



SPECIAL CARRY-IN LUNCHEON FRIDAY, MARCH 30 @ 11:00 AM

Our favorite musician Mike Sigler, will be here playing and singing our favorite Gospel Songs @ 11:30.

*Please bring a covered dish to share. Center will provide Punch & Dessert



FRIDAY, APRIL 27—LOGAN TOWN CENTER'S 3RD ANNUAL PIE AUCTION - Here at the Scenic Hills Senior Center. Dinner @ 4:30 pm, Auction @ 6:30 pm. Menu: Spaghetti, Green Beans, Cole Slaw, Roll, Drink & Scoop of Ice Cream. Suggested Donation of \$10.00.

Engage At Any Age—National Senior Day Luncheon

JOIN US THURSDAY, MAY 17 @ 11:30, AS WE CELEBRATE NATIONAL SENIOR DAY LUNCHEON at the Olde Dutch Restaurant. Entertainment by the fabulous comedian - Joey Vincent. Ticket is \$15.00 *per person* and go on sale April 2. *(until seats are filled.) Must be a 2018 member.*

Photos from the Marti Gras Celebration.











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MARCH 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	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 Line Dance	9AM PINOCHLE 10AM BILLIARDS 10:00 FIT4LIFE 12PM PROGRESSIVE EUCHRE	Check for Special Meals.
				1	2	3 Kiwanis Chinese Auction
4	5	6 Chair Volleyball Staff	7	8 MOB Class	9	10
11 Daylight Saving Time	12	13	14	15 MOB Class	16	17 St. Patrick's Day
18	19	20 Spring Begins	21	22 11:30 Presentation Colorectal Awareness MOB Class	23	24
25	26 SEOLS Noon-3:30	27	28	29	 30 Special Mike Sigler Gospel Music 11:30 5pm Carry In 	31

APRIL 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	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 Line Dance	9am Pinochle 10am Billiards 12pm Progressive Euchre	Check for Special Meals.
1 Easter	2	3 CHAIR VOLLEYBALL Staff	4	5 MOB Class	6	7
8	9	10	11 HCCOA 1p	12	13 No Fit4Life	14
15	16	17	18	19	20 No Fit4Life Class 5 pm Senior Carry In	21
22	23	24	25	26 11:30 Presentation on Elder Abuse!	27 No Fit4Life Class Pie Auction	28
29	30	1	2	3	4 No Fit4Life Class	



Let's go somewhere......

*GRAND CENTRAL MALL, VIENNA, WEST VIRGINIA



Monday, March 19th Depart at 9:00 am Return 4:00 pm. Transportation Fee: \$30.00 per person. Plenty of great stores, food, movie theater. *Space is limited to 14. Must pay to reserve a seat.*

*COLUMBUS FRANKLIN PARK CONSERVATORY & SHORT NORTH TRIP (ARTS DISTRICT) Wednesday, April 25th Depart at 9:00 am Return at 5:00 pm. Transportation Fee \$30.0 per person. Seniors 60+ Entry Fee \$12.00 (Pay there) Lunch on your own in Short North Space is limited to 14. Must pay to reserve a seat. Must Be A Current Member. Sign ups for local trips begin Monday, March 5.



A Special Shout Out Thank You to Logan Care & Rehab for Providing the Food at Girls Night In!!



UPCOMING EVENTS IN MAY

TUESDAY, MAY 1, @ 9:00 AM. CHAIR VOLLEYBALL & NUTRITIONAL BINGO with the Hocking College Nursing Students.



FRIDAY, MAY 4, 8:00—6:00 PM. FLOWER SALE! Hanging Baskets, Variety of Bedding plants, Flats & Pots, Assorted Flowers & Vegetables Located on front lawn. *Flowers by Webb Perennials Grilled Lunch on the lawn for sale.*

THURSDAY, MAY 17, NATIONAL SENIOR DAY LUNCHEON At the Olde Dutch Restaurant Entertainment: Joey Vincent, Correction: The Moron Brothers. Ticket \$15.00 per person & must be 2018 Member. Tickets go on sale April 2th (until seats are filled.)



