *If* **you do not enroll in a Part D plan** during this enrollment period you will be without a Medicare prescription drug plan for the following year or you may be stuck with your current plan.



Answers to your Medicare guestions Scenic Hills Senior Center is an official site for Medicare Enrollment. Marjie Moore, Executive Director is a certified OSHIIP Counselor. Certified trained Ohio Senior Health Insurance Program (OSHIIP) Counselors

will be at the senior center on October 18, November 5, 19, 26 & December 3 for appointments.

Please call 385-6581 to schedule your appointment to help you review your insurance and answer questions about your Medicare coverage.

OSHIIP is a free service through the Ohio Department of Insurance and provides unbiased information on Medicare. OSHIIP does not sell insurance.

RICK WAGNER WITH WAGNER INSURANCE AGENCY is an independent insurance agent who represents a majority of health insurance plans in your area and offers Medicare Advantage Plans, Medicare Prescription Drug card Plans and Medicare Supplement policies. Each year Rick assists many seniors with choosing a comprehensive, suitable and affordable health plan for their particular needs.

Rick will be available to answer your questions and help you enroll in a plan at the Scenic Hills Senior center on the following dates. *Mon., October 29th 9:00 am to 11:00 am and Tues., November 27th 9:00 am* to *11:00 am.* Please call Rick at 614-203-3158 to have your questions answered or schedule an appointment.

Harvest Luncheon - Tuesday, Oct. 23

Sponsored by HAPCAP & Scenic Hills Senior Center

Sign up at Hapcap – 385-6813 x2217 or sign up on-site with Lori. Fee: Suggested Donation \$2.00



MENU

Roasted Pork Loin, Baked Sweet Potatoes w/ Brown Sugar & Cinnamon Glaze Seasoned Brussel Sprouts Dinner Salad with Cranberries & Pecans Fresh Baked Roll w/Butter Dessert: Pumpkin Pie w/whipped Cream



15.00 per person Space is limited and therefore reserved for Members. **Sign up and pay starting Monday, October 1**st

Thursday, November 15th @ 11:30 am At the Olde Dutch Restaurant

Entertainment by Joey Vincent

Doors open @ 10:30 am No Early Admittance

No matter what your tastes are in entertainment, the Joey Vincent Show has something for everyone. More than just music, more than just comedy, his show is fresh and original! Fast-paced humor, rapid-fire costume change impressions, and a musical tribute to the trumpet greats are just part of the fun.



Scenic Hills Senior Center would like to thank Interim Healthcare for their continued financial support.





TRAVEL WITH SCENIC HILLS SENIOR CENTER

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

Niagara Falls & Toronto



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Motorcoach Transportation. 4 Nights lodging, 8 meals: 4 breakfasts & 4 dinners

\$529*

GUIDED TOURS OF NIAGARA FALLS & Toronto, Visit Casa Loma; Canada's most magnificent castle, Visit NIAGARA-0N-THE-LAKE & QUEEN VICTORIA PART, Journey to the Falls on a "HORNBLOWER NIAGARA CRUISE" Diamond Tours







5 DAYS ~ 4 NIGHTS JUNE 17-21. 2019

A CONTRACTOR OF CONTRACTOR OF

Motorcoach Transportation. 6 Nights lodging, 6 breakfasts & 2 Full course dinners including Capone's Dinner Theatre

The Holy Land Experience featuring 5 Theatrical Productions and Living Crystal Waters Show, Leu Gardens & House Museum, The Morse Museum of American Art, Disney Springs, Universal's CityWalk & More. Whitestar Tours.



**FULL TRIP BROCHURES AVAILABLE IN THE OFFICE.



HOLIDAY ENTERTAINMENT EXTRAVAGANZA Lancaster. PA

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

PRESENTS

JESUS

PACKAGE INCLUDES: 2 Nights lodging, 2 Breakfasts, 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. Seats still available.



MAKING A DIFFERENCE. One of the ways we raise funds is through our fundraising activities such as After-Hours Dinners, *Entertainment Shows, Ice Cream Social and Flower Sales.* These events take a lot of help month after month and Scenic Hills Senior Center is grateful for the amazing volunteers who help with these events. Volunteers give so much of their time and talents whether it be

from food donations, baking a pie, serving food, cleaning up, giving gifts for raffles, they (you) make a huge contribution to our center. Down through the years, we've been blessed with volunteers.

