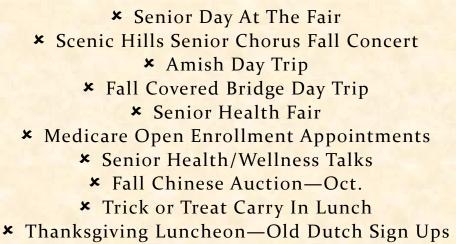


Door Prizes

Giveawa



September & October Months at the center are packed full of activities, trips, and special events! You won't want to miss what's coming up!





## WEDNESDAY OCTOBER 11<sup>th</sup> FALL HEALTH FAIR

9:00—NOON FREE AND OPEN TO THE PUBLIC BLOOD PRESSURE, BLOOD SUGAR, DIABETIC SHOE SUPPLIES, LIFE ALERT,

Wellness & Health Information, Physical Therapy, Respite & Palliative

CARE INFO, AND MORE!

HEALTH DEPARTMENT: FLU SHOTS FREE WITH MEDICARE CARD OR \$15.00 SHRIVER PHARMACY WILL BE OFFERING THE SHINGLES & PNEUMOCOCCAL VACCINE. \*Please Bring your Insurance Cards—They Will Bill on Site.

Lunch For Purchase:10:30—NoonAla Carte Menu:<br/>Chips/Cookies & DrinksSloppy Joe, Chicken Salad,<br/>Avada HearingHealth Dept.Ist Settlement Physical TherapyEMSAvada HearingFire Dept.<br/>GoodcareHocking County Sheriff (R U OK)FairHope HospiceAvon



#### **COMMUNICATION CORNER**

**SPECIAL NOTICE**: On Tuesday November 7<sup>th</sup> the center will be closed to all activities and meals. Scenic Hills Senior Center is now a Polling Place in Hocking County. **Please support your senior center by VOTING!** 

EXERC	DAILY ACTIVITIES AT THE CENTER ISE ROOM, WII GAMES & BILLIARDS ARE AVAILABLE						
THROUGH OUT THE DAY							
10:00	Strength & Balance Class (1 <sup>st</sup> , 3 <sup>rd</sup> & 5 <sup>th</sup> Mondays) Chair Yoga (2nd & 4th Mondays) Line Dancing						
<i>10:45-11:30</i> 12:00	Chair Volleyball <i>Free Blood Pressure 3rd Tuesday Only.</i> Free Bingo (1-HVCH, 2-Arcadia , 3-The Laurels, 4-Citizen's Bank (Jan. April, July, Oct) Interim Healthcare (Feb. March, May, June Aug. Sept, Nov. Dec.) 5 <sup>th</sup> <sup>week</sup> -Tuesday: FSP Chair Volleyball Senior Knotters—First Tues. of Month Only.						
11:30 <i>10:45-11:30</i>	Fellowship/Devotional Group Senior Chorus Practice <i>Free Blood Pressure Last Wednesday Only</i> Tai Chi \$2.00 per class						
<b>THURSDAYS</b> : 9:00—10:30 10:45—11:30 11:00 12:00 1:00 3:30	Free Blood Pressure (2nd & 4th Weeks Only) Chess Club Free Bingo (1-Hickory Creek, 2-Caretenders, 3-Carlin House, 4-LHCC, 5 <sup>th week</sup> -FPS) Chair Volleyball						
9:30	Progressive Euchre						

**REBUILDING STRENGTH!** Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually *reducing* your risk of falling.

## SEPTEMBER EVENTS



# **Senior Day at the Fair**

# with a Hawaiian Luau Theme ~ Thursday, Sept. 14

The morning begins with the (optional) annual senior day walk @ 10:45 am from Scenic Hills Senior Center down Main St. to the \*Shelter House. Admission is free to the fair for seniors 60+ years old this day.

#### \*KFC Lunch @ 11:30 am ~ Followed by \*Music by Mike Sigler & \*Bingo

Sign up and pay for lunch in Scenic Hills Senior Center Office. The last day to reserve a lunch will be Monday, Sept. 11 or earlier when seats are sold out. KFC lunch is \$5. *(2 piece chicken, mashed potatoes, gravy, cole slaw, biscuit, cookie & water) or \$6.00 for white meat chicken dinner. (740) 385-6581* 

**Please Note: Seating at the Shelter House is reserved only for those who have signed up and paid for the KFC Luncheon**. Additional Seating on the bleachers is available for those who do not purchase a KFC Lunch. SOME SEATS ARE STILL AVAILABLE.

