



September & October

Annual Membership Dues

Sign up for your annual membership. The cost is \$5.00 per year or \$11.00 if you wish to receive a mailed newsletter.

There is an enrollment form on our website, or pick one up at 187 S. Spring St.

Building Closures

187 S. Spring St will be closed to activities on Nov. 2 for voting.

Facebook Page



Please like us on Facebook for timely updates.
Scenic Hills Senior

Center.



TUESDAYS AND THURSDAYS
10:00 TO 11:00 AM
580 RADIO LANE

2021

Scenic Hills Senior Center

is proud to sponsor
Senior/Veteran's Day
At the Hocking County Fair
THURSDAY SEPT. 16TH
9:00 am to 3:00 pm
Admission is free for
Veterans and Seniors age 50+

Visit our Senior Center booth in the art hall for a free gift on Thursday 9-3 p.m. Ages 50+

Two groups from the Senior Center will be performing in the Shelter House on Thursday, Sept. 16th. Line Dancing led by Kathy Thatcher, at 10:00 a.m. and Drums Alive led by Danielle Arnett at 11:00 a.m.

TUESDAY BINGO



Come join us for Bingo every Tuesday at 10:00 am at our 187 S. Spring St. location. On Tuesday, September 7, we will have a special, hippie themed Bingo day. Think peace, love and tie-dye for your costume; wear a long wig or an Afro and tie a bandana or daisy chain headband around your head. Sport bell-bottom pants with a peasant top, poncho or tie-dyed shirt, and try to find a pair of round, colored hippie glasses to wear.

On Tuesday, September 14th, we will have a Farmer's Day theme. Wear your straw hats, bib overalls, flannel shirts, boots, etc. The best costumes will win a prize.

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Buckeyehills.org/aging



Logan

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Emily VanLangen

Admissions and Marketing Director

300 Arlington Avenue, Logan, OH 43138

Office: (740) 385-2155

Mobile: (740) 510-0019

Fax: (740) 969-5272

Admissions@ehlogan.net

Hocking County

The Gateway to Ohio's Scenic Wonderland

Gary Waugh

County Commissioner

1 East Main St.

Logan OH 43138

740.385.5195

Email: commissioners@co.hocking.oh.us

Enjoying A Day at the Pool



Hocking Valley Community Hospital rented the Logan pool and invited Seniors to take advantage of the warm weather for some fun water fitness exercises. Many of the participants enjoyed going down the slide.



New Walking Group to Start in September



One Step at a Time is the name of a new walking fitness program that will start on September 2nd at 1:30 p.m. and meet each Thursday in Sept.

Steven Fowler, Wellness Center Supervisor, will lead the group.

- Meet at the Hocking Co. Fairgrounds Arts and Crafts Building
- Wear comfortable walking shoes and bring a bottle of water if you would like
- Walk Duration will be up to one hour
- Free for ages 50+
- Bring a friend or make some new ones

Everyday Divinity

Nurse Delivered Foot Care

9:00 am. to 2:00 pm.

Dates Available:

Monday, September 27th

Monday, October 25th

Monday, November 22nd

Thursday, December 16th

@ 580 Radio Lane

Cost: \$35

To schedule an appointment, call

614-716-9919

Meet the Newest Member of Our Team



Steven Fowler is the Educational and Wellness Supervisor in our E&W facility on Radio Lane. Steven has spent the past 10 years as a Physical Therapist Assistant prior to joining our Education and Wellness team. He will

be utilizing his experience to teach exercise classes, oversee and assist members with the exercise equipment in the fitness facility, and continue to support the vision for growth in supporting health and wellness for seniors in Hocking County.



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Adena Home Care number for referrals: **740.779.4663**

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Cell: (614) 203-3158

Medicare Insurance Solutions

Rick *"The Llama Guy"* Wagner, Independent Agent
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rickwagner@wagnerinsuranceagency.net
www.wagnerinsuranceagency.net

Appalachian Art and Craft Market

This Art and Craft Market is a step above the average. Entering the door you are set aback by the angled aisles and awesome grand staircase that leads to a large selection of primitive, country, and American crafts provided by over 120



26784 US 33 Rockbridge,
OH 43149 **(740) 380-9020**

Sandra Ogle, Proprietor



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70 Columbus Circle, Athens, Ohio 45701
740-592-1000 * laurelsofathens.com

BeauVerre Riordan Stained Glass Studio

Thursday September 30th

\$30.00 Per Person Transportation

Leave 8:00 A.M. Return 5:00 P.M.