SATURDAY, MAY 19, 17th 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



SUNDAY, JUNE 3, SPRING CONCERT BY SCENIC HILLS CHORUS @ 2:00 pm. Concert is free, Donations welcome. Punch & Cookies Following.

Scenic Hills Senior Center—Senior Maintenance & Chore

Effective March 7, 2018 - Scenic Hills Senior Center will be offering a Chore 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 will 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.



Just a reminder that the exercise room is open through-out the day for your use. To use the exercise room you are required to have a doctor's note that states you are allowed to use exercise equipment. We have forms in the office for your convenience. In addition — For YOUR SAFETY—all safety precautions on the equipment are to be used. This includes the treadmill.





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

Support our center Be a Newsletter Sponsor.

\$600.⁰⁰ Year

Appalachian Art and Craft Market

Offering an outstanding selection of Arts & Crafts, Patriotic, Primitive, Country, Americana, Jim Shore and Billy Jacobs.

Sandy Ogle, Proprietor

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



Hocking County

The Gateway to Ohio's Scenic Wonderland

Jeff Dickerson County Commissioner 1 East Main St. Logan OH 43138 740.385.5195

Email: commissioners@co.hocking.oh.us

DAILY CALENDAR OF ACTIVITIES

DAILY ACTIVITIES—OFFICE HOURS: MONDAY THRU FRIDAY 8:30 AM—4:00 PM Building is open during these hours: Tuesday 8:30—5:00 & 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)			
10:45-11:30	Chair Volleyball * Don't Miss on March 6 & April 3—Staff vs Seniors! 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 (Starts back up on February 7) <i>Free Blood Pressure Last Wednesday of Month</i> Tai Chi \$2.00 per class All Members Welcome			
10:45—11:30 11:00 12:00 1:00 3:30-4:30	Chair Volleyball <i>Free Blood Pressure (2nd & 4th Thursdays)</i> Chess Club Free Bingo Chair Volleyball Line Dancing—Beginners & Easy Dancing Line Dancing—Advanced			
11:00 12:00	Pinochle Cards Billiards Progressive Euchre <i>FIT4LIFE</i> Danielle Arnett, Exercise Physiologist (No FIT4LIFE Class April 13—April 27) <i>Carry In March 30 & SPECIAL DATE: APRIL 20.</i>			

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			
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.				



Seats Still Available! Don't Miss Out.

SCENIC HILLS SENIOR CENTER PRESENTS

Branson Show Extravaganza

INCREDIBLE PRICE INCLUDES:

- Motorcoach transportation
- 5 nights lodging including 3 consecutive nights in the Branson area
- ♦ 8 meals: 5 breakfasts and 3 dinners
- Admission to 7 Fabulous Branson Shows! Including:
- Three Morning Shows: THE BLACKWOODS, AYO VOICES OF GLORY, & DOWN HOME COUNTRY
- Three Evening Shows: "SAMSON" Show at the Sight & Sound® Theatre, "MILLION DOLLAR QUARTET" SHOW, & THE DUTTON SHOW
- SHOWBOAT BRANSON BELLE
- For more pictures, video and information visit: www.GroupTrips.com/ScenicHillsSeniorCenter

Departure: Scenic Hills Senior Center, 187 S. Spring St, Logan, OH @ 8 am

Day 1: Board your spacious, video and restroom equipped Motorcoach and set off for the "Live Music Show Capital of the World" - Branson, Missouri . This evening, you'll check into an en route hotel for a good night's rest.

Day 2: Start your day with Continental Breakfast before departing for Branson. Later you will check into your Branson area hotel for a three night stay. After Dinner, you'll see the musical "SAMSON" at the Sight & Sound Theatre®. One of the most captivating stories in the Bible, SAMSON is filled with colorful characters, extraordinary feats of strength, and amazing special effects you will love. Certain scenes are so stunning they truly bring the house down! A message of hope for the wayward, comfort to the weary and the incredible grace of God that enables us to truly be strong in Him!