EVENT SPONSORED BY SCENIC HILLS SENIOR CENTER & HOCKING COUNTY COMMISSIONERS



SCENIC HILLS SENIOR CHORUS FALL CONCERT

Sunday, September 24<sup>th</sup> @ 2:30 pm @ the Senior Center Open to Everyone—Free (Donations Welcome)

STROLL DOWN MEMORY LANE Featuring Songs from the Mickey Mouse Club

#### **SEPTEMBER HEALTH TALKS**

#### • THURSDAY, SEPTEMBER 21 @ 11:30 PAIN MANAGEMENT

Hocking Valley Community Hospital will be speaking about their Specialty Clinic which offers advanced pain management for acute and chronic pain. Chronic pain is ongoing or reoccurring pain that lasts longer than three months. "Our physician works to create a plan specifically for you, by identifying the source of pain

and treating it "

#### • THURSDAY, SEPTEMBER 28 @ 11:30 HEALTHY AGING & SENIOR NUTRITION

Guest Speaker: Shannon Curry, BS Lifestyle Educator and an expert on nutrition.

Learn why the right nutrition life style is important to us all. Not just for maintaining a healthy body weight. Common food allergies and sensitivities. How can the right nutrition support my Fibromyalgia, Migraines, Diabetes, Joint and Muscle pain and more.



# September

Sun	Mon	Тие	Wed	Thu	Fri	Sat
WEEKLY	10AM STRENGTH & TONE CLASS/YOGA 1PM LINE DANCE	9am Chair Volleyball 12pm Free Bingo 12:45pm Chair Volleyball	10am Fellowship Group 11:45am Chorus Practice 1pm Tai Chi	9am Chair Volleyball 11am Chess 12p Free Bingo 12:30 Chair Volleyball 4:30pm Line Dance	9am Pinochle 10am Billiards 12pm Progressive Euchre	Check for Special Meals.
					1	2 NO FISH FRY
3	4 Center Closed for Labor Day	5	6	7 Center Opens at 9:30 am	8	9
10 Grandparents Day	11 Patriot Day <mark>FAIR WEEK</mark>	12	13	14 Senior Day at the Fair	15	16
17	18 Blood Pressure	19	20 Laurelville	21 Health Talk 11:30 PERI 1:30 Blood Pressure	22 Fall Begins	23
24 CONCERT SENIOR CHORUS 2:30p	25 Footcare Clinic	26 SEOLS Appt.Only	27 Blood Pressure	28 Senior Nutrition Health Talk 11:30a	29 5p Carry in Dinner	30



## **OCTOBER EVENTS**

## WEDNESDAY OCTOBER 11<sup>th</sup> FALL HEALTH FAIR

9:00-NOON FREE AND OPEN TO THE PUBLIC

BLOOD PRESSURE, BLOOD SUGAR, DIABETIC SHOE SUPPLIES, LIFE ALERT, WELLNESS & HEALTH INFORMATION, PHYSICAL THERAPY, RESPITE & PALLIATIVE

CARE INFO, AND MORE!



#### MEDICARE PART D – OPEN ENROLLMENT OCT 15 – DECEMBER 7, 2017

#### Medicare Health & Drug Plans Change Every Year! Are you keeping up?

*If* you do not enroll in a Part D plan during this enrollment period you would be without a Medicare prescription drug plan for the following year or may be stuck with your current plan that has changes that are not in your best interest.

Certified trained Ohio Senior Health Insurance Program (OSHIIP) Counselors will be at the senior center on October 17 & November 27 to help you review your insurance and answer questions about your Medicare coverage. **Please call 385-6581 to schedule an appointment**. OSHIIP is a free service through the Ohio Department of Insurance and provides unbiased information on Medicare. OSHIIP does not sell insurance.

