

Celebrating May ~ Elder American's Month

Front Lawn Flower Sale - Friday, May 11th

9:00 am — 6:00 pm

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

Flowers by Webb Perennials

**BBQ Cookout 10:30—2:00 Hot Dogs & Hamburgers For Purchase



Senior Day Luncheon

**At the Olde Dutch Restaurant
Thursday, May 17th at 11:30 am.**

Doors Open @ 10:30

Sign Ups Until seating is filled. Ticket \$15.00

Music Sponsor: Sandy & Ralph Ogle



Lardo & Burley of *The Moron Brothers* have been entertaining folks for years with their hilarious stories and original songs. They are a favorite at Bluegrass Festivals across the nation and have shared the stage with greats like JD Crowe, Eddie Adcock, Bobby Osborne and Rhonda Vincent just to name a few.

LET'S GO CRUISING...

**SATURDAY, MAY 19th
SEVENTEENTH ANNUAL CRUISE IN**

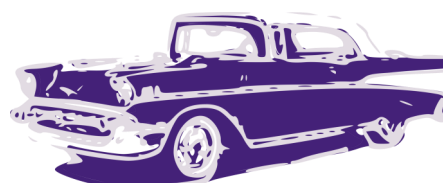
Held at Walmart of Logan Registration \$10.00 from 9:00—11:00 am (Rain or Shine)**

**CASH AWARDS FOR BEST OF SHOW, 1ST, 2ND & 3RD PLACE.
20+ TROPHIES JUDGING STARTS AT 11:30 AM.**




**DJ: JOHN JUDSON
PLAYING OUR FAVORITE MUSIC**

**ATTENTION SENIORS! Please come out and cast a
vote for your favorite car, grab a bite to eat and support
your center!**



****Special Thanks to our Sponsors: Walmart of Logan
and Interim Healthcare of Logan**



MAY 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 NURSING STUDENTS 9AM-11AM	2	3 Center open at 9:30 am today.	4 NO FIT4LIFE	5
6	7	8 ELECTION DAY BUILDING CLOSED	9 Widows Support Mtg. 12-12:45	10 Blood Pressure	11 Flower Sale 	12
13 	14	15 Blood	16	17 Senior Day Luncheon	18 NO FIT4LIFE	19 17 th Annual Cruise In
20	21	22 SEOLS 12-3	23 Widows Support Mtg. 12-12:45	24 Wear Red Today. Health Talk Blood Pressure	25 5 pm Senior Carry-In	26
27	28 <i>Memorial Day Closed</i>	29	30 Blood Pressure	31 Blood Pressure		

JUNE 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 12PM PROGRESSIVE EUCHRE	Check for Special Meals.
					1	2 FISH FRY 4-6:30
3 Chorus Concert	4	5	6	7 Center open at 9:30 am today	8 MALL TRIP	9
10	11	12	13 HCCOA Widows Support Mtg. 12-12:45 Diabetic Shoes Here	14 Blood Pressure Flag Day	15	16
17 HAPPY Father's Day!	18	19 Blood Pressure	20	21  Beach Party Blood Pressure	22	23
24	25	26	27 Widows Support Mtg. 12-12:45 Blood Pressure	28 Wear Purple Today. Health Talk Blood Pressure	29 Senior Carry in	30

TRIPS & OUTINGS

OUTDOOR DRAMA - TECUMSEH!

AUGUST 9th, THURSDAY, EVENING TRIP TO SEE THE DRAMA—TECUMSEH

Transportation Fee \$20.00

Tickets at box office \$24.50; Depart Center at 6:00 pm, Show 8:00-10:45 pm.

Witness the epic life story of the legendary Shawnee leader as he struggles to defend his sacred homelands in the Ohio country during the late 1700's.

The huge, outdoor stages of the Sugarloaf Mountain Amphitheatre afford the audience a unique viewing experience. Sit beneath the stars as sheer spectacle surrounds you with a herd of galloping horses, live military cannon in action, and the most dazzling battle sequences offered on the American stage.



POLARIS FASHION MALL & IKEA STORE



Friday, June 8th

Transportation \$25.00 per person
Depart 8:45 am Return Approx. 5:00 pm.

