

Celebrating Spring!



Farmers Market Coupon Applications

Available in office on Monday, March 4th



Matter of Balance Class —Preventing Falls Class in March Pg. 6

BRAND NEW CLASS: Delay the Disease Parkinson Exercise Program. Pg. 6



Senior Health & Wellness Expo
Free ~ April 12, 9 am-1pm.

The event is **FREE** for all attendees. The focus of this event is to provide knowledge of Community Health and Wellness & Quality of Life Programs for current and future older adults. Health Screenings, Educational Sessions, Medication Disposal, Vendors, Health and Wellness, Financial Services, Estate Planning, Medicare & More.

Lite Breakfast and/or Lunch Available.



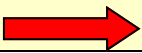


Seats are still available on the Holland, Michigan Tulip Festival Trip in May and the Niagara Falls & Toronto Trip in June! Sign up now. Details on Pg. 7




Calendar	pg. 2
Special Activities	pg. 3
Daily Activity Calendar	pg. 4
Health & Wellness	pg. 5-6

Tour Trips 2019.....	pg.8-9
Carry In Luncheon.....	pg. 9
Birthdays/Memorials.....	pg. 11

MARCH 2019

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 2:30 DELAY THE DISEASE	10AM FELLOWSHIP GROUP 11:30AM CHORUS PRACTICE 1PM TAI CHI	9:30 AM CHAIR VOLLEYBALL 12P FREE BINGO 12:30 CHAIR VOLLEYBALL 2:30 DELAY THE DISEASE	9AM PINOCHLE 10AM BILLIARDS 10:00 FIT4LIFE 12PM PROGRESSIVE EUCHRE	
					1	2
3	4	5	6	7 Open @ 9:30am Matter of Balance Class 1-3	8	9
10 Spring Forward Daylight Savings	11	12	13 Widow Support @ 12 Paint Class@ 6p	14 Blood Pressure Matter of Balance Class 1-3	15	16
17 	18 Ark Trip	19 Blood Pressure	20 	21 Blood Pressure Matter of Balance Class 1-3	22	23
24	25 FOOTCARE 9-2	26 MEDICARE PRESENTATION 11:30 LEGAL SERVICE 12-3:30	27 Widow Support @ 12 Blood Pressure	28 Blood Pressure Health Talk 11:30 Matter of Balance Class 1-3	29	30
30	"It was one of those March days when the sun shines hot and the wind blows cold, when it is summer in the light and winter in the shade." – Charles Dickens					

APRIL 2019

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 2:30 DELAY THE DISEASE	10AM FELLOWSHIP GROUP 11:30AM CHORUS PRACTICE 1PM TAI CHI	9:30 AM CHAIR VOLLEYBALL 12P FREE BINGO 12:30 CHAIR VOLLEYBALL 2:30 DELAY THE DISEASE 3:30-5:30 LINE DANCE	9AM PINOCHLE 10AM BILLIARDS 10:00 FIT4LIFE 12PM PROGRESSIVE EUCHRE	
	1	2	3	4 Open @ 9:30am Matter of Balance Class 1-3	5	6
7	8	9	10 Widow Support @ Noon	11 Blood Pressure Matter of Balance Class 1-3	12 Art & Clay To Go Class 2-4 p	13
14	15	16 Blood Pressure	17 Amish Day Trip Laurelville Seminar On Fraud &	18 Blood Pressure Matter of Balance Class 1-3	19	20
21 Easter	22 Ark Trip	23	24 Blood Pressure Widow Support @ 12	25 Blood Pressure Health Talk 11:30 Matter of Balance Class 1-3p	26 Noon: Senior Carry In	27
28	29 9-2 Footcare Clinic	30 9AM CHAIR VOLLEYBALL & 10AM NUTRITION BINGO	<i>"I glanced out the window at the signs of spring. The sky was almost blue, the trees were almost budding, the sun was almost bright."</i>			

Special Activities



Wednesday, March 13, Painting Class

Painting Class is Wednesday Evening, March 13, 2019
6-9 pm. Cost \$25.00 - Seating limited Advance Sign
up & Pay Required. *Supplies & Refreshments provided.*
Spring Picture In Office

ART & CLAY TO GO! FRIDAY, APRIL 12 2-4 PM. FEE \$25.00



Art & Clay of Lancaster will be here at Scenic Hills for this Class.
Samples of the Pottery pieces to paint will be available to view in office. The class fee covers the price of your item all paints, stencils, sponges, decorating supplies and the firing of your piece. The instructor will take the items back to the studio, glaze and fire them and return in about 10 days.