#### APPT TIMES: OCT. 17: (9:00 AM-3:30 PM) NOV. 28: (9:00 AM-3:30 PM)



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Giveawa

#### **RAISING BREAST CANCER AWARENESS**

#### Thursday, October 19—WEAR PINK DAY

#### THURS, OCTOBER 26 @ 11:30 HEALTH TALK

Shelly Romine, MSN,RN,BC,CCRN Oncology Nurse Navigator Join Shelly as she discusses breast cancer through the ages as it relates to women, their children, and grandchildren. She will also be available to answer any questions as well.

# Trick or Treat Carry In Lunch October 31st @ 11:00 am.

- ✤ Followed by Free Bingo with prizes.
- ☆ Costumes Welcome!







# **OCTOBER**

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 11:45am Chorus Practice 1pm Tai Chi	9am Chair Volleyball 11am Chess 12p Free Bingo 12:30 Chair Volleyball 4:30pm Line Dance	9am Pinochle 10am Billiards 12pm Progressive Euchre	Check for Special Meals.	
1	2	3	4	5	6 Fall Leaves & Bridge Tour	7 Fish Fry 4-7p & Childrens Chorus @	
8	9 CLOSED FOR COLUMBUS DAY	10	11 HEALTH FAIR 9-NOON HCCOA	12 Blood Pressure	13	14	
15	16	17 Medicare D Open <b>Enrollment</b> Blood Pressure	18 Laurelville	19 Wear Pink! Chair Volleyball Staff vs Seniors!!	20	21 Chinese Auction Doors open @ 5:00 pm.	
22	23	24 AMISH TRIP	25 Blood Pressure	26 Health Talk Breast Cancer Awareness Blood Pressure	27 5p Senior Carry In	28	
29	30	31 Trick or Treat Carry In	Listen! The wind is rising, and the air is wild with leaves. We have had our summer evenings, now it's time for October Eves!				

## OCTOBER 19TH-9:00 AM SPECIAL CHAIR VOLLEYBALL: STAFF VS. SENIORS



#### **OCTOBER IS FIRE SAFETY MONTH**

**Please check your smoke alarms**. Working smoke alarms reduce the chances of dying in a fire by nearly 50 percent. They are a critical first step for staying safe, but in order to be effective, they have to be working properly.

For the best protection, install smoke alarms on every level of your home, outside every sleeping area and in each bedroom. Smoke Alarms Save Lives. If you would like to have a free home safety visit and smoke alarm installation the **local Red Cross** wants to help you. Call 1-844-4207-4509 to request a home safety visit.



# **OCTOBER**

# **Chinese Auction SATURDAY, OCTOBER 21\***. Doors open @ 5:00 Drawing begins at 7:00

Refreshments Available to Purchase. 50/50 Drawing, Raffles, & Treasures to be found.



We are accepting new or gently used items for this event. (Please NO CLOTHES!) Drop offs begin Oct. 2.

# **Trips & Outings**

#### Local Fall Foliage & Covered Bridge Tour



Friday, October 6, Depart 1:00 pm Return Approx. 5:00 pm Cost: \$10.00

#### **Amish Day Trip**

Tuesday, Oct. 24 Depart 7:00 am Return Approx. 8:30 pm.



\$30.00 Transportation. Lots of Shopping, Cheese factories, Amish Farms, Good Food & Bakeries

Seats are limited. Sign ups Start 9/1/17 and Payment is required at signup.

#### SCENES FROM THE AMISH TRIP ON JULY 25







Violet Clark Amish Trip - July 25

# Senior Services & Sponsors



Scenic Hills Senior Center is proud to be an official site for Medicare Enrollment. Marjie Moore, Executive Director is a certified OSHIIP Counselor. Open Enrollment begins in October 2017. See page 5

- NOTARY PUBLIC SERVICE: Scenic Hills Senior Center offers a free notary public service. Please call ahead to make an appointment. 740 385-6581. You must bring a from of identification: Driver's license, Birth Certificate, Passport or ID issued by an employer.
- SENIOR NUTRITION CENTER: 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+ Mon. thru Friday @ 11:00 am. Please call HAPCA at 740 385-6813 to reserve your lunch.