Day 3: After enjoying a Continental Breakfast, you'll start your day with the incredible THE BLACKWOODS MORNING SHOW. The Blackwoods are known throughout gospel music circles for their pure family harmony, excellent musicianship, and first class entertainment. The Blackwoods bring hand-clapping, high energy entertainment to the stage. A rousing veteran's tribute is always a part of the show. Next, sit down to a three-course meal onboard the famous SHOWBOAT BRANSON BELLE, where you will be treated to a spectacular show as you cruise on the pristine waters of Table Rock Lake. Then, take in the ""MILLION DOLLAR QUARTET"" show. The "Million Dollar Quartet" is the celebration of a brief moment in history when the music world stood still just long enough for legendary artists Elvis Presley, Johnny Cash, Jerry Lee Lewis, and Carl Perkins to enjoy a jam session.

Day 4: After enjoying a Continental Breakfast, you'll start your day with the DOWN HOME COUNTRY MORNING SHOW! Step back in time to enjoy the classics of George Jones, Dolly Parton, Merle Haggard, Gene Watson and many more. Featuring the best of Classic Country, Western Swing and Gospel music, this show brings to life the music you will never forget. You will love the variety of dynamic singing, side-splitting comedy, powerful gospel, and knee slapping down-home fun. Next, you'll visit HISTORIC DOWNTOWN BRANSON, with old-fashioned charm, novelty shops, and restaurants. After Dinner, THE DUTTON SHOW will wow you with the high-energy musical talents that led them to an impressive top ten finish on TV's famous "America's Got Talent" reality show!

Day 5: After enjoying a Continental Breakfast, you'll experience the AYO – VOICES OF GLORY MORNING SHOW. Voices of Glory is a group of siblings who are on a mission to change the world through their unique style of singing, tight harmonies, and inspirational message. Ayo means Joy, and these 3 singers are filled with the joy of the Lord who has blessed them. Next, you will go to BRANSON LANDING and discover waterfront shopping, dining, and attractions on Lake Taneycomo's beautiful waterfront. Later, you will depart and check into your en route hotel for a good night's rest.

Day 6: Today, after enjoying a Continental Breakfast, you will depart for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen, and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP... With Diamond Tours Exclusive *Travel Confident* ® Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$150 for single occupancy. Final Payment Due: 2/9/2018

\$579

6 DAYS 5 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Mon - Sat)

April

16 - 21, 2018



THE "SAMSON" SHOW



AYO - VOICES OF GLORY SHOW



THE "MILLION DOLLAR QUARTET" SHOW



THE DUTTON SHOW

HEALTH & WELLNESS

HEALTH NETWORK PRESENTS

THURSDAY, MARCH 22, @ 11:30. COLORECTAL CANCER SCREENING 101 Presentation by Hocking Valley Community Hospital

"*What Everyone Should Know*" will discuss facts about colon cancer such as risk factors and symptoms, getting tested- why you should be tested, when you should be tested and ways to be tested along with prevention strategies- that include ways to decrease your risks and prevent colon cancer.

THURSDAY, APRIL 26 @ 11:30 AM. PREVENTING THE ABUSE OF ELDERS — ELDER ABUSE AWARENESS

Presented by: Hocking County Sheriff's Department

Elder abuse is any form of mistreatment that results in harm or loss to an older person. It is generally divided into the following categories: Physical Abuse, Sexual Abuse, Domestic Violence, Psychological Abuse, Financial Abuse, and Neglect. Come hear how we can help and make a difference.



Polyps Reduces Risk of

Death Due to CRC by



Everyday Divinity Foot Care Clinic will be here on March 26 **Please note the price increase in 2018 to \$30.00.**

30 minute appointments from 9:00 - 1:30 pm. You 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

Heather provide patients with personal attention, foot care services and 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 SERVICES FREE LEGAL SERVICE TO SENIOR CITIZENS

An Attorney from Southeastern Ohio Legal Services will be at Scenic Hills Senior Center to offer assistance to senior citizens on March 27 & May 22

PLEASE CALL THEIR OFFICE TO SCHEDULE AN APPOINTMENT 1 (800) 686-3668

TRAVEL WITH SCENIC HILLS SENIOR CENTER



NEW DIAMOND TOUR TRIPS FOR 2018

Bringing Group Travel to a Higher Standard®

*Price on Diamond Tour Trips is based on Double Occupancy. Single Rooms Additional Cost.

