

May—Celebrating Older Americans!

**Connect *Create *Contribute*

- *Connect with friends, family, and services that support participation.*
- *Create by engaging in activities that promote learning, health, and personal enrichment.*
 - *Contribute time, talent, and life experience to benefit others.*

Flower Sale
May 10



Senior Day Lunch
May 16



Cruise In
May 18



Chorus Concert
June 2



Fish Fry
June 7 & 14



Pancake Breakfast
June 11



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Growing Pains...



Thank you all for your patience during this time of construction/remodeling. We know it's been frustrating to not have access to some of the activities such as the billiards & exercise room but the wait will be worth it!

I know you will be thrilled at the expansion just as the staff and I are. As you know, all three rooms (Exercise, Billiards & Social) are being expanded and remodeled. What was once the billiard room will soon be a classroom designed to accommodate the many educational & exercise groups, card groups, and small events. The larger room will accommodate our two new billiard tables, restrooms, eight ball table and storage. The third room, the new social room, will be used for group get togethers and morning coffee. Upon completion, we will have a Ribbon Cutting & Dedication Ceremony for our new rooms & Billiard Tables.

Marjie

St. Patrick's Day



Painting Class



Laurelville Health Fair.



Ark Trip

Health Expo



May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
WEEKLY 	10AM STRENGTH & TONE CLASS CHAIR YOGA 1PM LINE DANCE	CHAIR VOLLEYBALL 12PM BINGO CHAIR VOLLEYBALL 2:30 DELAY THE DISEASE	10AM FELLOWSHIP 11:30 AM CHORUS PRACTICE 1PM TAI CHI	CHAIR VOLLEYBALL 12P FREE BINGO CHAIR VOLLEYBALL 2:30—DELAY THE DISEASE 3:30 LINE DANCE	9AM PINOCHLE 10:- FIT4LIFE 12PM PROGRESSIVE EUCHRE	
			1 MOB Class 1-3	2 NOT OPEN UNTIL @ 9:30 am	3 Choraliers here @ 6 pm.	4 <div style="background-color: #fce4ec; padding: 5px; text-align: center;"> Downtown UrbanAir Affair </div>
5	6 MOB Class 1-3	7	8 Widows Support @ 12pm	9 KidPalooza 9am Staff/Seniors Volleyball Free Blood Pressure	10 Flower Sale 9-5 	11
12  <i>Mothers Day</i>	13 MOB Class 1-3	14	15 MOB Class 1-3	16 Closed for Senior Day Luncheon	17	18 Cruise In @ Wal-Mart 
19	20 MOB Class 1-3 Footcare 9-2	21 Free Blood Pressure	22 MOB Class 1-3 Widows Support	23 Health Talk @ 11:30 Free Blood Pressure	24	25
26	27 Memorial Day Closed	28 SEOLS	29 Free Blood Pressure	30	31 Senior Carry In Lunch @ Noon	

HEALTHY AND YUMMY! Often it can be difficult for older people to chew and swallow their food and if this is the case, smoothies and juices can be the answer in terms of ensuring that we get the right level of vitamins and other nutrients in our diet. Certain smoothies and juices can be very helpful with specific ailments.








Banana Mango Smoothie

1 cup frozen mango
 1 large banana
 1 TB chia seeds (optional)
 1/2 cup orange juice
 1/2 cup almond milk, regular milk or coconut milk
Place all ingredients in a blender and blend until smooth.
 (Makes 2 large smoothies)



June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
WEEKLY 	10AM STRENGTH & TONE CLASS/ CHAIR YOGA 1PM LINE DANCE	CHAIR VOLLEYBALL 12PM BINGO CHAIR VOLLEYBALL 2:30 DELAY THE DISEASE	10AM FELLOWSHIP 11:30AM CHORUS PRACTICE 1PM TAI CHI	CHAIR VOLLEYBALL 12P FREE BINGO CHAIR VOLLEYBALL 2:30—DELAY THE DISEASE 3:30 LINE DANCE	9AM PINOCHLE 10AM FIT4LIFE 12PM PROGRESSIVE EUCHRE	
						1
2 Chorus Concert @ 2:30	3	4	5	6 Not Open UNTIL 9:30 am. National Yo-Yo Day	7  Fish Fry 4-6:30	8
9	10	Pancake Breakfast 8—10 am MOB Class Laurelville	12	13 9:am Staff/Seniors Volleyball MOB Class Laurelville Free Blood Pressure	14 Flag Day! Wear Patriotic Colors FISH FRY 4-6:30 	15
16 	17	18 MOB Class Laurelville Free Blood Pressure	19	20 MOB Class Laurelville Free Blood Pressure	21 Summer Solstice 	22
WASHBOARD FESTIVAL						
23	24 Footcare 9-2	25 MOB Class Laurelville	26 Free Blood Pressure	27 MOB Class Laurelville Free Blood Pressure	28 Senior Carry In @ Noon	29
30	<p>“As I approve of a youth that has something of the old man in him, so I am no less pleased with an old man that has something of the youth. He that follows this rule may be old in body, but can never be so in mind.” » Marcus Tullius Cicero</p>					