Polaris has over 190 stores & restaurants. Ikea is a Swedish -Dutch Based Company that designs and sells a variety of home products.

Amish Day Trip

Wednesday, July 25th

Transportation \$30.00

Depart 7:00 am Return Approx. 9:00 pm.

Lots of Shopping, Cheese factories, Amish Farms, Good Food & Bakeries



Seats are limited. Payment is required at time of sign up.

Spring Planting

On Tuesday, April 10th, a handful of our members took the van to Southeast Ohio Foodbank and Regional Kitchen. Although the weather was chilly, Mother Nature said it was time to plant the seeds for the facility's spring gardens. So Sandy Geiger-Stivison, Elaine Pryor, Irmgard Warthman and Daisy Wilkins, spent a couple of hours touring the facility and planted a variety of lettuces, beets, broccoli, and radishes. The senior members were also joined by SHSC Staff Loretta Kemper & Tina Koska.



AFTER HOURS MEALS

DELICIOUS FISH FRY ~ FIRST SATURDAY OF THE MONTH



JUNE 2ND ~ 4:00—6:30 pm

MENU: Deep Fried Fish (Pollack) French Fries, Green Beans or Baked Beans, Cole Slaw, Dessert & Drink *Suggested donation: \$10.00 each*

 **DON'T MISS** 
Friday, July 6th—Ice Cream Social *4-7 pm.

HOMEMADE ICE CREAM & PIES



Grilled Burgers, Hot Dogs, Coney Dogs & Brats, Brats w/sauerkraut.

SIDES: Baked Beans, Green Beans, French Fries, Cole Slaw along with Drinks & Desserts.

ICE CREAM FLAVORS

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

Proceeds benefit the Senior Center.



Interim
HEALTHCARE

When it matters most, count on us.

Helping Seniors Age in Place.

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

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

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



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: Mon. Tues. & Fri. 8:30—5:00 & Thursday 8:30—7:00 pm

EXERCISE AND BILLIARD ROOMS ARE AVAILABLE DAILY.

MONDAYS: 10:00 10:00 1:00	Strength & Balance Class (1 st , 3 rd & 5 th Mondays) Chair Yoga (2 nd & 4 th Mondays) Line Dancing (Beginners Welcome)	
TUESDAYS: 9:00 10:45-11:30 12:00 12:45	Chair Volleyball *Don't Miss June 5th @ 9:00 am — Staff vs Seniors! <i>Free Blood Pressure 3rd Tuesday</i> Free Bingo Chair Volleyball	
WEDNESDAYS: 10:00 11:30 10:45-11:30 1:00	Fellowship/Devotional Group with Karen Kornmiller Senior Chorus Practice <i>Free Blood Pressure Last Wednesday of Month</i> Tai Chi \$2.00 per class All Members Welcome	
THURSDAYS: 9:00—10:30 10:45—11:30 11:00 12:00 1:00 3:30-4:30 4:30—5:30	Chair Volleyball <i>Free Blood Pressure (2nd & 4th Thursdays)</i> Chess Club Free Bingo Chair Volleyball Line Dancing—Beginners & Easy Dancing Line Dancing—Advanced	
FRIDAYS: 9:00 11:00 12:00 10:00 5:00	Pinochle Cards Billiards Progressive Euchre FIT4LIFE Danielle Arnett, Exercise Physiologist (No Fit4Life 5-4 & 5-18) Carry In May 25 & June 29.	

**You are never too old to set another goal
or dream a new dream. CS Lewis**

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**



Photos from the Fashion Show



Members and guests had a great time at the **SWINGING INTO SPRING BON WORTH FASHION SHOW**. The audience enjoyed the beautiful spring fashions, purchases were made and a good time was had by all. *Special thanks to our Lovely Models: Susan Swart, Vicki Hedges, Pauline Ashbaugh, Bonnie Lindsey, and guests from Bon Worth.*



HEALTH & WELLNESS

New



I get by with a little help from my friends.

"Good Grief" A support group for Widows.

First meeting Wednesday, May 9th from Noon – 1:00 pm. This group is a place for women to share their grief, sympathy, support, and stories. Group will meet in the Card Room on the 2nd & 4th Wednesdays.