For additional tour information, reservations, or to have a trip brochure mailed, call 385-6581. You can also view more information and details at:

WWW.DIAMONDTOURS.COM



APRIL 16 ~ 21 BRANSON SHOW EXTRAVAGANZA

6 Days, 5 Nights, \$579* Based on Double Occupancy

5 nights lodging including 3 consecutive nights in the Branson Area. 8 meals, Admission to 7 fabulous Branson Shows! The Blackwoods, AYO—Vices of Glory, Down Home Country, "Samson", Million Dollar Quartet show, The Dutton Show. Visit Historic Downtown Branson, the

Showboat Branson Belle, shopping on the waterfront, and more.

June 17–23, MACKINAC ISLAND – 7 Days, 6 Nights, \$599.*

*Based on Double Occupancy

6 nights including 4 consecutive nights in Northern Michigan, 10 meals, Guided Tour of Mackinaw City, Visit Mackinac Island, Guided Carriage Tour, Boat Ride through Soo Locks, sight seeing in Sault Sainte Marie, Admission to Colonial Michilmackinac, Gaming @ Kewadin Sault Casino and more.



October 15-19, NASHVILLE SHOW TRIP 5 Days, 4 nights. \$599*



*Based on Double Occupancy

4 Nights lodging, 8 meals, 2 Great Shows: The Grand Ole Opry & Nashville Nightlife Dinner Theater, Guided Tours of Nashville & Belle Meade Plantation, Admission to the Country Music Hall of Fame & Grand Ole Opry Behind the Scenes Tour and more.

NEW HOLIDAY ENTERTAINMENT EXTRAVAGANZA * LANCASTER, PA 3 DAYS—2 NIGHTS * DECEMBER 3—5, 2018 \$419.00 per person/double occupancy

Package Includes: 2 nights lodging, 4 meals, "Jesus" at the Millennium Theatre, "The First Noel" at the American Music Theatre, Tanger Outlets, Kitchen Kettle Village, WHITE STAR TOURS Souvenir gift, Motorcoach Transportation.

For additional tour information, reservations, or to have a trip brochure mailed, call 385-6581 NOTE: DEPOSIT OF \$75.00 IS DUE AT TIME OF SIGN UP.



MARCH & APRIL EVENTS AT THE CENTER

Matter of Balance Class continues on Thursdays thru April 5.
Saturday, March 3– Kiwanis Chinese Auction held at Senior Center—Doors Open @ 11:00 am
Tuesday, March 6 & April 3rd at 9:00 – Chair Volleyball Staff vs Seniors
Thursday, March 15 @ 1:30 pm PERI Meeting
Thursday, March 22 & April 26: Health Talks: Colorectal Awareness & Elder Abuse
Friday, March 30 – Carry in @ 11:00—Mike Sigler @ 11:30

Date Change for April Carry-In Only APRIL 20 @ 5:00 PM

Theme: Talent Night

Dust off your tap shoes, tune up your guitar, tell a joke or two... this is your night to share a talent.

Please contact Susan Swart @ 385-4759 to sign up for the talent show.

Logan Town Center Presents



3rd ANNUAL PIE AUCTION Friday, April 27 @ 4:30 pm

Plated Dinner \$10.00 Donation Spaghetti, Green Beans, Cole Slaw, Roll, Drink & Scoop of Ice Cream

Held At the Senior Center Auction @ 6:30

*Proceeds go to the Logan Downtown Improvement



Did you know that playing a musical instrument sets off a symphony of activity all over your brain?

Music is for Your Brain what Circuit Training is for Your Body.

Jeff Crisler, an accomplished violinist and member is offering to give free violin lessons for seniors by appointment. If you are interested call him at (740) 385-4856



Do you have a hobby or collection that you would like to display in our lobby? We still have a few months open. Please check in the office if you are



The winner of the vintage quilt was drawn on February 13th @ the Mardi Gras Party Congratulations to Kenny Rheinscheld!