To all the men who have been there to care. The men who were and still are instrumental in shaping and caring for others. From Grandfathers, Fathers, Step-Fathers, Preachers, Uncles, Teachers, Coaches, Friends & Neighbors.

57 Years Apart- A Boy and a Man Talk About Life





SPECIAL EVENTS IN MAY

Friday, May 10th, Huge Flower Sale 9:00 am—5:00 pm.



*Hanging Baskets *Variety of Bedding Plants *Flats & Pots
*Assorted Flowers & Vegetables

****Large Selection – Great Prices****

**Located On Front Lawn
Flowers by Webb Perennials**



**** BBQ COOKOUT 10:30 am—2:00 pm Hot Dogs & Hamburgers For Purchase**

Thursday, May 16 - Senior Day Luncheon

Luncheon held at Lee's Banquet Haus. Doors open @ 10:30 am served at 11:30 am.



* BANDANA RHYTHM

The unique sounds of *Bandana Rhythm* are refreshing and echo the traditional sounds of the mountains such as Celtic, gospel, bluegrass and folk.

* PRESENTATION

* SPECIAL RECOGNITIONS

***NOTE: THE CENTER WILL
BE CLOSED ALL DAY**

TO RESERVE YOUR LUNCH, PLEASE SIGN UP AND PAY \$15.00 BY MAY 13. SPACE IS LIMITED

Special Thank you to our Senior Day Sponsors: *Hocking Hills Banking Center

***Appalachian Art & Craft Market—Commissioner Sandy Ogle—Owner**

18th ANNUAL CRUISE IN @ WALMART OF LOGAN

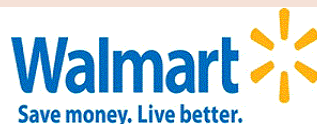
\$10.00 Registration from 9:00—11:00 am

**20+ Trophies; Judging starts at 11:30 am
Cash Awards for 1st, 2nd & 3rd Place.**

**Music by DJ-John Judson, Raffle Prizes, 50/50, Walmart Food
Booth Benefits Children's Miracle Network**

Sponsors: Walmart & Interim Healthcare of Logan


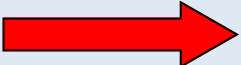
SATURDAY, MAY 18



ON-GOING WEEKLY ACTIVITIES—OPEN TO ALL

OFFICE HOURS: MONDAY THRU FRIDAY 8:30 AM—4:30 PM

BUILDING IS OPEN: Mon. Tues. & Fri. 8:30—4:30 & Thursday 8:30—6:30

<p>MONDAYS:</p> <p>10:00 Strength & Balance Class</p> <p>*1:00 Line Dancing Class</p>	
<p>TUESDAYS:</p> <p>AM Chair Volleyball</p> <p>10:45-11:30 <i>Free Blood Pressure 3rd Tuesday Only.</i></p> <p>12:00 Free Bingo</p> <p>12:45 Chair Volleyball</p> <p>2:30 Delay The Disease Class</p>	
<p>WEDNESDAYS:</p> <p>10:00 Fellowship/Devotional Group</p> <p>11:30 Senior Chorus Practice</p> <p>10:45-11:30 <i>Free Blood Pressure Last Wednesday Only</i></p> <p>1:00 Tai Chi \$2.00 per class <i>A low-impact, slow-motion exercise, which reduces stress while increasing flexibility and balance.</i></p>	
<p>THURSDAYS:</p> <p>AM Chair Volleyball</p> <p>10:45—11:30 <i>Free Blood Pressure (2nd, 3rd & 4th Weeks Only)</i></p> <p>12:00 Free Bingo</p> <p>12:45 Chair Volleyball</p> <p>2:30 Delay the Disease</p> <p>3:30 Line Dancing</p>	<p>MAKE A NOTE: On the FIRST Thursday of the month, the center does not open until 9:30.</p> <p> *CLOSED MAY 16TH 8AM-4PM FOR SENIOR LUNCHEON</p>
<p>FRIDAYS:</p> <p>9:00 Pinochle Cards</p> <p>11:00 *Billiards *(closed during construction)</p> <p>12:00 Progressive Euchre</p> <p>12:00 pm <i>Last Friday of Month: Carry In & Birthday Celebration</i></p>	

