

2023

Scenic Hills
Senior Center
187 S. Spring St

Scenic Hills
Educational & Wellness Center
580 Radio Lane

740.385.6581

November/December

Thanksgiving Luncheon

Thursday, November 16th

Olde Dutch Restaurant - Doors open 10:30 a.m.

Entertainment - Grace Notes

Music in loving memory of Ralph Ogle

Sponsored by: Sandy Ogle & Sandi Johnson

MENU

Turkey, ham, mashed potatoes and gravy, green beans, dressing, roll and drink

SOLD OUT

Event Sponsors:

Roberts
Funeral Home



GoodCare
BY CPCI



SHRIVERS
HOSPICE Humana.

Cake sponsor:

HOCKING HILLS
BANKING CENTER
A member of the YCNB financial family



Scenic Hills Senior Center

Christmas Open House

Friday, December 15th

Choir will perform at 10:00 a.m.

Lunch with Bingo to follow

Event
Sponsors

thrivent

Cardaras
FUNERAL HOMES



Merchants
National Bank
Local People • Local Decisions • Local Commitment

GoodCare
BY CPCI

HOCKING VALLEY
Community Hospital

Humana.

Roberts
Funeral Home

SHRIVERS
HOSPICE

November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Fellowship 10 Choir 1	2 Amish Trip Bingo - 12	3 Euchre - 12	4
5	6 Technology - 1	7 SHSC - Closed for activities - Elections	8 Fellowship 10 Good Grief 11:30 Choir 1	9 Bingo - 12 - Wear your favorite band/singer attire	10 CLOSED - Observance of Veterans' Day	11 Veterans' Day
12	13 Technology - 1	14 Triple Hand/Foot Card Group - 1	15 Fellowship 10 Choir 1	16 Thanksgiving Luncheon No Big	17 Euchre - 12	18
19	20 Technology - 1	21 Triple Hand/Foot Card Group - 1	22 Fellowship 10 Good Grief 11:30 Choir 1	23 CLOSED - Thanksgiving	24 CLOSED - Thanksgiving Break	25
26	27 Footcare Clinic Technology - 1	28 Alzheimer's Support Group - 1 Triple Hand/Foot Card Group - 1	29 Fellowship 10 Choir 1	30 Bingo - 12		

December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Euchre - 12	2
3	4 Technology - 1	5 Triple Hand/Foot Card Group - 1	6 Fellowship - 10 Choir - 1	7 Bingo - 12 - Ugly Holiday Sweater Day	8 Euchre - 12	9
10	11 Technology - 1 Christmas Lights Trip	12 Triple Hand/Foot Card Group - 1	13 Fellowship - 10 Good Grief - 11:30 Choir - 1	14 No Bingo	15 Christmas Open House Choir - 10 Lunch Bingo	16
17	18 Footcare Clinic Technology - 1	19 Triple Hand/Foot Card Group - 1	20 Fellowship - 10	21 Special Holiday Bingo Festivities start 11:30 *Last Bingo of 2023	22 Euchre - 12	23
24	25 CLOSED - Merry Christmas	26 CLOSED	27 Fellowship - 10 Good Grief - 11:30	28 No Bingo	29 November/December Birthday Party 11:30 Euchre - 12	30
31 New Year's Eve! Last Day of 2023!						

Scenic Hills Senior Center
**MEMBERSHIP
RENEWAL 2024**

Scenic Hills Senior Center is now accepting memberships for the 2024 calendar year. Renewal forms can be found at Scenic Hills Senior Center, Educational and Wellness Center, our website or on page 7/8 of this newsletter. Annual membership is \$5 per member. If you want to have the newsletter mailed to you it will be an additional \$15. Newsletters are free to pick up at our buildings and can be accessed on our website.

187 S. Spring Street, Logan
www.scenichillsseniorcenter.com



Yvonne Culberston

June 15, 1945 - September 1, 2023

George Wolfe

November 13, 1943 - September 26, 2023

NOTICE



Effective **JANUARY 3, 2024**

there will be a charge for fitness classes! You will be required to pay \$2.00 per class. This is no longer a suggested donation.

Thank you for your understanding!



Tuesday, Nov. 7 - SHSC Only
Friday, Nov. 10 - All Buildings
Thursday, Nov. 23 - All Buildings
Friday, Nov. 24 - All Buildings
Monday, Dec. 25 - All Buildings
Tuesday, Dec. 26 - All Buildings
Monday, Jan. 1 - All Buildings
Tuesday, Jan. 2 - All Buildings