Day Trips.....



AMISH DAY TRIP — WEDNESDAY, APRIL 17

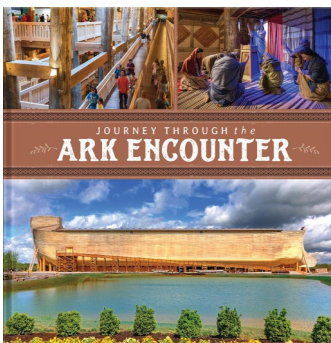
(Seating limited to 14)

Depart 7:00 am Return Approx. 8:30 pm.

\$30.00 Transportation.



Shopping, Cheese Factory, Amish Farm, Good Food & Bakeries, Quilt Shop & more



ARK ENCOUNTER, WILLIAMSTOWN, KENTUCKY

Back By Popular Demand

Ark Encounter is the largest timber-frame structure in the world, built from standing dead timber, in part by skilled Amish craftsmen. The Ark is an architectural and engineering wonder containing three decks of world-class exhibits.

Monday, April 22. Depart @ 7:30am—Return by 8:00pm

Seating is limited to 14

Transportation: \$35.00 per person Ark Tickets \$38.00 (Purchase at Ark)

Lunch on your own at Ark. Dinner Stop—Drivers Choice.

Ark Encounter is three exhibits in one—the massive Ark structure itself, the incredible craftsmanship, and the beautifully fabricated teaching exhibits. The combination of all three will amaze and inspire you to think differently about the biblical account of Noah's Ark.

CALENDAR OF DAILY ACTIVITIES

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

BUILDING IS OPEN: Mon. Tues. & Fri. 8:30—4:30 & Thursday 8:30—7:00 pm

EXERCISE AND BILLIARD ROOMS ARE AVAILABLE DAILY.

MONDAYS:

10:00 Strength & Balance Class (1st, 3rd & 5th Mondays)
10:00 Chair Yoga (2nd & 4th Mondays)
1:00 Line Dancing (Beginners Welcome)



TUESDAYS:

9:00 Chair Volleyball
10:45-11:30 **Free Blood Pressure 3rd Tuesday**
12:00 Free Bingo
12:45 Chair Volleyball
2:30 Delay the Disease Class



WEDNESDAYS:

10:00 Fellowship/Devotional Group with Karen Kornmiller
(Held in Dining Room—All are welcome)
11:30 Senior Chorus Practice (Dining Room—All are Welcome)
10:45-11:30 **Free Blood Pressure Last Wednesday of Month**
1:00-2:00 pm **Tai Chi Class—\$2.00**



THURSDAYS:

9:00—10:30 Chair Volleyball ***Free Blood Pressure (2nd, 3rd & 4th Thursdays)**
12:00 Free Bingo
12:00 Chair Volleyball
2:30 Delay the Disease Class
3:30-5:30 Line Dancing



FRIDAYS:

11:00 Billiards
12:00 Progressive Euchre
10:00 **FIT4LIFE** Danielle Arnett, Exercise Physiologist

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



Fellowship



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

****HEALTH & WELLNESS****

Health Network Presentation 4th Thursday each month

THURSDAY—MARCH 28 @ 11:30 Alzheimer's Association, Central Ohio Chapter

➡ **TOPIC: DEMENTIA CONVERSATIONS: DRIVING, DOCTOR VISITS, LEGAL & FINANCIAL PLANNING** is an informational workshop which offers helpful tips to assist families in having honest and caring conversations with family members about dementia. This workshop reinforces the need to plan ahead and build a care team that communicates well in order to reduce the stress that can accompany a disease like Alzheimer's and connects you with helpful resources to enhance quality of life for all involved.

THURSDAY—APRIL 25: NOTE SPECIAL TIME @ 1:00 PM.

➡ **VASCULAR DISEASE, CAUSES, SYMPTOMS & TREATMENTS**



Speaker: Dr. Mahmud - Cardiovascular Specialist

As a cardiologist, Dr. Mahmud is qualified to provide detailed treatment for the heart and cardiovascular system. Heart disorders that may be identified and treated by a cardiologist can include rheumatic heart disease, congenital heart defects, coronary artery disease, heart failure, heart aneurysms, angina and arrhythmia, among others. Indicators can be breathlessness, dizziness or chest pains, among others.

Following the presentation there will be an Extravagant Dessert Bar with Fruit, Pastries and a Chocolate Fountain. Compliments of Dr. Mahmud.