HEALTH & WELLNESS



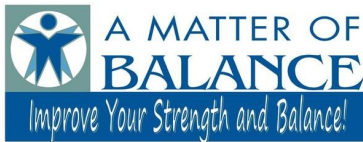
Welcome New "A Matter of Balance" Instructors

Scenic Hills Senior Center is proud to announce two new instructors have been trained for the popular "A Matter of Balance" Program. "A Matter of Balance" is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. The program consists of eight (8) sessions that are facilitated by pairs of trained volunteer coaches.

Denise Kiamy and Chris Risch have completed the training and will be teaching the upcoming classes. Denise Kiamy, **R.D., L.D., C.D.E.** is currently employed by Hocking Valley Community Hospital as Director of Nutrition and Food Services and Diabetes Self-Management Training. Chris Risch RN, is retired from Hocking Valley Community Hospital.



Chris Risch and Denise Kiamy.



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? Falls are preventable.

Now taking registration for MOB Class Sept. 9—Oct. 2 (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

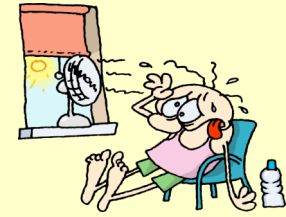
IN THIS CLASS YOU WILL LEARN TO: *View falls as controllable *Set goals for increasing activity, *Make changes to reduce fall risks at home

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.

Laurelville Senior Center 16184 Maple St, Laurelville- classes start June 11th and are held every Tuesday and Thursday from 10am to 12 noon. Light refreshments will be provided at each session. Classes are free. To register, please sign up at Scenic Hills Senior Center, 187 S. Spring St. or call 740-385-6581.

HEALTH NETWORK PRESENTS



▶ **THURSDAY, MAY 23 @ 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, JUNE 27 @ 11:30 HOSPICE OF CENTRAL OHIO**

Guest Speaker: **HOSPICE OF CENTRAL OHIO**



♥ **A SUPPORT GROUP FOR WIDOWS**

♥ **GATHER, GRIEVE, SUPPORT**

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 Card Room and welcomes newcomers.



Everyday Divinity Foot Care Clinic here May 20 & June 24



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.
Payment method is cash or checks No insurance is accepted.



Southeastern Ohio Legal Service - 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 **May 28 & July 23 (12-3:30) 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 **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.

HEALTH & WELLNESS



DELAY THE DISEASE™
The #1 Parkinson's Exercise Program

THE #1 EXERCISE PROGRAM FOR FIGHTING PARKINSON'S DISEASE

Dedicated to helping people 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."* Beau Carver, GFI, CPT Associates in Fitness Management, Certified instructor for the class.



Delay the Disease is designed to empower people with Parkinson's disease (PD) to optimize their physical function.

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

CLASS IS HELD ON TUESDAYS & THURSDAYS, FROM 2:30—3:30 PM. CLASSES ARE ONGOING AND PARTICIPANTS MAY JOIN AT ANY TIME. CLASSES ARE FREE BUT DONATIONS ARE WELCOME.

Scenic Hills Senior Center adds 2nd instructor for "Delay the Disease" program



Danielle Arnett and Beau Carver

SHSC started offering Delay the Disease, an Ohio Health evidence-based program to treat Parkinson's Disease in January. Beau Carver, GFI, has been teaching the class and has now been joined by Danielle Arnette, local fitness instructor. Both Instructors are certified to teach this class.

Dedicated to helping people with Parkinson's Disease (PD) manage their symptoms and maintain quality of life.

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

Beau Carver, GFI, CPT Associates in Fitness Management, Certified instructor for the class.

"I'm looking forward to teaching this class," I have seen the results that the participants are having and it really is life changing for them," shared Arnett.