November Birthdays

Linda Columber	Nov. 1	Ruth Murray	Nov. 9	Charla Campbell	Nov. 21
Linda Drescher	Nov. 1	Shirley Roley	Nov. 9	Charlie Faulkner	Nov. 21
Sandy Ogle	Nov. 1	Rachel Leffler	Nov. 10	Cathy Martin	Nov. 21
Karen Breckenridge	Nov. 2	Becky Smith	Nov. 10	Cheryl Spaulding	Nov. 21
Letha Conner	Nov. 2	Marty Wright	Nov. 10	Wanda Stivison	Nov. 21
Rosemary Hampton	Nov. 2	Larry Brown	Nov. 11	Ruth Walsh	Nov. 21
Ken Wilson	Nov. 2	Dennis Hayes	Nov. 11	Brenda Hopper	Nov. 22
Becky HockingBerry	Nov. 3	Chris Kline	Nov. 11	Steven Klinger	Nov. 22
Dixie Roukie	Nov. 3	Pam Southers	Nov. 11	Barb Marshal	Nov. 22
Shirley Syfert	Nov. 3	Kathy Armentrout	Nov. 12	Rebecca Stuart	Nov. 22
Bonnie Thompson	Nov. 3	LeLand Bateman	Nov. 12	Glen Whittington	Nov. 22
Tammy Turner	Nov. 3	Rita Boyle	Nov. 12	Roland Beck	Nov. 23
Lynn Blake	Nov. 4	Sally Dishong	Nov. 12	Harold Sanders	Nov. 23
Floretta Johnston	Nov. 4	Bryan Erwin	Nov. 12	Deborah Scaparrotti	Nov. 23
Ann Kilbarger	Nov. 4	Teresa Laster	Nov. 12	Alicia Coffill	Nov. 24
Marlene Schmimeyer	Nov. 4	Jeff Reid	Nov. 12	Diane Moor	Nov. 24
Roy Stahr	Nov. 4	Dee Sinkovitz	Nov. 12	Barry Ritchey	Nov. 24
Roy Abram	Nov. 5	Pamela Anderson	Nov. 13	Debbie Hayes	Nov. 26
Carolyn Lewis	Nov. 5	Rose Stewart	Nov. 13	John Bond	Nov. 27
Carolyn Livingston	Nov. 5	Liska Lloyd	Nov. 14	Sue King	Nov. 27
Robert McDaniel	Nov. 5	Mary Lou Giffin	Nov. 15	Connie Burton	Nov. 28
Letha Spicer	Nov. 5	Lynda Mellinger	Nov. 16	Larry DeBerry	Nov. 28
Doris Ambuehl	Nov. 6	Michael Krumlauf	Nov. 17	Mike Flowers	Nov. 28
Dave Crawford	Nov. 6	Deb Lytle	Nov. 17	Donna Meissner	Nov. 28
Bev Hemsworth	Nov. 6	David Beyer	Nov. 18	Holly Gastin	Nov. 29
Andrea Wright	Nov. 6	Kay Bowersock	Nov. 18	Gene Hynus	Nov. 29
Shan Brown	Nov. 7	Bobbie Dickason	Nov. 18	Harold Johnson	Nov. 29
Angela Carrier	Nov. 7	David Evans	Nov. 18	Richard Skinner Sr.	Nov. 29
Edward Croucher	Nov. 7	Ronald Flood	Nov. 18	Wayne Courtney	Nov. 30
Wesley Kemper	Nov. 7	Susan Glunt	Nov. 18		
Sue McBroom	Nov. 7	Roberta Morgan	Nov. 18		
Judy Lynch	Nov. 8	Rita Reinschell	Nov. 18		
Reba McDaniel	Nov. 8	Joel Barkhurst	Nov. 19		
Linda Stevelt	Nov. 8	Jack Breakiron	Nov. 19		
Lorie Ellinger	Nov. 9	Delmar Columber	Nov. 19		
Norma Kessler	Nov. 9	Crystal Mobley	Nov. 19		
Becky Love	Nov. 9	Mike Bailey	Nov. 21		