HEALTH NETWORK PRESENTS



THURSDAY, MAY 24th, @ 11:30. NATIONAL STROKE AWARENESS MONTH
Presentation by Melissa Brown, CNP Hopewell Inc., Logan

"Stroke: It Happens in an Instant"

A stroke is an emergency – it can happen to anyone, at any time, and at any age. What happens when someone experiences a stroke and what occurs on the way to and at the hospital, is the focus of this year's **National Stroke Awareness Month**.



THURSDAY, JUNE 28th @ 11:30 AM. ALZHEIMERS & BRAIN AWARENESS MONTH
Presentation by Michelle Crum, Alzheimer's Association of Columbus

Michelle will be speaking on New Updates in Alzheimer's Research, Treatments, Sundowners along with a Question and Answer period.

Everyday Divinity Foot Care Clinic will be here MAY 21st and JUNE 25th



Fee: \$30.00. 30 minute appts. 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** 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 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 **May 22nd & July 24th**
CALL THEIR OFFICE TO SCHEDULE AN APPOINTMENT 1 (800) 686-3668



Scenic Hills Senior Center—Senior Maintenance Service



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.

MAY & JUNE EVENTS AT THE CENTER



The Hocking College Nursing Students will be here on **Tuesday, May 1st, @ 9:00 am** to challenge us in Chair Volleyball and Nutrition Bingo.



First Day of Summer Let's Celebrate!

It's a Beach Party! Come Kick off the First Day of Summer with Fun, Games & Activities at Thursday, June 21st. Lunch will be @ 11:00

You must call HAPCAP to reserve your Lunch @ 385-6813
Menu: Hamburger or Hotdog, Coleslaw, Baked Beans, Potato Wedges and Fruit Parfait. \$2.00 for 60+

Activities Sponsored by Interim.

All Things Bright and Beautiful Spring Chorus Concert



Sunday, June 3rd @ 2:30 pm
Refreshments following Concert
Free and open to all ages.



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

Shoes4diabetics
Premiere provider of therapeutic shoes

**WEDNESDAY, JUNE 13th @ 1:00—2:30 pm. SHOES 4 DIABETICS
2018 INFORMATIONAL DIABETIC FORUM**



Diabetic Supplies, Inc. is accredited to provide diabetic shoes to Medicare, Medicaid and private insurance beneficiaries.



During this Diabetic Shoe Clinic, you will be able to choose from high quality therapeutic shoes approved by Medicare and private insurance carriers. **Medicare often will cover the cost of one pair of therapeutic shoes and inserts for people with diabetes every calendar year.**

Sign ups to attend are in the Scenic Hills Senior Center Office or call 1-800-231-3214 for further information and to answer your questions.

TRAVEL WITH SCENIC HILLS SENIOR CENTER



NEW DIAMOND TOUR TRIPS FOR 2018

**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**

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, 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.



COACH & CRUISE TO BERMUDA APRIL 27—MAY 5, 2019



Passport Required.

Prices based on double occupancy
\$1829 —\$2119.

Brochures in Office or Call to have one mailed.

Sailing Itinerary

28 April—New York City
29 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

"Golden Days" Senior Prom

Where the Logan High School Student Council met the Seniors at Scenic Hills Senior Center.

In March the SHSC was approached by a few High School Students on the Logan High School Student Council with a request to sponsor a Senior Prom for the members of SHSC. On March 16, these outstanding High School Seniors then put on a Senior Prom at the center, complete with delicious food, dancing music and gold and black decorations. The students danced the night away with our seniors and everyone had a wonderful time. Daisy Wilkins and Roger Hedges were voted Senior Queen & King.



HAPPY BIRTHDAY TO OUR FRIENDS * MAY & JUNE

Donna	Riggs	2-May
Patricia	Mikita	3-May
Ken	Shepherd	4-May
George	Williston	5-May
Donna	Lowes	5-May
Carol	Seely	6-May
Shawn	Sowers	7-May
Pamela	Thomas	9-May
Suzanne	Stivison	10-May
Joseph	Staten	10-May
Sandy	Stivison	10-May
Max	Brandon	11-May
John	Stage	12-May
Jeffrey	Mundy	13-May
Bertye	Donaldson	13-May
Tom	Hatfield	13-May
Minchen	Vickers	14-May
Edward	Swart	15-May
Judy	McCort	16-May
Carl	Wesseloeft	16-May
Colleen	Toops- Morrison	17-May
Hazel	Williston	18-May
Gina	Enderle	18-May
Milba	Linn	19-May
Shirley	Horton	20-May
Adelia	Hupp	20-May
Beverly	Lytle	21-May
Elmer	Loudermilk	21-May
Ruth	Stump	21-May
Dorothy	Rardain	23-May
Theresa	Regan	24-May
Judy	Shaw	25-May
Robert G	Robinson	25-May
Leatha	Guess	28-May
Diana	Gramling	31-May
Vera	Gable	31-May