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

Advertise your business.

Be a Newsletter Sponsor.

HEALTH & WELLNESS

EXERCISE CLASSES

- **TAI CHI**—Wednesdays at 1 pm—Beginners and Advanced \$2.00 per class—Enhances Mind/Body Harmony, Improves Internal Energy Level, Reduces Stress, Slows Down the Aging Process. *Instructor Terri Vaccari
- **CHAIR YOGA**—2ND & 4TH MONDAY EACH MONTH AT 10 AM. Chair Yoga is for everyone. No matter what age you are or what condition you are in, you can experience the health benefits of yoga. *Instructor Danielle Arnett, Exercise Physiologist
- **LET'S GET FIT CLASS** 1ST, 3RD & 5TH MONDAYS AT 10:00 AM. Strength, Stretch & Balance Class for All ages—* Instructor Brandy Stamper
- **FIT FOR LIFE**—10:00 am on Fridays. An Upbeat Movement Class—Instructor Danielle Arnette
- **LINE DANCING**—MONDAYS AT 1—2 PM—INSTRUCTOR—JUDY CUNNINGHAM
- **LINE DANCING**—THURSDAYS AT 3:30—5:30—INSTRUCTOR—KATHY THATCHER
- **EXERCISE EQUIPMENT ROOM**—Open Daily. (Must have Dr's Note. Check in Office) **Please note that the Exercise room is closed for remodeling.**



**Scenic Hills Senior Line Dancing
Mondays @ 1:00 & Thurs. @ 3:30—5:30**



Fellowship

Each week on Wednesday mornings @ 10:00 am, Member Karen Kornmiller leads a Fellowship group. All seniors are invited to join.

Thank you to our Bingo Sponsors!



AFTER HOURS & SPECIAL MEALS

SPRING PERFORMANCE

Friday, MAY 3 @ 6 PM. SHSC is excited to have the *The Logan-Hocking Middle School Choraliers* performing here. This event is open to the public and free.



Love Thy Neighbor

SPRING SENIOR CHORUS CONCERT

Sunday, June 2nd @ 2:30 pm

Invite your Family and Friends
Refreshments following Concert Free and open to all ages.



DELICIOUS FISH FRY

JUNE 7th & 14th ~ 4:00—6:30 pm

MENU: Deep Fried Fish (Pollack), French Fries, Green Beans & Dessert

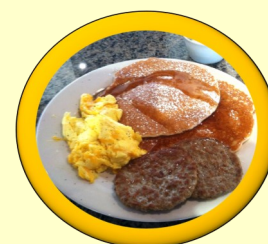
Suggested donation: \$10.00 each

PANCAKE BREAKFAST

TUESDAY, JUNE 11 (8 am—10 am)

Pancakes, Scrambled Eggs, Sausage Gravy & Biscuit or Sausage Patty

*Suggested Donation \$3.00



SENIOR LUNCHEON CARRY IN LAST FRIDAY OF THE MONTH

Gather Together in Friendship

Bring A Dish To Share & Celebrate Monthly Birthdays.



FRIDAY: MAY 31 & JUNE 28 AT NOON

SCENIC HILLS SENIOR CENTER SERVICES



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.



OSHIP
Answers to your
Medicare questions

Scenic Hills Senior Center is proud to be an official site for Medicare Enrollment. Marjie Moore, Executive Director is a certified OSHIP Counselor. Watch for open enrollment in October 2019.

- ◆ **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 In and 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.**



HOCKING HILLS
BANKING CENTER
A member of the VCNB financial family

JJ Wright

Branch Manager

Phone: 740.380.9542 ext.2012 • 1.800.542.5004
Fax: 740.380.0443
jj.wright@vintoncountybank.com NMLS#1133530

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FAIRHOPE
HOSPICE & PALLIATIVE CARE
HOME OF THE PICKERING HOUSE



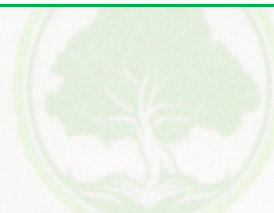
Care where you need it, when you need it.