December Birthdays

Chris Audette	Dec. 1	Bill Bowers	Dec. 15	Christine Risch	Dec. 28
Irene Davis	Dec. 1	Jacqueline Croucher	Dec. 15	Nancy Rheinscheld	Dec. 29
Betty Amnah	Dec. 2	Donald Sigler	Dec. 15	Sharon Smith	Dec. 29
Douglas Enderle	Dec. 4	Janice Ballinger	Dec. 16	Joyce Steinbrink	Dec. 29
Genie Walker	Dec. 4	Tammie Boyer	Dec. 16	Irmgard Warthman	Dec. 29
Crystal Woltz	Dec. 4	Richard Caldicott	Dec. 17	Martha Allison	Dec. 30
David Brimmer	Dec. 6	Jeff Uhl	Dec. 17	Terry Hart	Dec. 30
Christine Glenn	Dec. 6	Brenda Rowe	Dec. 18	Sheryl Kern	Dec. 30
Sherrie Jackson	Dec. 7	Joy Miller Upton	Dec. 18	Mae Chesser	Dec. 31
Bud Jones	Dec. 8	Jean Ann Campbell	Dec. 19	Patricia Danilla	Dec. 31
Diana Mallon	Dec. 8	Peggy Clark	Dec. 19	Janet Kaising	Dec. 31
Roger Moore	Dec. 8	Michael Recker	Dec. 19	Lori Mann	Dec. 31
Betty Patton	Dec. 8	Jeannie Still	Dec. 19	Jane Weiland	Dec. 31
George Brown	Dec. 9	Nancy Garner	Dec. 20		
Carla Smyers	Dec. 9	Carol Mackey	Dec. 20		
Lois Tolbert	Dec. 9	Vicki Roley	Dec. 20		
Susie Hall	Dec. 10	Amy Swart	Dec. 20		
Keri Kunkler	Dec. 10	Donald Daubenmire	Dec. 21		
Joyce Schultheiss	Dec. 10	Barbara D'Onofrio	Dec. 21		
Brenda Sharb	Dec. 10	Marjorie Hutchison	Dec. 21		
Kerry Abram	Dec. 11	Valerie Daubenmire	Dec. 22		
Bill Cantrell	Dec. 11	Linda Foster	Dec. 22		
Pamela Collison	Dec. 11	Holly Gompf	Dec. 22		
Angela Hammond	Dec. 11	Phyllis Enderle	Dec. 23		
Karolyn Brown	Dec. 12	Sheila Herrell	Dec. 23		
Pamela Nelson	Dec. 12	Michael Cremean	Dec. 24		
Madelyn Redd	Dec. 12	Marcia Hynus	Dec. 24		
Anita Roop	Dec. 12	Donna Sanders	Dec. 24		
Carol Ambuehl	Dec. 13	Diane Dobbs	Dec. 26		
Sharon Collier	Dec. 13	William Emrick	Dec. 26		
Lola Garrett	Dec. 13	James Johnson	Dec. 26		
Derita Pippin	Dec. 13	Lana Wall	Dec. 26		
Edna Wilson	Dec. 13	Lyn Caldicott	Dec. 27		
Ron Guess	Dec. 14	Barbara Carrier	Dec. 27		
Harry Nihiser	Dec. 14	Bruce Garrett	Dec. 27		
Lisa Pickrell	Dec. 14	Susan Thompson	Dec. 27		
Melody Tankovich	Dec. 14	Merrilee Carlson	Dec. 28		



FREE Technology Assistance

*Computer...Cellphone...Security...
Internet...Facebook...Email...Etc...*

Mondays 1:00 - 2:00 p.m.
(No appointment necessary)

To help Empower, Encourage and
Educate in a simple and relaxed
atmosphere

Sessions held at
The Educational and Wellness Center
580 Radio Lane

Rob Davis - Technology Trainer

This program was made possible by The
Institute of Museum and Library Services and
The State Library of Ohio.



**SAVE!
THE DATE!**

Meet and Move with Dr. Hosner

Get to know your
healthcare provider
and learn the fitness
equipment!



Tuesday, January 9, 2024 4:00-6:00pm

**Location: Educational and Wellness Center
580 Radio Lane**

HAPPY BIRTHDAY

Scenic Hills Senior Center will host a
birthday party to celebrate the
members that have had their birthdays
in November/December. The party is
open to all SHSC members to attend.

There will be birthday cake and
refreshments at 187 S. Spring Street.

**November/December
Birthday Party!**

**Friday,
December 29
11:30**

Thank you to our cake sponsor:



GOOD GRIEF

Moving through grief together

Support meetings held the 2nd and
4th Wednesdays of the month at
Scenic Hills Senior Center, located
at 187 S. Spring Street, at 11:30 a.m.

November 8 & 22

December 13 & 27

FAIRHOPE Hospice and Palliative
Care's Grief Care Coordinator will
be joining the Good Grief Group on
the 4th Wednesday. The Grief Care
Coordinator will share grief
education and coping strategies.



2024
MEMBERSHIP
APPLICATION &
WAIVER



DUES: \$5 per calendar year (not pro-rated)

Newsletter mailed is an additional \$15 per year

Please make check payable to Scenic Hills Senior Center

Mail to 187 S. Spring Street, Logan OH 43138

Date _____ U.S Veteran _____ Branch Military _____

PLEASE WRITE LEGIBLY

Name _____ Spouse _____

Address _____ Phone _____

City _____ State _____ Zip _____

DOB (mm/dd/yyyy) _____ DOB (mm/dd/yyyy) _____

EMERGENCY CONTACT	
Name:	Relationship:
Home:	Cell:

PHOTO RELEASE ONLY: *Permission to use photographs:* I grant Scenic Hills Senior Center (representatives or employees) my permission to take photographs of me participating in Scenic Hills Senior Center activities for use and publish, in print or electronically, with or without my name. I understand that any photos taken of me are for the sole purpose in promoting activities & events at Scenic Hills Senior Center. I have read and understand the above.