TUESDAY, MARCH 26 @ 1:00 PM: SPECIAL SEMINAR

➡ **"HOW MEDICARE & MEDICARE HEALTH PLANS WORK"**

Medicare

Speaker: Aaron Miller—Logan Insurance Agency (Retired Police Officer) (City of Logan)

Scenic Hills Senior Center is pleased to have Aaron Miller with the Logan Insurance Company here to help us navigate Medicare. This Seminar will be beneficial to BOTH those new to Medicare and turning 65, along with those wishing to make changes in their Health Plans.

AARON WILL BE DISCUSSING: A brief history of Medicare, Parts A & B—What do they do? Is Medicare mandatory? Must doctors accept Medicare? How do health plans work with Medicare? I don't take drugs— do I need Part D?



SOUTHEASTERN OHIO LEGAL SERVICE Southeastern Ohio Legal Services will be at Scenic Hills Senior Center on **MARCH 26 & MAY 28.** **CALL SEOLS OFFICE FOR APPOINTMENT. 1 (800) 686-3668**



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.

Class is held on Tuesdays & Thursdays, from 2:30—3:30 pm.
Classes are free but donations are welcome. Classes are ongoing and participants may join at any time.



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.

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



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.*

Space still available for this class on Thursdays for **8 weeks MARCH 7—APRIL 25th 1—3 pm**. Call or drop by the office to register, Class is Free. Some seating still available. (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

⇒ **EVERYDAY DIVINITY FOOT CARE CLINIC March 25 & April 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. Call **740-385-6581** to reserve your appointment or sign-up on sheet in office. For Questions please call:

Footcare Clinic **614-716-9919**



♥ 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.

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.



Advertise your business.

Be a Newsletter Sponsor.

Scenic Hills Senior Center invites you to become one of our newsletter sponsors. We print a bi-monthly newsletter for a membership of over 700 senior households. In addition, the newsletter is uploaded to our website and distributed throughout Murray City & Laurelville.

Your sponsorship would include an ad size of a 2" x 3.5" space, the size of a business card, in each of our 6 bi-monthly newsletters, along with your ad on our website. You are also invited to have literature about your service here at our senior center.

Cost for the sponsorship is \$600.00 per year (based on 6 newsletters). Please feel free to call us or email any questions or interest and check out our website.



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

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

TRAVEL WITH SCENIC HILLS SENIOR CENTER

Holland Tulip Festival - Holland, Michigan



3 Days—2 Nights (May 7-9, 2019) \$399.00 per person/double occupancy ***Breathe in the fragrance of millions of colorful tulips! Step back into the Netherlands of yesteryear at Dutch Village***, where Dutch history and culture come to life in the architecture, flowering gardens, canals and windmills. ***View millions of tulips*** in all the colors of the rainbow at ***Veldheer Tulip Gardens***. Be entertained by costumed townspeople at the Volksparede, then tap your toes and hum along with the evening musical revue!

PACKAGE INCLUDES: 2 nights lodging, 2 breakfasts, 2 dinners

DAY 1—Arrive in early afternoon and enjoy lunch on your own in the area. This afternoon visit ***Dutch Village where you will see Dutch folk dancing, wooden shoe carving and Amsterdam street organs. Live entertainment is continuous throughout the day.*** After your visit, depart for a local church to enjoy a “church supper”. Check into motel afterwards.

DAY 2—Breakfast and return to Holland. Activities include visiting the Veldheer ***Tulip Gardens and DeKlomp Wooden Shoe & Delft Factory***, where you can view the beautiful tulips and watch the craftsmen carve wooden shoes by hand & machine. After lunch on your own, a reserved seat awaits you at the ***Volksparede. Arrive early to see costumed scrubbers splashing and scrubbing the street until it shines.*** After the parade, enjoy dinner at a popular restaurant. ***Next enjoy a spectacular show*** and then return to motel for the evening.