THE GOLDEN LAMB

SINCE 1803

Take a guided tour of BeauVerre Riordan(\$7.50 per person-pay driver day of trip). It is the oldest continually operating stained glass studio in the country. Located in a historic building in the heart of Middletown, BeauVerre/Riordan specializes in stained, beveled, etched, painted, and fused glass. The artists are on-hand for demonstrations and a featured gallery contains one-of-a-kind glass-ware pieces. Next onto The Golden Lamb , Lebanon Oh., for a wonderful lunch on your own! This Farm to Table restaurant has been in business for over 200 years. Do a little shopping after lunch in Historic Lebanon before heading home!

Fish Fry Dinner

Friday September 10th

4:00 to 6:30 pm

740-385-6581

Suggested Donation \$10.00

Dine In or Carry Out



Hocking County



The Gateway to Ohio's Scenic Wonderland

Jeff Dickerson

County Commissioner

1 East Main St.

Logan OH 43138

740.385.5195



**HOCKING HILLS
BANKING CENTER**

A member of the VCNB financial family

JJ Wright

Branch Manager

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Fax: 740.380.0443

jj.wright@vintoncountybank.com NMLS#1133530

427 West Hunter Street, Logan, Ohio 43138

www.VCNBfamily.com

BIRTHDAY

September

Linda	Bailey	September	1
James	Cartwright	September	1
Nancy	Garrett	September	2
Sharon	Brown	September	3
John	Graham	September	3
Robert	Seibert	September	5
Pete	Kunkler	September	6
Dianne	Conrad	September	7
Don	Griggs	September	7
Terry	Norris	September	7
Judy	Woolery	September	7
Connie	Cassady	September	8
Patty	Edgar	September	8
DiAnna	Wolfe	September	8
Shirley	Switzer	September	10
Susie	Canan	September	11
Rex	O'Dell	September	12
Edward	Price	September	12
Kathleen	Fleming	September	14
Bonnie	Lindsey	September	16
JoAnn	McCauley	September	16
Charles	Angle	September	17
Clayton	Stahr	September	17
Wilma	Kuhn	September	18
Jane	Shannon	September	18
Janice	Glenn	September	19
Debbie	Howdyshell	September	19
Larry	Sapp	September	21
Barbara	Smith	September	21
Deborah	Enderle	September	22
Russel	Enderle	September	22
Jennifer	Adams	September	23
Daniel	Dozer	September	23
Ken	Wise	September	24
David	Shepherd	September	26
Sherman	Prater	September	27
Martha	Sams	September	28

September

Floyd	Blount	September	29
Mel	Truex	September	29
Kim	Forbes Powell	September	30
Andy	Keplar	September	30
Wanda	McLaughlin	September	30
Kathy	Stiverson	September	30
Michael	Walsh	September	30
Sandra	Webster	September	30

October

Nellie	Nihiser	October	1
Dianna	Roach	October	3
Harold	Nichols	October	4
Sheila	West	October	4
Becky	DeCamp	October	5
Robert	Steele	October	6
Millie	Toole	October	6
Pauleta	Fuller	October	6
Betty	Cather	October	7
Dale	Keirns	October	8
Pat	McCollum	October	8
Tom	Gordon	October	9
Berdena	Smart	October	9
Donna	Enderle	October	10
John	Judson	October	10
Larry	Kienzle	October	11
Wayne	Grove	October	12
Linda	Ritchey	October	12
William	Cunningham	October	13
Leola	Schrader	October	13
Vicki	Howard	October	14
Garnet	McGomery	October	14
Barbara	Vorhees	October	14
Dorothy	Peery	October	16
Cindy	Saving	October	16
Cathy	Krumlauf	October	17
Jane	Mong	October	17
Mary	Arnold	October	18