Signature:

Date:

X

x

FOB # _____

☐ Membership \$5.00 per person ☐ Newsletter Mailed \$15.00 Extra ☐ Total Amount: _____



**PLEASE TURN PAGE OVER TO SIGN THE WAIVER & RELEASE OF LIABILITY FOR
SCENIC HILLS SENIOR CENTER AND EDUCATIONAL AND WELLNESS CENTER ACTIVITIES**

WAIVER AND RELEASE OF LIABILITY FOR SCENIC HILLS SENIOR CENTER ACTIVITIES

In consideration of the risk of injury while participating in activities and consideration for the right to participate in activities, I hereby, for myself, my heirs, executors, administrators, assigns, or personal representatives, knowingly and voluntarily enter into this waiver and release of liability and hereby waive any and all rights, claims or causes of action of any kind whatsoever arising out of my participation in the Activities, and do hereby release and forever discharge SHSC, their affiliates, managers, members, agents, attorneys, staff, volunteers, heirs, representatives, predecessors, successors and assigns, for any physical or psychological injury, including but not limited to illness, paralysis, death, damages, economical or emotional loss, that I may suffer as a direct result of my participation in the aforementioned Activities.

I am voluntarily participating in the aforementioned activities. I am participating in the Activities entirely at my own risk. I am aware of the risks associated with traveling to and from as well as participating in any Activity, which may include, but are not limited to, physical or psychological injury, pain, suffering, illness, disfigurement, temporary or permanent disability (including paralysis), economic or emotional loss, and death.

I agree to indemnify and hold harmless SHSC against any and all claims, suits or actions of any kind whatsoever for liability, damages, compensation or otherwise brought by my or anyone on my behalf, including attorney's fees and any related costs, if litigation arises pursuant to any claims made by me or by anyone else acting on my behalf.

I acknowledge that SHSC and their directors, officer, volunteers, representatives and agents are not responsible for errors, omissions, acts or failures to act of any party or entity conducting a specific event or activity on behalf of SHSC.

I acknowledge that this activity may involve a test of a person's physical and mental limits and may carry with it the potential for death, serious injury, and property loss. The risks may include, but are not limited to, those caused by terrain, facilities, temperature, weather, lack of hydration, condition of participants, equipment, vehicular traffic and actions of others, including but not limited to, participants, volunteers, spectators, coaches, event officials and event monitors, and/or producers of the event.

I acknowledge that I have carefully read this "waiver and release" and fully understand that it is a release of liability. I expressly agree to release and discharge SHSC and all of its affiliates, managers, member, agents, attorneys, staff, volunteers, heirs, representatives, predecessors, successors and assigns, from any and all claims or causes of action and I agree to voluntarily give up or waive any right that I otherwise have to bring a legal action against SHSC for personal injury.

To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence on the part of SHSC, its agents, and employees, and county.

In the event that I should require medical care or treatment, I agree to be financially responsible for any costs incurred as a result of such treatment. I am aware and understand that I should carry my own health insurance.

IF INCLUDING SPOUSE PLEASE HAVE BOTH SIGNATURES.

Member Signature: _____

Spouse Signature _____

Date: _____



Humana®

**Thank You
Signature
Sponsors**



**Roberts
Funeral Home**



Merchants National Bank
Local People • Local Decisions • Local Commitment



**HOCKING VALLEY
Community Hospital**

thrivent®



REHABILITATION & SKILLED NURSING SERVICES

If interested in being a Signature Sponsor call

740.385.6581

Alert Hocking:

Alerts powered by Smart911, Alert Hocking is the official emergency notification system used by Hocking County to communicate with community residents during emergencies. Sign up now to receive free alerts from the Alert Hocking via text message, email, and/or voice message at:
<https://hocking.oh.gov/ema/Residents>



***If you need assistance signing up, stop by
Scenic Hills Senior Center and a member of the
staff will be happy to help you!**

Choir Update

After the December 15 Choir Concert, the choir will be taking a winter break.

Choir practices will resume
Wednesday, February 14, 2024
@ 1:00 pm.

Join the Choir!