There is one group that stands out and that is the Ewing Grange.



For many, many years the Ewing Grange has turned out each July to help us make the ice cream for the Ice Cream Social. We'd like to acknowledge the long term commitment that Ewing Grange has made to the Senior Center along with our sincere appreciation.

Thank you Ewing Grange!















COMMUNICATION CORNER. Occasionally as time goes by... good habits slip away and we find that we need to be reminded of them. As we continue to grow in members and expand in our remodeling, Scenic Hills Senior Center would like to take a moment and remind you of the following:

As members, you are expected to know and follow the rules set forth by the Executive Director.

Members are expected to conduct themselves in an appropriate manner at all times while participating in programs, services, and activities provided by Scenic Hills Senior Center.

We love children BUT No children are allowed at the senior center unless there is a special event that invites them. No pets are allowed at the senior center. *An exception for assistance animals may be made by contacting the director ahead of time.*

Any senior who is injured must notify the office and must fill out an incident report no matter how minor the injury.

Please help maintain the cleanliness of our center. Absolutely do not dump liquids into trash cans! All liquids are poured in the sink.

Please notify staff if you encounter a problem such as clogged toilet, or sink or if you see something broken, etc.

Reminder that all Scenic Hills Senior Center supplies and materials belong to the center! Do not help yourself to "extras".

VIOLATIONS:

In keeping with standard definitions of social etiquette, the following will be considered unacceptable behaviors:

- Inappropriate behavior or language that disturbs other participants.
- Inconsiderate or discourteous behavior toward Center participants or staff.
- Alcohol and illegal substances are not allowed in or about the center.
- Violation of smoking ordinances both inside and outside of the building.
- Inappropriate or revealing attire including footwear.
- Failure to maintain personal cleanliness and good hygiene.
- Racial, religious or sexual harassment of center participants or staff.
- Activities that infringe on the rights of Senior Center participants or staff.
- Destruction of Senior Center materials, equipment, furniture and grounds.
- Infractions against the Center's policies regarding loitering, sales or solicitation.
- Vandalism or littering in the Center or on its grounds.

Hocking County

The Gateway to Ohio's Scenic Wonderland

Jeff Dickerson1 East Main St.
Logan OH 43138County Commissioner740.385.5195

Email: commissioners@co.hocking.oh.us

A free in-home visit offers details on long-term care options like PASSPORT, Home modifications, Medicare Savings and more!