October

Edward	Goss	October	18
Roger	Hinerman	October	18
Virginia	Mingus	October	18
Ann	Spencer	October	18
Jeff	Crisler	October	21
Denise	Kiamy	October	21
John	Hughes	October	22
May	Stevens	October	24
Shirley	Whittington	October	24
Loren	Young	October	24
Doug	Daubenmire	October	25
Marilyn	Johnson	October	26
Ernie	Campbell	October	27
Ronald	Courtney	October	28
Chris	Stiverson	October	29
Pauline	Ashbaugh	October	30
Bonnie	Morris	October	30
Reid	Hart	October	31
Larry	Simonton	October	31



Fitness Choices

Scenic Hills Educational & Wellness Center

Age really is just a number. You might be 55, but look 40 and feel 35. Or, you might be 50, but look and feel 65. It all has to do with how well you care for your body and what you do to stay active. Suggested donation for classes is \$3.00 . **Children are not allowed in building during classes.**

One Step at a Time– Thursdays at 1:30am– Meet at Fairgrounds

Steven Fowler will lead a walking around the fairgrounds for fun and fitness.

Fit w Bev– Tuesdays and Thursdays at 9:00am

This class incorporates dance and stretching exercises for a total body fitness and cardio workout.

Chair Yoga– Tuesdays at 11:00am

Chair yoga is a great way for older adults to get the wonderful health **benefits** of **yoga**. Stay-
ing **seated** means that even frail **seniors** or those who aren't flexible can safely do the
exercises. **Yoga** is an excellent way for older adults to loosen and stretch painful muscles, reduce
stress, and improve circulation.

Tai Chi- Wednesdays at 1:00pm

Each one-hour class includes simple exercises that comprise basic elements of Tai Chi suitable for
beginners or continuing students. The aim of the class is twofold;

- Strengthen the body while inviting increased balance and flexibility

Line Dancing– Wednesdays and Thursdays at 3:30pm

Line dancing incorporates a variety of different **exercise** elements. It includes cardiovascu-
lar **exercise** for your heart, strength training for your muscles, and endurance for overall body func-
tion. It is also an amazing way to relieve stress because it's fun and just makes you feel **good**.

Drums Alive– Thursdays at 11:00am

It brings together drumsticks, an exercise ball, and an exercise ball stand to create one of the most
fun workouts you'll ever do. Using the exercise ball as your **drum**, and mixing in fun moves, **cardio**
drumming turns keeping a rhythm into a workout you won't want to stop.

Delay the Disease– Tuesdays and Thursdays at 10:00am

Delay the Disease TM, a nationally-recognized fitness program that empowers individuals to fight
the effects of their Parkinson's disease, and other neurological disorders. Using symptom-specific
exercises, *Delay the Disease* helps participants:

- Move with ease and confidence in a crowd
- Get out of bed and rise from a chair independently
- Improve handwriting
- Dress independently

*580 Radio
Lane*

Halloween

Costume Party & Carry In Luncheon

On Tuesday, October 26th, right after Bingo we will celebrate Halloween with a costume party and a carry in luncheon. There will be games and prizes for the best costumes, and cake! Bring a covered dish to share (other than cake), and enjoy the fun.

“Transportation”



Is the theme of our fall Choir concert. It will be held on Oct. 10th at the Spring St. location, at 2:30 pm. Refreshments will be served following the concert. The concert is free and open to the public.

Medicare Open Enrollment

Part D begins Oct. 15th and ends Dec. 7th

you can update or switch your Medicare drug plan and/or your Medicare Advantage plan. Your new coverage will begin Jan. 1 of the next year. Call the Ohio Senior Health Insurance Information Program (OSHIIP) with questions: 1-800-686-1578.

Medicare Made Easy

Frank Smith from MediGold will be available at our Spring St. location to answer questions on the following dates.

October 7th	1:00 to 3:00 pm
November 16th	1:00 to 3:00 pm

MediGold
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Frank Smith Jr.
Sales & Marketing
Representative

6150 E. Broad St., EE320
Columbus, OH 43213
P 323-363-3257
E Frank.SmithJr@MediGold.com

f Facebook.com/MediGold
MediGold.com

FALL LEAVES TRIP

Thursday, October 14, 2021



Take a picturesque drive through the Hocking Hills to view the fall leaves. We will stop for lunch along the way. The trip will depart at 10:00 am and return by 4:00 pm. Cost \$10.00 per person. Sign up and pay in Senior Center office.

Please Help us by Filling out this questionnaire and turning it in to either of our two locations.