♪ All adults (age 50+) ♪
are welcome! ♪

GYM HOURS

MONDAY	8AM-4PM
TUESDAY	8AM-6PM
WEDNESDAY	8AM-4PM
THURSDAY	8AM-6PM
FRIDAY	8AM-12PM
SATURDAY	CLOSED
SUNDAY	CLOSED



SCENIC HILLS EDUCATIONAL & WELLNESS CENTER
580 RADIO LANE
PHONE: 740.385.6581
WEBSITE: SCENICHILLSSENIORCENTER.COM

FELLOWSHIP

Every Wednesday @ 10:00

187 S. Spring Street



**Priceless
Foot Care**

Monday, Nov. 27 9:00 - 2:00

Monday, Dec. 18 9:00 - 2:00

Scenic Hills Senior Center - 187 S. Spring Street

Call Shontaya to schedule your appointment

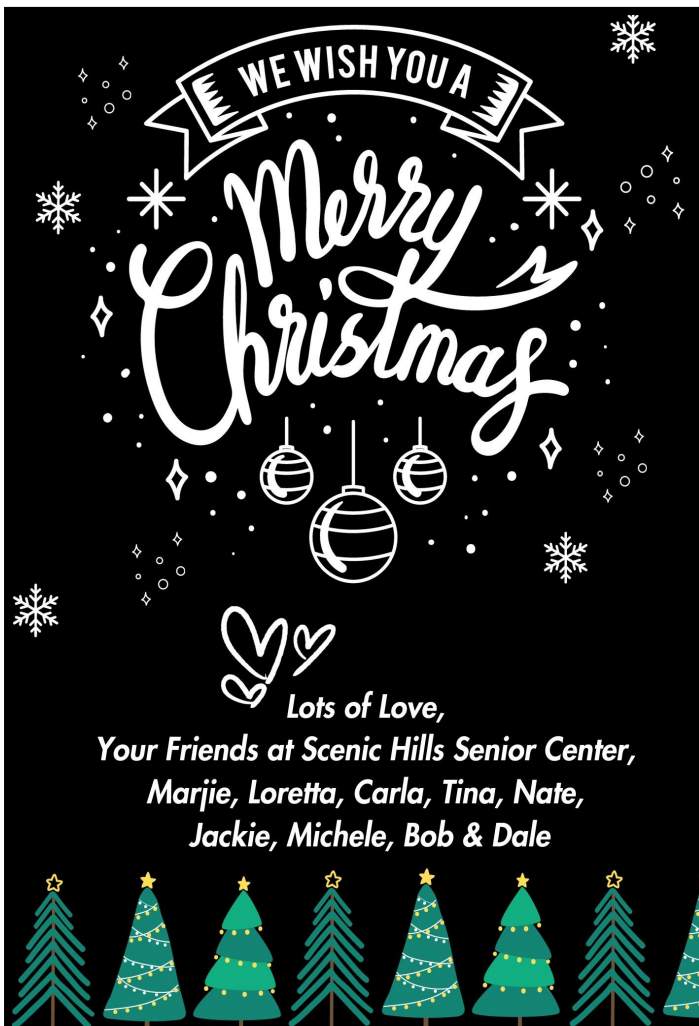
(614) 354-7033

Weather EMERGENCY

Scenic Hills Senior Center & Educational and Wellness Center will be **CLOSED** to the public during a **level 1, 2 or 3 emergency.**

If a level 1 is lifted 1 hour before an event/class, the event/class can still take place - at the instructor/director's discretion.

Transportation must check with **Marjie or Loretta**, we will make decisions on a trip by trip basis.



Seniors Preview
At
The Logan Theater

Tuesday, November 14th
10:00 AM - 12:00 PM

The Logan Theater is hosting an Open House event just for seniors and you're invited!

Come and join us to explore the theater in guided tours, reminisce about the history of the building, and see our progress in bringing the theater back to life!

Don't Forget To Mark Your Calendars For Our Re-Opening In 2024!

MEETING TIME

Join us at **Laurelville Senior Center**
 (16184 Maple St, Laurelville, OH 43135)
 on

November 15, 2023
 December 20, 2023
 January - No Mtg.
 February - No Mtg.
 March 20, 2024

Meetings are at 11:00 am and held on the 3rd Wednesday of the month.
 *No Meetings Jan/Feb.

THANK YOU SO MUCH

To all our vendors for participating and to Salt Creek Banking Center for sponsoring the meals for our Laurelville Health Fair!



(Left to Right) Shelby Hupp (The Village Café), Amy Cochenour, Doug Delong, Sandy Ogle (HoCo. Commissioner) and Christina Wine

AQUATIC CLASS IS BACK!

WEDNESDAYS
STARTING DECEMBER 6

12 PM

WORTHINGTON OF LOGAN
HOTEL

*MUST CALL 740.385.6581
TO REGISTER!

*LIMITED AVAILABILITY
Level 1

Fitness Class Updates!

Delay the Disease

The following dates will be video classes only:

November 28 & 30

December 5

Chair Yoga

The following dates will be video classes only:

November 28 & 30

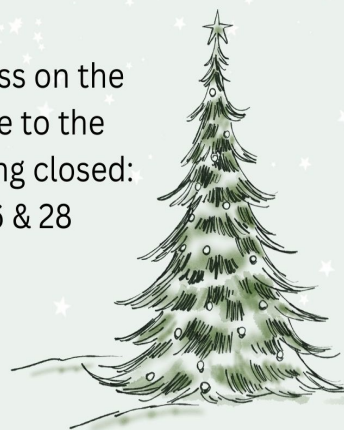
December 5

Walking

There will be NO class on the following dates due to the Chieftain Center being closed:

December 21, 26 & 28

January 2



Senior Services

Transportation - For seniors ages 60+, we offer out of county medical transportation for doctor's appointments. This service is offered on a donation basis. Call (740) 385-6581 for availability and to schedule a trip.

Senior Maintenance Service - We offer age 60+ certain minor home repair help such as: leaky faucet, running toilet, change light bulbs, install hand rails, etc. You will be responsible for the cost of any needed supplies. Call (740) 385-6581 to schedule your appointment.

Senior Nutritional Services - 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+, Monday thru Friday at 11:00 A.M.
Please call HAPCAP at 740-385-6813 to reserve a lunch 24 hours in advance.