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



HAPPY BIRTHDAY TO OUR FRIENDS * SEPTEMBER & OCTOBER

Linda	Bailey	1-Sep	Bonnie	Lane	1-Oct		Lucy	Klingenberg	21-Oct
Mary	McAfee	2-Sep	Nellie	Nihiser	1-Oct		Jeff	Crisler	21-Oct
Nancy	Garrett	2-Sep	Debra	Malone	2-Oct		David	Reynolds	22-Oct
Anna	Gerken	2-Sep	Howard	Sigler	2-Oct 🌈		May	Stevens	24-Oct
Sharon	Brown	3-Sep	Harold	Nichols	4-Oct		Shirley	Whittington	24-Oct
Lloyd	Kimble Sr.	4-Sep	,	Bibler	6-Oct	нарру	Jim	Mohler	24-Oct
Ernie	Maniskas	4-Sep	Erin	Beal	7-Oct	Birthday!	Roseita	Kveset	25-Oct
Mary	Whalen	4-Sep	Betty	Cather	7-Oct		Billie	Hoke	25-Oct
Wm Dahart	Harwood	5-Sep	Sue S	McBroom	7-Oct		Betty	Forester	25 Oct 26-Oct
Robert	Seibert	5-Sep	Mary	Sheets	7-Oct		Marilyn	Johnson	
Troy	Patton	6-Sep	Patricia	McCollum	8-Oct				26-Oct
Terry	Norris	7-Sep	Ginny	Sigler	9-Oct		Sandy	Dehart	26-Oct
Dianne	Conrad	7-Sep	Berdena	Smart	9-Oct		Ron	Courtney	28-Oct
Judy	Woolery	7-Sep	Glenn	Wollett	9-Oct		Pauline	Ashbaugh	30-Oct
Patty	Edgar	8-Sep	Tom	Gordon	9-Oct		Bonnie	Morris	30-Oct
Linda	Shepherd	8-Sep	Liz	Collins	10-Oct		Larry	Simonton	31-Oct
Joan	Carpenter	8-Sep	John	Graham	10-Oct		Paul	Stimmel	31-Oct
Laura	Cramer	8-Sep	Mary	Goss	10-Oct		Reid	Hart	31-Oct
Tonya	Lape	9-Sep	John	Judson Sr	10-Oct		Carolyn	Johnson	31-Oct
Barbara	Peck	9-Sep	Donna	Enderle	10-Oct				
Shirley	Switzer Clark	10-Sep 10-Sep	Laura	Beavers	11-Oct	MON	-	NIOR CARI	RY IN
Judy Delbert	Beavers	10-Sep 11-Sep	Jerry	Hutchison	11-Oct		CLUB (@ 5:00 PM	
Susie	Canan	11-Sep 11-Sep	Larry	Kienzle	11-Oct	Month	lv Birthda	ys are reco	anized
Rex	O'Dell	11-Sep 12-Sep	Alan	Sabovik	11-Oct	morran	•	Carry In	<i>y</i>
Edward E.		12-Sep 12-Sep	Mary	Culp	11-Oct	0		•	
Becky	Clark	12-Sep 14-Sep	Amy	Kehl	11-Oct			28—Mike Sig	
Bonnie	Lindsey	14-Sep 16-Sep	Brenda	Snyder	11-Oct	Octor	ber. 20—	LMS Vocal	ENS.
Nelson	Porter	10-Sep 17-Sep	Wayne	Grove	12-Oct	Birthday	s are cel	ebrated at th	ne Carry
Jane	Auker	17-Sep 18-Sep	Patricia	Beech	13-Oct	In Dini		e is Sponso	red by
Wilma J	Kuhn	18-Sep 18-Sep	William	Cunningham	13-Oct		Fairhop	e Hospice	
Bob	Cullison	19-Sep	Leola	Schrader	13-Oct				
Janice	Glenn	19-Sep	David	Seely	13-Oct				
Kenny	Bell	21-Sep	Sue A.	Jones	13-Oct				
Russell	Enderle	22-Sep	Garnet Barbara	McGomery Vorhees	14-Oct 14-Oct	In M	emory		
Daniel	Dozer	23-Sep	Merle	Ellinger	14-0ct 15-0ct				
Carolyn	Green	23-Sep	Diann	Stivison	15-0ct 15-0ct	1999			
Liea	Copeland	23-Sep	Tammy	Mead	15-Oct 15-Oct				A A
Bob	Lingo	23-Sep							a (a - C)
Ken	Wise	24-Sep	Nancy	Jane Dawley	16-Oct				A P
Robert	Kaising	26-Sep	Jane Catharing	Mong	17-Oct				E.A.
David	Shepherd	26-Sep		Krumlauf	17-Oct				
Terry	McGrath	27-Sep	H. Jane	Mong	17-Oct				
Martha	Sams	28-Sep	Mary	Arnold	18-Oct				
Brenda	Townsend	29-Sep	Roger	Hinerman	18-Oct	Ge	erald "Jer	ry" Stump	
Andrew	Keplar	30-Sep	Virginia	Mingus	18-Oct			•	0040
Mike	Walsh	30-Sep	Helen	Stimmel	20-Oct	March 23	s, 1928—	August 11, 2	2018
		•							

Office Hours: Monday thru Friday 8:30 AM—4:30 PM Building Open: Thursday 8:30—7:00 pm 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 & Larry DeBerry

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

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

!! SPECIAL NOTICE !!

On Tuesday November 6th the center will be closed to all activities and meals. The building will be in use and open as a Polling Place in Hocking County.



<u>Bingo Sponsors!</u>