Dean	Sinift	1-June
Diane	Hillyer	1-Jun
Velma	Brinson	1-Jun
Myrna	Angle	3-Jun
Derek	Mills	4-Jun
Judy	Addington	5-Jun
Fred	Akers	5-Jun
Geri	Zifchak	7-Jun
Karen	VanBibber	7-Jun
Janie	Chesser	8-Jun
Bonnie	Brown	8-Jun
Caroline (Rose)	Martin	9-Jun
Mary	Fisher	10-Jun
Janet	Gossell	10-Jun
Thelma	Farmer	11-Jun
Betty	Goodlive	11-Jun
Lynn	Royer	11-Jun
Mary	Sigler	12-Jun
Alice	Blatchley	13-Jun
Sharon	Burger-McBride	14-Jun
Rona (PearL)	Kearns	14-Jun
Karen	Brandon	15-Jun
Yvonne	Culbertson	15-Jun
Margie	McVey	16-Jun
Ada M.	Nash	16-Jun
Paul	Geiger	16-Jun
Joyce	Pinson	17-Jun

Mary	Dotson	17-Jun
Kenneth	Rheinscheld	18-Jun
Mike	Downour	19-Jun
Jerry	Smith	19-Jun
Lester	Carpenter	20-Jun
Jean	Rheinscheld	20-Jun
Mary	Baughman	21-Jun
Cinda K.	Wilson	21-Jun
Debra	Stimmel	22-Jun
Bruce	Lytle	22-Jun
Angelika	Stump	22-Jun
Jacqueline	Cosper	23-Jun
Clarence	Fuller Jr	23-Jun
Roger	Howard	24-Jun
Charles	Cheadle	24-Jun
Greg	Canan	25-Jun
Karen	Kornmiller	25-Jun
Jewell	Carpenter	26-Jun
Richard	Guess	26-Jun
Shirley	Harwood	26-Jun
Virgie	Reynolds	27-Jun
Frances	Still	27-Jun
Kenneth	Farmer	27-Jun
Bobbe	Ray	30-Jun
Sara	Gibbons	30-Jun

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



MONTHLY SENIOR CARRY IN CLUB @ 5:00 PM

Monthly Birthdays are recognized at the Carry In.

FRIDAY, MAY 25th
Guest Speaker:
Tom Hutchison
Prison Ministry



FRIDAY, JUNE 29th
Guests: Class of 62



Office Hours: Monday thru Friday 8:30 AM—4:00 PM
Building Open: Mon. Tues. & Fri. 8:30—5:00 & 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

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

THE CENTER/BUILDING WILL BE CLOSED ON:

1. Tuesday May 8th for voting.
2. Thursday May 28th for Memorial Day.
3. The building will be closed until 2:00 pm on Thursday, May 17th for Senior Day.



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



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and Rehabilitation

Laura Kennedy, Admissions & Marketing Director

P 740-385-2155 300 Arlington Avenue, Logan, OH 43138
F 740-385-1789 lkennedy@logancareandrehab.com
www.logancareandrehab.com

Bingo Sponsors!



THE CITIZENS BANK fspt FIRST SETTLEMENT PHYSICAL THERAPY Logan Care and Rehabilitation CAREtenders Excellence Through Senior Advocacy FAIRHOPE HOSPICE & PALLIATIVE CARE HOME OF THE PICKERING HOUSE 98.3 SAM simply about music THE LAURELS OF ATHENS A Skilled Nursing and Rehabilitation Center Carlin HOUSE Assisted Living HOCKING VALLEY COMMUNITY HOSPITAL Hickory Creek OF ATHENS Home Helpers® Making Life Easier®