Notary Public Service - Scenic Hills Senior Center (187 S. Spring Street) offers a free Notary Public service. Please call for an appointment and bring I.D. (740) 385-6581

Hocking County EMA Alerts- Visit the following website to sign up: <https://hocking.oh.gov/ema/residents>. If help is needed, come to SHSC at 187 S. Spring Street and a member of the staff will assist you.

Christmas Gift Giving

Scenic Hills Senior Center will be collecting Walmart and Kroger gift cards (in any increment—\$5, \$10, \$15, \$20, \$25, \$50, \$75, \$100) to distribute to seniors in need during this holiday season. You can drop off gift cards at SHSC or the Educational and Wellness Center up until **Friday, December 8**. Gift cards will be distributed to seniors with food needs starting **Monday, December 11**. Thank you for helping to brighten the holiday season for seniors in need.





For those diagnosed with Alzheimer's and their caregivers.

The Alzheimer's Association Support Group will meet at
Scenic Hills Senior Center
(187 S. Spring Street)
November 28
December - No Mtg.
1:00 p.m. - 2:00 p.m.

This support group meets the **LAST** Tuesday of each month.

Travel Advisory

When you travel with Scenic Hills Senior Center

- *You must be self-sufficient.
- *We can only accommodate canes - there is no room on the bus for walkers/wheelchairs.
- *Scenic Hills Senior Center staff is unable to help you walk, get on/off the bus, get up/down steps, etc.—this is for your safety and the safety of our employees.



**Department of
Insurance**

Senior Health Insurance Information Program

Join Us!
For Our FREE

Medicare Checkup Event!

- Review and compare 2024 Part D plans
- Review and compare Medicare Advantage
- Learn ways to save on Rx and Medicare costs

Where:

Scenic Hills Senior Center
187 S. Spring Street, Logan
Please call 740-385-6581 for an appt

When:

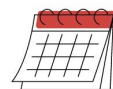
November 14th, 9am-2pm

Find out how the Oct 15 - Dec 7 Medicare Open Enrollment Period can work for you. Get tips on how to enroll for 2024 coverage in a Medicare prescription drug plan (Part D) and/or a Medicare health plan. See if you qualify to SAVE an average of \$5,000 on your prescription drug costs.

Questions?

Call OSHIIP **800-686-1578**

Enrollment Assistance for Medicare Plans



Rick Wagner with Wagner Insurance Agency is an independent insurance agent who represents the majority of the Medicare Insurance Carriers in your area. Each year Rick assists many seniors with choosing a comprehensive, suitable and affordable Medicare Insurance plan for their particular needs.

Please feel free to contact Rick directly at 614-203-3158 if you have any questions and /or want to set up a different time for a phone or in person appointment to discuss your specific insurance needs.

Rick will be available to answer your questions, review your plan, and help you with your enrollment options at the Scenic Hills Senior Center (187 S. Spring St.) on the following date:

December 4th
9:00 am to 1:00 pm

We don't offer every plan in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or call 1-800-MEDICARE to get information on all your options.

Fitness Classes

580 Radio Lane

<i>Time</i>	Monday	Tuesday	Wednesday	Thursday
9:00 am	Circuit Training (3)	Fit w/ Bev (2) 9:00	Sweat & Power (3)	Fit w/ Bev (2) 9:00
10:00 am	9:30	Delay the Disease (1) 10:00	9:30	Delay the Disease (1) 10:00
11:00 am		Chair Yoga (1) 11:00	Cardio Drumming (2) 11:00	
12:00 pm	Feeling Fit (2) 12:00	Walking (1) (Chieftain Center) 12:00	Feeling Fit (2) 12:00	Walking (1) (Chieftain Center) 12:00
1:00 pm				Chair Yoga (1) 1:15
2:00 pm				
3:00 pm			Beginning Line Dancing (1)	Beginning Line Dancing (1)
4:00 pm			3:30 Advance Line Dancing (2)	3:30 Advance Line Dancing (2)
5:00 pm			4:30	4:30

Keep in Mind...

- Must be 50+ to participate in fitness classes
- There is a suggested donation of \$3.00 per class
- All classes, unless noted otherwise, will be at The Educational and Wellness Center
- If it is your first time taking a class, call to confirm the class is still on as scheduled. An instructor may be absent due to vacation/sickness/emergencies.

Fitness Levels: (1) – Beginners **(2)** – Intermediate **(3)** - Advanced

Last BINGO of 2023 December 21st

Scenic Hills Senior Center will host a SPECIAL Christmas Bingo to end the year. A group of Erin Beal's talented pianists will perform selections from The Nutcracker, as well as play Christmas favorites, starting at 11:30 a.m. Bingo will follow the performance with special prizes. Everyone in attendance for the performance and Bingo will receive a small holiday gift from SHSC.

Thank You

to our BINGO
sponsors



It is \$125 to be a Bingo sponsor
Includes: 10 - \$10 gifts
1 - \$25 coverall gift

For more information on becoming
a sponsor contact 740.385.6581

November 9
Favorite Music
Group
Shirt/Attire!