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 SEPT. 25<sup>h</sup> PLEASE CALL THEIR OFFICE TO SCHEDULE AN APPOINTMENT 1 (800) 686-3668

MONTHLY (FREE) BLOOD PRESSURE SCHEDULE Time for all 10:45—11:30 am.2nd THURSDAY:Sponsored by Care Tenders Visiting Nurses3rd TUESDAY:Sponsored by The Laurels of Athens4th THURSDAY:Sponsored by Logan Healthcare CenterLAST WEDNESDAY:Blood Sugar & BP sponsored by Fairhope HospiceLiterature from our Bingo Sponsors can be found in our lobby.



EVERYDAY DIVINITY FOOT CARE CLINIC MONDAY, SEPT 26th IS FULL. NEXT CLINIC IS NOVEMBER 27th.

30 minute appointments from 9:00 - 1:30 pm. Please reserve your appointment in the office.



## **AFTER HOURS**

#### NO FISH FRY ON SEPTEMBER 3<sup>rd</sup>—LABOR DAY WEEKEND.

SATURDAY OCTOBER 7<sup>th</sup> FISH FRY. Menu: Deep Fried Fish, French Fries, Cole Slaw & Green Beans or Baked Beans; Dessert & Drink. SUGGESTED DONATION \$10.00 (LAST FISH FRY UNTIL SPRING!)



## SPECIAL GUEST ENTERTAINMENT - HOCKING COUNTY CHILDRENS CHORUS

The talented youth from the Hocking County Children's Chorus will be here at 6:00 pm. singing for us songs from their Spring Production, The Lion King!

**SPAGHETTI DINNER—NOVEMBER 4th** Menu: Spaghetti/w/Meat Sauce, Garlic Bread, Salad (Green or Cottage Cheese), Dessert & Drink.





#### MONTHLY SENIOR CARRY IN CLUB FRIDAY NIGHT

#### September 30 & October 28 @ 5:00 pm

Monthly Birthdays recognized at the Carry In. Cake provided by Fairhope Hospice & Flowers by Krogers

SEPTEMBER SPEAKER: Amanda Fuller, Fairhope Hospice-Nurse, Palliative Care

OCTOBER ENTERTAINMENT: Larry & Erin Beal—Gospel Music Night!

#### LAURELVILLE SENIOR CENTER - 16184 MAPLE ST, LAURELVILLE, OH 43135 GUEST SPEAKER 3<sup>RD</sup> WEDNESDAY @ 11:30 FOLLOWED BY LUNCH AT NOON.

Sept. 20...... Mary Stack & Sara Secrest-Logan Health Care—Alzheimer's October 18......Marjie Moore/Open Enrollment Medicare Part D & Cindy Coss, *Hocking Hills Naturalist speaking on Owls* 



## SPECIAL



Special Notice: On Tuesday November 7<sup>th</sup> the center will be closed to all activities and meals. Scenic Hills Senior Center is now a Polling Place for Hocking County. Please support your senior center by VOTING!