DAY 3—After breakfast check out and return to Holland. Spend the morning at ***Windmill Island Gardens, home of “DeZwaan”***, an authentic Dutch Windmill. Explore the beautiful grounds before departing for home. www.tuliptime.com

Niagara Falls & Toronto

\$529* 5 DAYS ~ 4 NIGHTS JUNE 17—21, 2019

Motor Coach Transportation. 4 Nights Lodging, 8 Meals:
4 breakfasts & 4 dinners

3 FULL DAYS OF TOURS: GUIDED BUS TOURS OF NIAGARA FALLS & TORONTO is experienced from the Canadian side—widely known as the best view. The ***legendary Maid of the Mist*** boat takes your group to the base of the Falls. The world-class, Cosmopolitan city of Toronto awaits nearby, including a visit to the elegant Casa Loma castle, Canada’s most magnificent castle. Your bus trip to Niagara Falls also visits to the quaint town of Niagara-On-The-Lake and Queen Victoria Park, home of one of the world’s largest floral clocks. Journey to the Falls on a “HORNBLOWER NIAGARA CRUISE”

Visit the Welland Shipping Canal—an engineering marvel and the beautiful Queen Victoria Park. Home of one of the world’s largest floral clocks. A guided Tour of the beautiful cosmopolitan city of Toronto, Ontario, visit the majestic castle estate—Casa Loma. Take a breath-taking boat on a Hornblower Niagara Cruise. Sail near the base of Horseshoe Falls. A tour of historical Niagara-on-the-Lake one of the prettiest towns in Canada full of 19th century charm, where you will find delightful, unexpected treasures in our many quality retail establishments. From everyday needs to those once-in-a-lifetime special gifts, the merchants of Niagara-on-the-Lake are sure to please.



Orlando Florida \$689* 7 DAYS ~ 6 NIGHTS OCT. 13-19, 2019



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 City Walk & More. *Whitestar Tours.*



****FULL TRIP BROCHURES AVAILABLE IN THE OFFICE.**

ALASKA

CELEBRITY CRUISE ON THE CELEBRITY SOLSTICE 9 DAYS / 8 NIGHTS AUGUST 15—23, 2019



PASSPORT REQUIRED: Rates are per person, double occupancy and include roundtrip airfare from Columbus, cruise, 1 pre-night with tour and transfers, port charges, government fees, taxes and transfers to/from



SAILING ITINERARY

Day 1: Seattle, WA Day 2: Tour WA & Board Cruise
Day 3: At Sea Day 4: Ketchikan, AK
Day 5: Juneau Day 6: Skagway / Inside Passage, AK
Day 7: At Sea Day 8: Victoria British Columbia
Day 9: Seattle, Washington

SPECIAL EVENTS IN APRIL

FRAUD AND COMMUNITY AWARENESS SEMINAR

APRIL 17, 2019 11:00—12 PM.

Laurelville Senior Center
16184 Maple St., Laurelville

**Keeping Seniors
Safe and Informed**

**Elder Scams
and Fraud**



Lunch Provided by Kingston National Bank



Gather Together in Friendship

Friday, April 26 @ Noon

Senior Carry In Luncheon

Program: Marguerite McGrady
"Memorial Presentation"

UPCOMING EVENTS IN MAY



TUESDAY, APRIL 30, @ 9:00 AM. CHAIR VOLLEYBALL & NUTRITIONAL BINGO with the Hocking College Nursing Students.



FRIDAY, MAY 10, 8:00—5:00 PM. FLOWER SALE! Hanging Baskets, Variety of Bedding plants, Flats & Pots, Assorted Flowers & Vegetables Located on front lawn. *Flowers by Webb Perennials* **Volunteers needed for set up & shifts**



THURSDAY, MAY 16, NATIONAL SENIOR DAY LUNCHEON AT LEE'S BANQUET HAUS
Entertainment: **Bandana Rhythm**, Ticket \$15.00 per person & must be 2019 Member. Tickets go on sale April 1st (until seats are filled.)



SATURDAY, MAY 18, 18th ANNUAL CRUISE IN AT WALMART.
Registration from 9:00 —11:00 am. Registration Fee: \$10.00 20+ Trophies Judging starts at 11:30 am. Cash Awards for 1st, 2nd & 3rd place **Volunteers needed.**



May is Older Americans Month and this year's theme is:

Connect, Create, Contribute

**SCENIC HILLS SENIOR CENTER WILL CELEBRATE OLDER AMERICANS
AT THE SENIOR DAY LUNCHEON ON THURSDAY, MAY 16, 2019**

**This year's luncheon will be held
LEE'S BANQUET HAUS**

The entertainment will be

BANDANA RHYTHM

Ticket \$15.00 per person & must be 2019 Member. Tickets go on sale April 1st (until seats are filled.)