BINGO Special Day

December 7
Ugly Holiday
Sweater



No BINGO
November 16/23
December 14

2024
BINGO is
BACK! March
21



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

26784 US 33, Rockbridge, Ohio (740) 380-9020

This Art and Craft Market is a step above the average.

Entering the door you are set back by the angled aisles and awesome grand staircase that leads to a large selection of primitive, country and Americana crafts provided by over 120 independent vendors.



Sandra Ogle
Proprietor



Merchants National Bank

Local People * Local Decisions * Local Commitment

188 West Main Street, Logan, OH 740-385-8561



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Housekeeping, Meal Prep, Laundry, and More!
740-689-9410

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BROKER

740.380.1555
www.cmcrealestategroup.com
mackeyrealty@gmail.com

44 W Main Street Logan OH 43138



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Ask for FAIRHOPE.

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Serving Fairfield, Hocking and Perry counties for nearly 40 years



MEDICAL EQUIPMENT PROVIDER

(800) 423-3615

999 West Hunter St. Logan, OH 43138

Mon-Fri 8am - 5pm (Closed 12-1 for lunch)
Lancaster office by appointment



GoodCarebyCPCI.com

ADVERTISE HERE!

For more information call 740.385.6581



7 days/6 nights March 3 - 9, 2024

\$895 pp/double occupancy

This Tour Includes:

Motorcoach transportation

6 nights lodging including 4 consecutive nights in Florida

10 meals: 6 breakfasts and 4 dinners

Visit to the Fountain of Youth

Narrated Cruise on the St. John's River

Guided Tours of Amelia Island, St. Augustine and Jacksonville

Dinner Party with Entertainment

For Information & Reservations Contact:

Marjie Moore @ (740) 385-6581

mmoore@hocking.oh.gov

For more information and a detailed itinerary visit:

www.grouptrips.com/scenichillsseniorecenter/2025642

Additional Payment Information:

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$254 for single occupancy.

Final Payment Due: 12/27/2023



June 7 - 11, 2024

5 days/4 nights

\$799 per double occupancy

This Tour Includes:

Motorcoach transportation

4 nights lodging in the Washington, DC area

8 meals: 4 breakfasts and 4 dinners

Two Guided Tours of Washington, DC. Our Tours feature the WW II Memorial, Capitol Hill, Embassy Row, the Korean War Veterans Memorial, the Vietnam Veterans Memorial, the Smithsonian, the Martin Luther King, Jr. National Memorial, the Lincoln Memorial, and more!

Evening Guided Memorial and Monuments Tour *Admission to George Washington's Mount Vernon Estate Garden Tram Ride through Arlington National Cemetery

For Information & Reservations Contact:

Marjie Moore @ (740) 385-6581

You can also email at mmoore@hocking.oh.gov

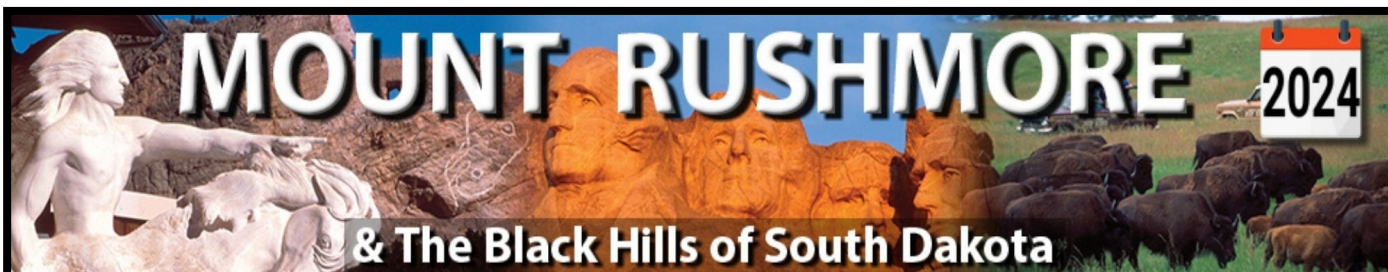
Additional Payment Information: \$75 Due Upon

Signing. *Price per person, based on double occupancy. Add \$209 for single occupancy.

Final Payment Due: 3/31/2024

For more information and detailed itinerary visit...

www.grouptrips.com/scenichillsseniorecenter/2053225



9 Days/8 nights September 28 - October 6, 2024

\$1,199 pp/double occupancy

This Tour Includes:

Motorcoach transportation

8 nights lodging including 4 consecutive nights in South Dakota

14 meals: 8 breakfasts and 6 dinners

Tour of Wildlife Loop Road at Custer State Park

Visit to the Mount Rushmore National Memorial

Guided Tour of Deadwood, plus gaming at a Deadwood Casino

Visit to the amazing Crazy Horse Memorial

Visit to the spectacular Badlands National Park

Admission to the Unique Journey Museum

For more information and a detailed itinerary visit:

<https://www.grouptrips.com/scenichillsseniorecenter/2092569>

**For Information &
Reservations Contact:**

Marjie Moore @

(740) 385-6581

You can also email at

mmoore@hocking.oh.gov

**Additional Payment
Information:**

\$75 Due Upon Signing.