## HAPPY BIRTHDAY TO OUR FRIENDS

Linda	Dailay	0/4	. ام مر ۸	Konlar	0/22	
Linda Mariorio	Bailey	9/1 0/1	Andy	Keplar	9/30	Barbara Vorhees 10/1
Marjorie	Cooper Corrott	9/1 0/2	Michael		9/30	Tammy Mead 10/1
Nancy	Garrett	9/2 0/2	Sandra	Webster	9/30	Nancy Jane Dawley 10/1
Mary	McAfee Brown	9/2 0/2				Bud Fugett 10/1
Sharon	Brown	9/3	Nellie	Nibicor	10/1	Kathy Krumlauf 10/1
Judy	Travis	9/4	Nellie	Nihiser	10/1	Mary Arnold 10/1
Juanita	Sloan	9/4	Lucy	Klingenberg	10/2	Mary Lou Walsh 10/1
Mary	Whalen	9/4	Debra	Malone	10/2	Jane Adams 10/1
William	Harwood	9/5	Howard	Sigler	10/2	Virginia Mingus 10/1
Robert	Siebert	9/5	Patrick	Speck	10/2	Ann Spencer 10/1
Paul	Kunkler	9/6	Bea	Witt	10/2	Elmira Wilke 10/1
Troy	Patton	9/6	Jimmy	Meyer	10/4	Harry Dickerson 10/2
Judy	Woolery	9/7	Harold	Nichols	10/4	Helen Stimmel 10/2
Dianne	Conrad	9/7	Shelia	West	10/4	Jeff Crisler 10/2
Don	Griggs	9/7	George	Gee	10/5	David Reynolds 10/2
Cindy -	Johnson	9/7	Chuck	Davison	10/5	Rita Riddlebarger 10/2
Terry	Norris	9/7	Carolyn	Bibler	10/6	May Stevens 10/2
Linda	Shepherd	9/8	Robert	Steele	10/6	Shirley Whittington 10/2
Laura	Cramer	9/8	Betty	Cather	10/7	Billie Hoke 10/2
Barbara	Peck	9/9	Patricia	McCollum	10/8	Sandy DeHart 10/2
Roberta	Henderson	9/10	Don	Thompson	10/8	Betty Forrester 10/2
Judy	Clark	9/10	Gary	Loomis	10/8	Marilyn Johnson 10/2
Delbert	Beavers	9/11	Glenn	Wollet	10/9	Ron Courtney 10/2
Rex	O'Dell	9/12	Tom	Gordon	10/9	Mark Gerber 10/2
Edward	Price	9/12	Diana	Johnson	10/9	Pauline Ashbaugh 10/3
Harold	Keller	9/14	Ginny	Sigler	10/9	Bonnie Morris 10/3
James	Breining Sr	9/15	Berdena		10/9	Christine Humphrey 10/3
James	Kalklosch	9/15	Gayle	Graham	10/10	Daniel Maze 10/3
Bonnie	Lindsey	9/16	John	Judson	10/10	Larry Simonton 10/3
Bob	Cullison	9/19	Liz	Collins	10/10	Carolyn Johnson 10/3
Janice	Glenn	9/19	Laura	Beavers	10/11	Paul Stimmel 10/3
Kenny	Bell	9/21	Mary	Culp	10/11	,-
Daniel	Dozer	9/23	Ray	Huffer	10/11	
Carolyn	Green	9/23	Larry	Kienzle	10/11	BIRTHDAYS ARE CELEBRATED AT THE FRIDAY NIGHT CARRY I
Ken	Wise	9/24	Brenda	Snyder	10/11	AT THE FRIDAT NIGHT CARRY I
Esther	Durst	9/24	Porter	Grove	10/12	(Held @ 5:00 pm the last Friday o
Bob	Bolden	9/25	Peggy	LeMay	10/12	the month.)
David	Shepherd	9/26	Patricia	Beech	10/13	
Virginia	Spier	9/27	William	Cunningham	10/13	In Memoriam
Teresa	Alvarez	9/27	Sue	Jones	10/13	
Sherman	Prater	9/27	Leola	Schrader	10/13	Violet M. Clark, August 7, 2017
Martha	Sams	9/28	Dave	Seely	10/13	Elizabeth V. Seibert, August 8, 2017
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# Planned Giving: Ways to Give

#### Donations

Scenic Hills Senior Center manages and distributes all donations and ensures your donations are allocated to the area donors chose.

The Center runs a low-cost office operation to ensure that we consistently maximize the impact of your donation.

Donations can be made in any amount and specific to a particular program that has helped you or a loved one. If not specified, we will use the donation in the area of greatest need.

*Gifts large and small are important.* You may specify amounts to be used for a particular program or the area of greatest need.

### Bequests

*Leave a legacy* by making a gift in your will that will benefit senior citizens in your community for years to come.

Making a bequest and other "planned gifts" is one of the simplest ways to *remember* an organization that has made a difference in your life.

What better way to thank the people or organizations that have had an impact on your life, than to make a contribution from your estate through a bequest?

If you plan to make a charitable gift by will, please discuss with attorney and update your will. Tell him or her exactly what you want to do.

#### A Memorial

*In Memory of:* A memorial gift is a gift made at the death of an individual and benefits a charitable organization selected by the deceased or the deceased family or friends. *"In Lieu of Flowers"* is a unique and meaningful alternative to flowers for bereavement and life's milestones.