Put a check mark by the subjects you would most like to hear more about.

Check as many as interest you.

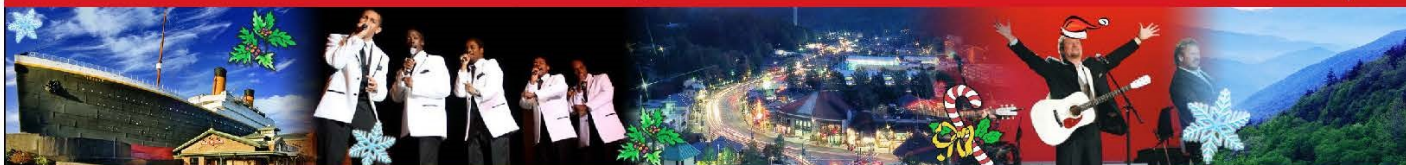
1. Dietary Choices as related to heart disease and risks of heart disease.
2. Gut Health including probiotics, fiber, carbs and plant based foods.
3. Reading and Understanding labels
4. Macronutrients
5. High Quality Protein Choices
6. Dietary Guidelines 2020-2025



DISCLAIMER: The 2" x 3.5" ads displayed in the newsletter are **PAID ADVERTISEMENTS**. Cost for the sponsorship is \$600.00 per year (based on 6 newsletters). The Monthly Sponsors are those agencies who support our Bingo, Blood Pressures and Special Event Programs.

SCENIC HILLS SENIOR CENTER PRESENTS

Pigeon Forge and Smoky Mountains Show Trip



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 4 nights lodging in the Smokies
- ◆ 8 meals: 4 breakfasts and 4 dinners
- ◆ Admission to TITANIC: THE WORLD'S LARGEST MUSEUM ATTRACTION
- ◆ Two Morning Shows: The SMITH MORNING VARIETY SHOW and "TIS THE SEASON" SHOW
- ◆ Four Evening Shows: PATTY WASZAK SHOW, SOUL OF MOTOWN, AMERICA'S HIT PARADE & COUNTRY TONITE
- ◆ Free time in HISTORIC DOWNTOWN GATLINBURG

For more pictures, video and information visit:
www.GroupTrips.com/ScenicHillsSeniorCenter

\$550 *

5 DAYS 4 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Mon - Fri)

Nov 29 - Dec 3

2021



AMERICA'S HIT PARADE SHOW



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

SCENIC HILLS SENIOR CENTER PRESENTS

Montreal & Quebec City & Canada's Capital City - Ottawa



** You Must Bring a Valid U.S. Passport or U.S. Passport Card for this Tour

A Local Guide with You During Your Stay

INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 7 nights lodging including 5 consecutive nights in Canada
- ◆ 12 meals: 7 breakfasts and 5 dinners
- ◆ Local guide with you each day in Canada
- ◆ Guided Tours of Montréal, Québec City & Canada's Capital City - Ottawa
- ◆ Visit Notre Dame Basilica
- ◆ Go to Montréal's Underground City and Ottawa's Parliament Hill
- ◆ Narrated Cruise on the stunning St. Lawrence River
- ◆ Admission to the world famous Montréal Tower

For more pictures, video and information visit:
www.GroupTrips.com/ScenicHillsSeniorCenter

\$875 *

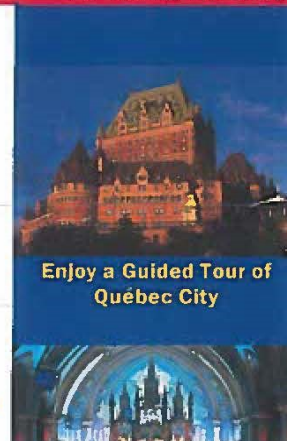
8 DAYS 7 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Sat - Sat)

June

11 - 18, 2022



Enjoy a Guided Tour of Québec City

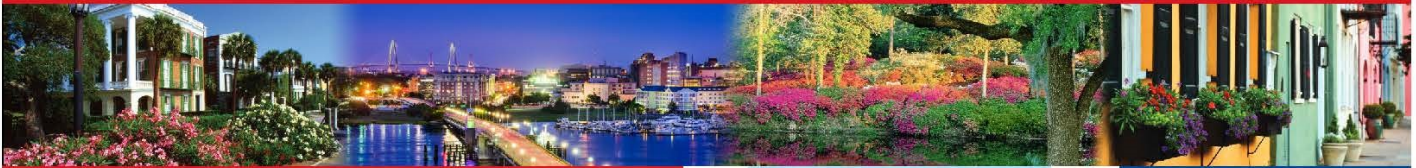
Departure: Scenic Hills Senior Center, 187 South Spring St, Logan, OH @ 8 am