Misc Photos during the month of February.



Brock Boyle—Baymont Inn & Suites General Mgr. Special Overnight Giveaway @ GNI



Girls Night In





Scott Vermillion of Sam FM is now sponsoring a bingo on the 2nd Tuesday.



Girls Night In



HAPPY BIRTHDAY TO OUR FRIENDS * MARCH & APRIL

Sally	Ball	2-Mar
Ann	Anderson	2-Mar
Leroy	Vickroy	3-Mar
Pat	Gibson	3-Mar
Irene	Lytle	3-Mar
Wanda	Martin	3-Mar
Sarah	Hulbert	4-Mar
Larry	Byrd	5-Mar
Alex	Pavluck	5-Mar
Doris	Wolfe	6-Mar
Jack	Jones	8-Mar
Marie	Auflick	8-Mar
Carolyn Sue	Davis	11-Mar
Lee	Hillyer	12-Mar
Linda	Kemper	12-Mar
Selma	Phillips	12-Mar
Anna	Marshull	13-Mar
Connie	Rager	13-Mar
Mildred	Sapp	13-Mar
Carolyn	Kienzle	14-Mar
Jack	McVey	14-Mar
Donna	Coakley	15-Mar
Steve	Dupler	16-Mar
Patty	Dupler	17-Mar
Robert	Baughman	18-Mar
Marjorie	Moore	18-Mar
Marlene	Riddle	18-Mar
Rita	Brooker	19-Mar
Bill	Downs	19-Mar
Charles	Mays	20-Mar
Phillip	Potter	22-Mar
Gerald	Stump	23-Mar
Ken	Wise	23-Mar
Reene	Petro	24-Mar
Mary	Imel	24-Mar
Carl	Geil	26-Mar
Sandy	Byrd	27-Mar
Robert	Imel	27-Mar
Glenna	Miller	29-Mar
Sandra K	Schneider	29-Mar
Florence	Ellis	30-Mar
Pat	Kline	30-Mar



Becky Martin 1-Apr Harold Cosper 2-Apr Sandy Grove 3-Apr Charles Moore 5-Apr Dan Roberts 7-Apr Donna Gordon 9-Apr Linda Judson 11-Apr Roberta Bishop 12-Apr Diane R Campbell 13-Apr Lou Ann Keirns 13-Apr Jean A. Mundy 13-Apr 14-Apr Norma Geiger Janice G Aurand 16-Apr Mary Davis 16-Apr Vicki Hedges 17-Apr Robert Wolfe 19-Apr Linda Ritchie 20-Apr Joanna Carpenter 21-Apr Linscott Arlene 22-Apr Marjorie Saving 22-Apr Thomas Pritchard 23-Apr Helen Wilson 24-Apr Joyce Archer 25-Apr Bonnie Bainter 25-Apr Clara Klinger 25-Apr Inge Sater 26-Apr Marjorie Derr 28-Apr RioRita 28-Apr Taylor Janet Bell 28-Apr

CARRY IN @ 5 pm MARCH 30—THEME: MEMORIAL NOTE APRIL: CARRY IN DATE CHANGE FRIDAY, APRIL 20 THEME: TALENT NIGHT Call Susan Swart to sign up: 385-4759



(740) 654-7077 (740) 475-0699 The Pickering House Hospice & Palliative Care, Inc. For compassionate, end-of-life Choose FairHoPe 282 Sells Rd. | Lancaster * 12892 Grey St. | Logan

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



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

Phone: 385-6581, Fax: 385-3548



COMMUNICATION CORNER: THE BUILDING WILL BE CLOSED ON TUESDAY, MAY 8TH FOR VOTING. Reminder the center does not open until 9:30 am on the FIRST THURSDAY of the month



Wake Up Wake up Brown Bear! The leaves are green, The Snow has melted, The birds now Sing.





Mardi Gras Photos

Thank You Bingo Sponsors!