HAPPY BIRTHDAY TO OUR FRIENDS * MARCH & APRIL

Sally Ball	2-Mar	Rebecca Martin	1-Apr	Sarah Hoover	24-Apr
Karen Cottrill	3-Mar	George Ralph	2-Apr	Helen Wilson	24-Apr
Pat Gibson	3-Mar	Harold Cosper	2-Apr	Bonnie Bainter	25-Apr
Wanda Martin	3-Mar	Roseanne Gabriel	3-Apr	Joyce Archer	25-Apr
Gary McLain	5-Mar	Charles Moore	5-Apr	Janet Bell	28-Apr
Larry Byrd	5-Mar	Marilyn Johnson	7-Apr	Marjorie Derr	28-Apr
Leroy Vicroy	7-Mar	Dan Robberts	7-Apr		
Becky Martin	8-Mar	Roger Stivison	8-Apr		
Carolyn Davis	11-Mar	Nikkie Camechis	8-Apr		
Selma Phillips	12-Mar	Denzil Jarvis	9-Apr		
Linda Kemper	12-Mar	Donna Gordon	9-Apr		
Tracy Combs	13-Mar	Sue Huffines	9-Apr		
Anna Marshall	13-Mar	Donna Gainer	11-Apr		
Connie Rager	13-Mar	Linda Judson	11-Apr		
Mildred Sapp	13-Mar	Bobbi Bishop	12-Apr		
Don Johnson	13-Mar	Georgia Primmer	12-Apr		
Carolyn Kienzle	14-Mar	Cathy Visintainer	12-Apr		
Pam Belcher	15-Mar	Diane Campbell	13-Apr		
Donna Coakley	15-Mar	Lou Ann Keirns	13-Apr		
Karen Garrett	16-Mar	Jean Mundy	13-Apr		
Steve Dupler	16-Mar	Sue Hart	14-Apr		
Larry Powers	16-Mar	Sue Geiger	14-Apr		
Diana L. Eads	17-Mar	Kendra Heidlebaugh	15-Apr		
Patty Dupler	17-Mar	Janice Aurand	16-Apr		
Karen Welch	18-Mar	Vickie Hedges	17-Apr		
Robert Baughman	18-Mar	Roger Hiles	17-Apr		
Marlene Riddle	18-Mar	Patty Sammons	17-Apr		
Marjorie Moore	18-Mar	Susan Hoffmann	17-Apr		
Rita Brooker	19-Mar	Charles Eaton	17-Apr		
James Wood	21-Mar	Vicki Hedges	17-Apr		
Debra Bandi	22-Mar	Connie Hunter	19-Apr		
Sue Wise	23-Mar	Paige Ogle	19-Apr		
Sandra Vermillion	23-Mar	Robert Burk	20-Apr		
Mary Imel	24-Mar	Karen Barkhurst	21-Apr		
Vicki Manley	25-Mar	Joanna Carpenter	21-Apr		
Carl W. Geil	26-Mar	Arlene Linscott	22-Apr		
Larry Wagoner	27-Mar	Marjorie Saving	22-Apr		
Sandy Byrd	27-Mar	Roy Bontrager	23-Apr		
Robert Imel	27-Mar	Thomas Pritchard	23-Apr		
Glenna Miller	29-Mar				
Sandra Schneider	29-Mar				
Pat Kline	30-Mar				



In Memoriam
Our Friends



Carolyn Bibler
10-6-36 — 2-12-19



Carl Mallon
2/11/44 — 2/22/19

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

Building Open: 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: Nate Nelson & Larry DeBerry

Thank you to Bingo Sponsors!



Logan Care
and Rehabilitation



FAIRHOPE
HOSPICE & PALLIATIVE CARE
HOME OF THE PICKERING HOUSE



A Skilled Nursing and Rehabilitation Center



FIRST SETTLEMENT
PHYSICAL
THERAPY



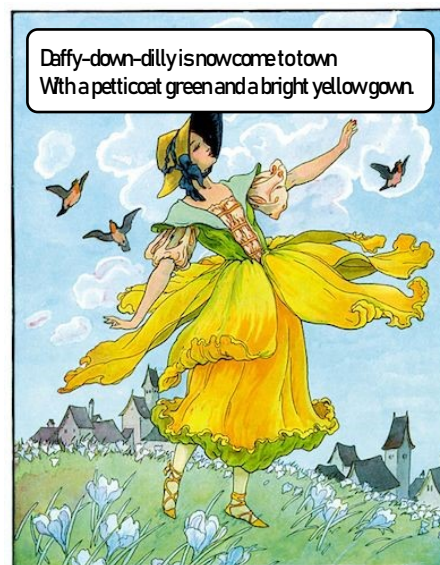
**Reminder: The center does not open until
9:30 am on the FIRST THURSDAY each month**

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



*First Day of Spring,
Wednesday, March 20*