For More Information or Reservations Call

740-385-6581

SCENIC HILLS SENIOR CENTER PRESENTS

Charleston



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 5 nights lodging including 3 consecutive nights in the Charleston area
- ◆ 8 meals: 5 breakfasts and 3 dinners
- ◆ Horse and Carriage Tour of Charleston
- ◆ Relaxing Harbor Cruise in Charleston
- ◆ Visit to Famous and Historic Middleton Place
- ◆ Guided Tour of Charleston
- ◆ Tour of a Historic Charleston Home
- ◆ Guided Tour of a Historic Charleston Plantation

For more pictures, video and information visit:
www.GroupTrips.com/ScenicHillsSeniorCenter

\$715 *

6 DAYS 5 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Mon - Sat)

July

25 - 30, 2022



**Tour Charleston by
Horse and Carriage**



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

SCENIC HILLS SENIOR CENTER PRESENTS

Beautiful Maine



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 6 nights lodging including 4 consecutive nights in Maine
- ◆ 10 meals: 6 breakfasts and 4 dinners
- ◆ Guided Tour of Portland, Maine's largest city-by-the-sea
- ◆ Guided Tour of quaint Kennebunk and Kennebunkport
- ◆ Tour of historic Victoria Mansion
- ◆ Guided Tour of Pineland Farms, a picturesque working farm
- ◆ Visit to Boothbay Railway Village, including a vintage train ride
- ◆ Visit to the Seashore Trolley Museum and countryside trolley ride

For more pictures, video and information visit:
www.GroupTrips.com/ScenicHillsSeniorCenter

\$715 *

7 DAYS 6 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Sun - Sat)

September

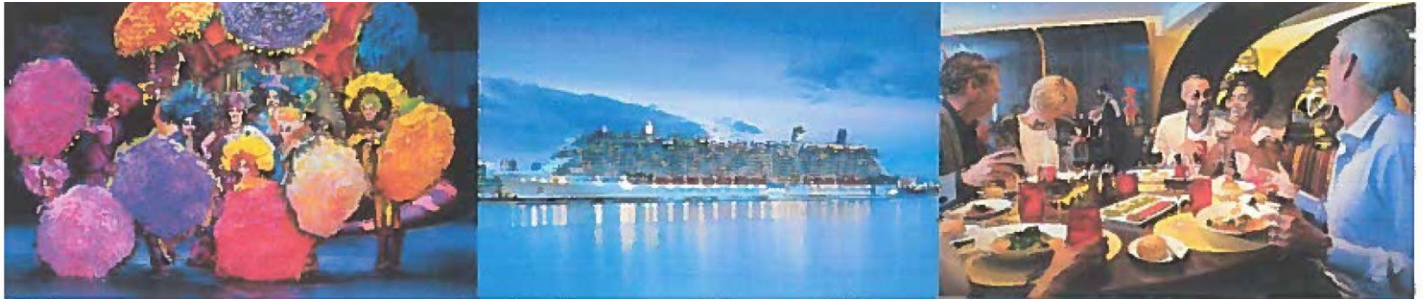
4 - 10, 2022



**Enjoy the historic
Portland Waterfront**

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

**For More Information or Reservations Call
740-385-6581**



SPAIN, FRANCE & ITALY

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Celebrity Constellation
10 days, 9 nights***

Sept 24 to Oct 3 2022

Air Departs US on Sept. 23rd to arrive in Barcelona on Sept. 24th

Inside Cabin \$3,927 Outside Cabin \$4,197 Balcony Cabin \$4,787

Passport Required Pick up flyer in 187 S. Spring St. office for more details

In House Dining Through HAPCAP

Starts Aug. 30th at 11:00 a.m.

Call for Reservations at least
one day in advance

740-385-6813



**vote *yes* for
SENIOR SERVICES**

On November 2nd

**It's not the
years in your
life that count.
It's the life
in your years!**

(Abe Lincoln)

Thanksgiving Luncheon

Friday November 19th @ 11:30 a.m.