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LOGAN 96 W. Hunter Street, Suite B | 740-380-1186

www.fairhopehospice.org



Logan Care
and Rehabilitation

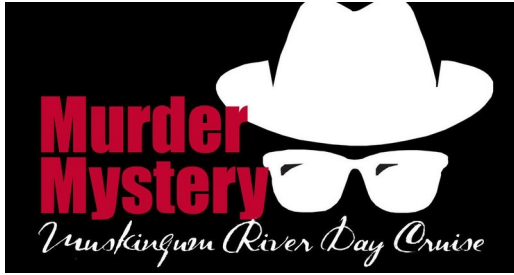


Laura Kennedy, Admissions & Marketing Director

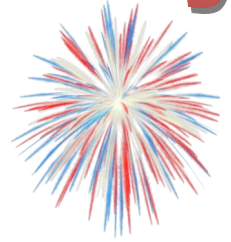
P 740-385-2155
F 740-385-1789

300 Arlington Avenue, Logan, OH 43138
lkennedy@logancareandrehab.com
www.logancareandrehab.com

TRIPS AND SHOWS



Riverfront Roar Murder Mystery



DATE: SATURDAY, JULY 13 2019

WHERE: VALLEY GEM STERNWHEELER, MARIETTA, OH

WHAT: DINNER/MYSTERY CRUISE, A delicious prime rib buffet dinner will be served shortly after departure, followed by a murderous crime that must be solved and ending with a fabulous fireworks display courtesy of the Riverfront Roar Racing Festival.

DEPART: 5:30 PM (PERFORMANCE 8 PM—11:00 PM)

RETURN: APPROX. 12:30 AM

This spectacular trip is filled with fun, good food and fireworks!

FEE: \$85.00—INCLUDES DINNER, SHOW, FIREWORKS & TRANSPORTATION



Thursday, September 26, 2019 Depart @ 8:15 am Return @ 5 pm
Fee: \$ 99.00 Includes Lunch , Show Ticket & Transportation:
Seating is limited to 14.



Earthquakes, tidal waves, infernos and the unforgettable songs of the '70s take center stage in Broadway's side-splitting homage to classic disaster films. **A Comedy Spoof!**

It's 1979, and all of New York is at the opening of a floating casino and disco. It's party time on the Barracuda, the casino riverboat bound for destruction in "Disaster!," What begins as a night of boogie fever quickly changes to panic as the ship succumbs to multiple disasters. Corraling a catalog of pop and disco hits to tell this spoofy story, and larger-than-life characters, snappy dialogue and '70s, hit songs such as "Hooked On A Feeling," "I Am Woman," "I Will Survive," and "Hot Stuff," Disaster! is a hilarious tribute to the era of bell-bottoms, platform shoes and the "Hustle."

The unique combination of fine dining and Broadway-style entertainment has made La Comedia the region's premiere entertainment value since 1975.

TOUR TRIP — SEATS STILL AVAILABLE

June 17—21, 2019 5 Days— 4 Nights

US PASSPORT OR US PASSPORT CARD REQUIRED FOR THIS TOUR.

Niagara Falls & Toronto

PACKAGE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 8 meals: 4 Breakfasts & 4 Dinners
- ◆ 5 days & 4 nights
- ◆ GUIDED TOURS OF NIAGARA FALLS & TORONTO
- ◆ A visit to Casa Lona; Canada's most magnificent castle
- ◆ A visit to HISTORIC NIAGRA-ON-THE-LAKE TOWN & QUEEN VICTORIA PARK
- ◆ A journey to The Falls on a "HORNBLOWER NIAGARA CRUISE"
- ◆ Sail near the base of Horse Shoe Falls.
- ◆ Visit the Welland Shipping Canal
- ◆ Awe Inspiring views & More! Brochures in Office.



October 13-19, 2019 7 Days—6 Nights

\$689.00 per person * Double Occupancy * White Star Tours

Orlando Florida

PACKAGE INCLUDES:

- ◆ 6 Nights lodging
- ◆ 6 Breakfasts
- ◆ 2 full course dinners including Capone's Dinner Theatre
- ◆ The Holy Land Experience featuring 5 Theatrical Productions & Living Crystal Waters Show
- ◆ Leu Gardens & House Museum
- ◆ The Morse Museum of American Art
- ◆ Disney Springs
- ◆ Universal's CityWalk
- ◆ Souvenir gift
- ◆ Luggage handling in Orlando
- ◆ All Taxes and meal gratuities



Wishing our friends a Happy Birthday!