Add \$286 for single
occupancy.

Final Payment Due:

7/21/2024



November 2 - 8, 2024

7 Days/6 Nights

\$950 pp/double occupancy

For more information and a detailed itinerary visit:

www.GroupTrips.ScenicHillsSeniorCenter2110488

Reservation Contact:

Marjie Moore

740.385.6581

mmoore@hocking.oh.gov

Optional Travel Insurance sign

up at: www.travelconfident.com

\$75 Due upon signing

up. Add \$279 for single
occupancy.

Final payment due:

8/26/24

This Tour Includes:

- Motorcoach transportation
- 6 nights lodging including 3 consecutive nights at an Atlantic City Casino Hotel
- 9 meals: 6 breakfasts and 3 dinners
- Guided Tour of New York City, "The Big Apple!" See Rockefeller Center, Times Square, Wall Street, Central Park, and more!
- Guided Tour of Philadelphia
- Visit Atlantic City and receive a Casino Bonus!
- Free time to see the Liberty Bell and Independence hall.



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Scenic Hills Senior Center presents
Italian & Aegean Sampler
 8 Days/7 nights - October 13 - 20, 2024

Air departs US on October 12th to arrive in Rome on October 13th

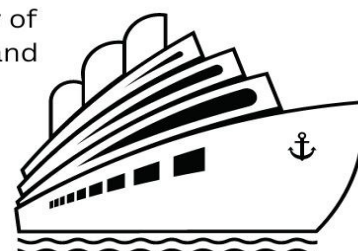
Day	Port	Arrive	Depart	Balcony Cabin	B2 \$4,596
1	Rome, Italy	1 PM	6 PM	Balcony Cabin	B1 \$4,646
2	Amalfi/Positano, Italy	8 AM	6 PM	Concierge Balcony Cabin	A2 \$4,846
3	Catania (Sicily), Italy	8 AM	4 PM	Concierge Balcony Cabin	A1 \$4,896
4	Corfu, Greece	10 AM	6 PM	Rates are per person double occupancy and include roundtrip airfare from Columbus, cruise, port charges, government fees, taxes and transfers to/from ship. *PASSPORT REQUIRED	
5	Katakolon, Greece	7 AM	6 PM		
6	Santorini, Greece	10 AM	10 PM		
7	Mykonos, Greece	8 AM	7 PM		
8	Athens, Greece	8 AM			

Deposit Policy: An initial deposit of \$850 per person double occupancy of \$1700 per person single occupancy is required to secure reservations and assign cabins. Final payment is due by June 13, 2024.

For reservations or more information please contact:

Marjie Moore 740.385.6581

OCEANIA CRUISES®
Your World. Your Way.®





Executive Director: Marjorie Moore
Phone 740 385-6581 Fax: 740 385-3548
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www.scenichillsseniorcenter.com
Administrative Assistant/ Fiscal Officer:
Loretta Kemper
Activity & Office Support: Tina Koska
Office Support/Driver: Carla Smyers
Van Maintenance/Driver: Dale Brown &
Bob Fitzgerald
Maintenance Supervisor: Nate Nelson

Executive Director: Marjorie Moore
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www.scenichillsseniorcenter.com
Chief Publications Officer: Jackie Rife
Exercise Instructor: Michele Vincent

HOURS of Operation:

SHSC (187 S. Spring St.): M-Th. 7 - 4 & F 8 - 3

SHEWC (580 Radio Lane) : M/W 8 - 4, T/Th. 8 - 6 & F 8 - 12

A green rectangular advertisement for the "Wonderlight Christmas" light show. It features two stylized Christmas trees made of string lights on the left and right sides. The word "Wonderlight" is in a small, white, sans-serif font, and "Christmas" is in a large, white, cursive font. Below the title, it says "Central Ohio's largest drive-through Christmas light show". Then, "Join Loretta as we travel to Hartford, Ohio to enjoy the drive-thru holiday light display. Over 1 million LED lights synchronized to Christmas music." The date "Monday, December 11" is in a large, white, bold font. Below that, it says "Bus will depart SHSC at 2:30 p.m. and stop for an early dinner (driver's choice) before the lights. Transportation cost is \$20 per person." and "Sign up and pay at SHSC office. Limited Seating." The bottom of the graphic is decorated with a string of colorful Christmas lights.

Wonderlight Christmas

Central Ohio's largest drive-through Christmas light show

Join Loretta as we travel to Hartford, Ohio to enjoy the drive-thru holiday light display. Over 1 million LED lights synchronized to Christmas music.

Monday, December 11

Bus will depart SHSC at 2:30 p.m. and stop for an early dinner (driver's choice) before the lights. Transportation cost is \$20 per person.

Sign up and pay at SHSC office. Limited Seating.