You can make a donation in memory of a friend or loved one or you can request through an advance directive, that at the time of your death you ask that in lieu of flowers, a memorial contribution may be made to the Scenic Hills Senior Center.

Scenic Hills Senior Center will send a personalized note in your name to the honoree or family member, notifying them of your kind gesture. Additionally you will receive a letter documenting your tax-deductible contribution.

## THANK YOU TO OUR SPONSORS!



#### **Medical Transportation**

Scenic Hills Senior Center provides out of county medical transportation to Athens, Fairfield, and Franklin Counties and locations in Circleville and Chillicothe.

Local Transportation is available to and from our center and to local medical appointments.



#### Homemaker & Alzheimer's Respite Care

Respite care provides caregivers a temporary rest from caregiving, while the person with Alzheimer's continues to receive care in a safe environment.

#### **Homemaker Services**

Homemaker services provide assistance to individuals who are unable to perform day to day household duties such as light housekeeping,

Senior Services listed are funded by a

Title IIIB Grant under the OAA, administered by the Ohio Department of Aging through the Area Agency on Aging, the 317 Board, United Way, Donations along with Local Levy Dollars. Scenic Hills Senior Center is a 501(c)3 Non-Profit.



#### **Scenic Hills Senior Center presents**

#### CALIFORNIA COASTAL PRINCESS CRUISES ON THE STAR PRINCESS.

9 DAYS/8 NIGHTS ~ NOVEMBER 2-10, 2018 SOME CABINS STILL AVAILABLE BROCHURES AVAILABLE IN OFFICE.

DAY	PORT

ARRIVE DEPART

- 1 Depart for Los Angeles California. Arrive and check in at the Universal Hilton Hotel. You'll have time to visit Universal Studios on your own. (Your hotel property adjoins the studio.) A back lot tram ride would be a great way to see movie sets and more.
- 2 Check out by 9am. Enjoy a morning guided tour of Los Angeles, including Hollywood and the Walk of the Stars. Board the Beautiful Star Princess by 1 pm.

	2 Los Angeles, California					
3	At Sea					
4	San Francisco, California	. 7:00 am	11:00 pm			
5	Monterey, California	. 7:00 am	6:00 pm			
	At Sea					
7	San Diego, California	. 8:00 am	11:00 pm			
8	Ensenada, Mexico	. 8:00 am	5:00 pm			



Inside Cabin Category IC	\$2,241	A DEPOSIT OF a minimum \$305.pp is			
Outside Cabin Category OC	\$2,451	required. Maximum 2 per cabin.			
Balcony Cabin Category BC	\$2,551	PASSPORT REQUIRED			
Rates are per person, double occupancy, and INCLUDE roundtrip airfare from Columbus, 1					

Rates are per person, double occupancy, and INCLUDE roundtrip airfare from Columbus, 1 pre-night with city tour, cruise, port charges, government fees, taxes, and transfers to/from ship. PRINCESS CRUISES HAS ADVISED THAT ALL AIR PRICES ARE SUBJECT TO CHANGE AND ARE NOT GUARANTEED UNTIL FULL PAYMENT HAS BEEN RECEIVED.



# Welcome



Scenic Hills Senior Center is pleased to welcome Tina Koska in the office as Event & Senior Services Coordinator.

Tina has worked for the Senior Center for over five years as a homemaker and remarks that *"I really enjoy my job and the people"*.

Tina has been married for over 25 years to her "*Amazing Husband Danny*" and has two sons. Danny Jr. who goes to OU and Charles, a sophomore at Logan High School.



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



# \*CENTER CLOSED SEPT 4<sup>th</sup> & OCT. 9<sup>th</sup> TUESDAY, NOV. 7<sup>th</sup> CLOSED TO ALL ACTIVITIES & MEALS OPEN ONLY FOR VOTING.



Scenes from our Painting Night! Everyone had such fun!! Watch the newsletter for the next class!



#### At the Olde **Dutch Restaurant**

\*Entertainment by Little Roy & Lizzie

Annual

Thanksgiving

Luncheon

@ 11:30 a.m.

\$12.50 per person Space is limited and Reserved for Members. Sign up and pay starting Monday, September 18<sup>th</sup> Space is limited \*Entertainment Sponsored by Sandy & Ralph Ogle