Charles Huffines	3-May	Dean Sinift	1-Jun	Penny Myers	29-Jun
Ken Shepherd	4-May	Myrna Angle	3-Jun	Margie Nihiser	29-Jun
Jane Davis	4-May	Judy Addington	5-Jun	Jean Reed	30-Jun
Sue Karshner	4-May	Daisy Morgan	5-Jun	Sara Gibbons	30-Jun
George Williston	5-May	Sarah Goss	6-Jun	Marge Krannitz	30-Jun
Donna Lowes	5-May	Janie Chesser	8-Jun	Bobbe Ray	30-Jun
Carol Seely	6-May	Janet Gossell	10-Jun		
Mike Wolfinger	6-May	Thelma Farmer	11-Jun		
Shawn Sowers	7-May	Lynn Royer	11-Jun		
Sandra Geiger Stivison	10-May	Michael Patterson	11-Jun		
Joseph Staten	10-May	Mary Sigler	12-Jun		
Max Brandon	11-May	Alice Blatchley	13-Jun		
John Stage	12-May	Sharon McBride	14-Jun		
Bertye Donaldson	13-May	Elmer Howdyshell	14-Jun		
Jeffrey Mundy	13-May	Karen Brandon	15-Jun		
Martha Guess	14-May	Ada M. Nash	16-Jun		
Melba Linn	14-May	Paul Geiger	16-Jun		
Judy McCort	16-May	Margie McVey	16-Jun		
Dick Morgan	16-May	Mary Dotson	17-Jun		
Collene Morrison	17-May	Linda Hubble	18-Jun		
Robert Bradley	17-May	Kenneth Rheinscheld	18-Jun		
Gina Enderle	18-May	Debbie Wolfinger	18-Jun		
Hazel Williston	18-May	Jerry Smith	19-Jun		
Peggy McLaughlin	19-May	Mike Downour	19-Jun		
Adelia Hupp	20-May	Les Carpenter	20-Jun		
Elmer Loudermilk	20-May	Jean Rheinscheld	20-Jun		
Beverly Lytle	21-May	Mary Baughman	21-Jun		
Ruth Stump	21-May	David Morris	21-Jun		
Dorothy Rardain	21-May	Lori Smith	22-Jun		
Connie Medina	23-May	Bruce Lytle	22-Jun		
David McAfee	24-May	Jackie Cospser	23-Jun		
Carolyn Roach	24-May	Charles Cheadle	24-Jun		
Robert Robinson	24-May	Greg Canan	25-Jun		
Diana Wyant	25-May	Karen Kornmiller	25-Jun		
Jane Johnson	25-May	Timothy Hammond	26-Jun		
Leatha Guess	26-May	Judith Smith	26-Jun		
Vera Gable	28-May	Jewell Carpenter	26-Jun		
John Tubbs	31-May	Richard Guess	26-Jun		
		Kenneth Farmer	27-Jun		
		Frances Still	27-Jun		



SENIOR LUNCHEON CARRY IN Last Friday of Month

**Bring A Dish To Share
& Celebrate Monthly
Birthdays.**

**FRIDAY: MAY 31 &
JUNE 28 AT NOON**



In Memoriam Our Friends

Betty Ellinger
7-14-33—3-29-19

Donald Farrow
5-27-27—4-3-19

Helen Oliver
10-8-25—3-12-19

Ruth Gingrich
9-29-27—4/2019

Office Hours: Monday thru Friday 8:30 AM—4:30 PM

Building Open: Thursday 8:30—6:30 pm



Executive Director: Marjorie Moore

Program Supervisor: Loretta Kemper

Fiscal Officer: Brandy Stamper

Office Clerk: Janet Blair

Event & Program Coordinator: Tina Koska

Maintenance: Nate Nelson & Larry DeBerry

PLEASE NOTE: On the **FIRST** Thursday of the month, the center does not open until 9:30.



SENIOR NUTRITION

* Reminder: SHSC is a Congregate Site for Lunch every day @ 11 am.

Questions about Meals? Call

HAPCAP to Reserve or Cancel your lunch by 8:00 am the day of. 1-800-385-6813 ext. 2217

Happy
Father's
Day!



DON'T MISS

Friday, July 5th—Ice Cream Social *4-6:30 pm.



HOMEMADE ICE CREAM & PIES



Ice Cream Social

MENU: Ice Cream & Pies

Deep Fried Fish & Sides!

ICE CREAM FLAVORS

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

Proceeds benefit the Senior Center.