Sign ups start October 4th

Reserve and pay by November 15th \$15.00

Johnny Cash Tribute

Limited Reservations

Reserve your spot and pay by Nov. 15th
Spring St office

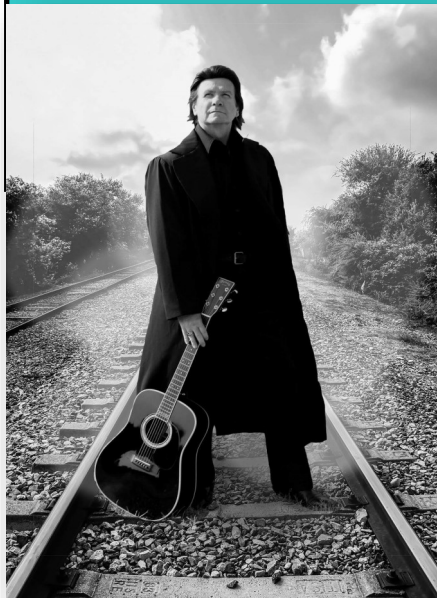
Doors Open at 10:30

(no one will be admitted before 10:30)

Olde Dutch Restaurant

(lower level)

Sponsored by Sandy Ogle



Entertainment by Terry Lee Goffee,



Care where you need it, when you need it.

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Wednesday at 10:00 a.m



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740-385-8561

SCENIC HILLS SENIOR CENTER

187 S. SPRING ST.

ANNUAL FALL HEALTH FAIR

WEDNESDAY OCTOBER 13TH

9:00 A.M.- 12 NOON 

**Door Prize
Giveaways**

Brunch Menu:
Sandwiches* Soup*
Fruit Salad*
Casseroles* Sweets*
& more!

**Health Screenings
Included:**
Free Blood Pressure &
Glucose, Hearing checks,
Flu Shots-bring Medicare card,
B.M.I, Mobile Mammo

**Free
& Open To
Public!**



alzheimer's  association®

Do you want to know more about Alzheimer's disease?

Do you need help preparing for the future?

Are you wondering about available community services?

Would you like to talk with a professional?

We have scheduled three health talks with our local Alzheimer Association

September 7th - Healthy Living for Your Brain and Body: Tips From the Latest Research

October 5th - 10 Warning Signs of Alzheimer's

December 7th - Understanding Alzheimer's and Dementia

All talks are on Tuesdays from 9:30 to 10:00 a.m.

At 580 Radio Lane



Balancing My Health Fall Prevention

This new class is a falls prevention and physical activity program developed specifically for older adults. It includes exercises, instructors and featured speakers. The exercises focus on 4 key areas important for fall prevention: low impact cardiovascular; balance work, strength training and stretching. Classes meet two times a week, for 3 weeks.

Starts Monday October 18th 10:30 am to 12:00 Noon

Sign up in advance * Class size is limited * Class is Free

For more information call 740-385-6581, ask for Janet.



Executive Director: Marjorie Moore
Phone 740 385-6581 Fax: 740 385-3548
187 S. Spring St., Logan OH 43138
www.scenichillsseniorcenter.com
Administrative Assistant: Loretta Kemper
Fiscal Officer: Patty Sammons
Activity & Office Support: Tina Koska
Office Support/Driver: Carla Smyers
Van Maintenance/Driver: Dale Brown & Bob Fitzgerald
Maintenance: Nate Nelson & Larry DeBerry

Educational & Wellness Center

Executive Director: Marjorie Moore
Phone 740 385-6581 Fax: 740 385-3548
580 Radio Lane., Logan OH 43138
www.scenichillsseniorcenter.com
Edu. & Wellness Supervisor: Steven Fowler
Marketing & Education: Janet Blair

OFFICE HOURS: Monday-Friday 8:30 am—4 pm.

Ribbon Cutting **Open House**

**Scenic Hills
Educational & Wellness Center
Tuesday September 28th
5:00 to 7:30 P.M.**



PUBLIC IS INVITED!

***SPEAKERS * HORS D'OEUVRES * TOUR THE NEW GYM**

**580 Radio Lane Logan, OH.
740-385-6581**

