

2025

**Scenic Hills
Senior Center**
187 S. Spring St

**Scenic Hills
Educational & Wellness Center**
580 Radio Lane

740.385.6581

March/April

Scenic Hills Senior Center
187 S. Spring St.

Girls Night In

Join us for an evening of shopping, laughter and fun!

Friday April
04
4:00 - 7:00 pm

- ✿ \$500 Entry
- ✿ Variety of Vendors
- ✿ Refreshments
- ✿ Door Prizes

Thank you to our sponsors!

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HOME OF THE PICKERING HOUSE



Memorial Service

**Thursday, March 27th
10:00 a.m.**

Scenic Hills Senior Center
187 S. Spring Street

Remembering and Celebrating Life

Join us to honor and cherish the life of loved ones lost this past year. Gone but never forgotten. Refreshments will follow the service. In partnership with FAIRHOPE Hospice and Palliative Care.

March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Gym 8 - 12
2	3 Technology - 1	4 Triple Hand/Foot Card Group - 1	5 Fellowship - 10 Choir - 1 Scrabble - 2	6 Technology - 930 Bingo - 12 Chair Volleyball	7 Euchre - 12	8 Gym 8 - 12
9	10 Technology - 1	11 Triple Hand/Foot Card Group - 1	12 Casino Trip Technology (Laurelville Library) - 10 Fellowship - 10 Good Grief - 1130 Choir - 1 Scrabble - 2	13 Technology - 930 Carry-In 11 Bingo - 12 Chair Volleyball	14 Euchre - 12	15 Gym 8 - 12
16	17 Technology - 1	18 Triple Hand/Foot Card Group - 1	19 Fellowship - 10 Choir - 1 Scrabble - 2	20 Technology - 930 Bingo - 12 Chair Volleyball	21 Euchre - 12	22 Gym 8 - 12
23/30	24/31 Footcare Technology - 1	25 Triple Hand/Foot Card Group - 1 Alzheimer's SG - 1	26 Fellowship - 10 Good Grief - 1130 Choir - 1 Scrabble - 2	27 Technology - 930 Memorial Service 10 Bingo - 12 Chair Volleyball	28 Euchre - 12	29 Gym 8 - 12

April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Triple Hand/Foot Card Group - 1	2 Fellowship - 10 Choir - 1 Scrabble - 2	3 Technology - 930 Bingo - 12 Chair Volleyball	4 Euchre - 12 Girls' Night In - 4-7	5 Gym 8 - 12
6	7 Technology - 1	8 Triple Hand/Foot Card Group - 1	9 Fellowship - 10 Good Grief - 1130 Choir - 1 Scrabble - 2	10 Technology - 930 Bingo - 12 Chair Volleyball	11 Euchre - 12	12 Gym 8 - 12
13	14 Technology - 1	15 Triple Hand/Foot Card Group - 1	16 Technology (Laurelville Library) - 10 Fellowship - 10 Choir - 1 Scrabble - 2	17 Technology - 930 Bingo - 12 Chair Volleyball	18 Euchre - 12	19 Gym 8 - 12
20	21 Technology - 1	22 Triple Hand/Foot Card Group - 1	23 Fellowship - 10 Good Grief - 1130 Choir - 1 Scrabble - 2	24 Technology - 930 Bingo - 12 Chair Volleyball	25 Euchre - 12 Baked Steak Dinner	26 Gym 8 - 12
27	28 Footcare Technology - 1	29 Triple Hand/Foot Card Group - 1 Alzheimer's SG - 1	30 Fellowship - 10 Choir - 1 Scrabble - 2	1 Technology - 930 Bingo - 12 Chair Volleyball	2 Euchre - 12	3 Gym 8 - 12



Business Hours



Scenic Hills Senior Center

(187 S. Spring Street)

Monday - Thursday

7:00 a.m. - 4:00 p.m.

Friday 8:00 a.m. - 3:00 p.m.



Educational & Wellness Center

(580 Radio Lane)

Monday - Thursday

8:00 a.m. - 6:00 p.m.

Friday 8:00 a.m. - 3:00 p.m.

Saturday 8:00 a.m. - 12:00 p.m.

Birthdays

AS OF JANUARY 1, 2025, WE WILL NO LONGER PRINT BIRTHDAYS IN THE NEWSLETTER. A LIST OF BIRTHDAYS WILL BE POSTED AT THE SPRING STREET/RADIO LANE LOCATIONS(BULLETIN BOARD). BIRTHDAY CARDS WILL STILL BE MAILED.



iPads Available

Thanks to The Healthy Aging Grant, Scenic Hills Senior Center and Educational & Wellness Center have iPads available for use while you are there. iPads are loaded with games and have wifi. See a staff member to get started!

IN LOVING MEMORY



Afterglow

I'd like the memory of me to
be a happy one.

I'd like to leave an afterglow of
smiles when life is done.

I'd like to leave an echo
whispering softly down the
ways,

Of happy times and laughing
times and bright and sunny
days.

I'd like the tears of those who
grieve, to dry before the sun;
Of happy memories that I
leave when life is done.

-Helen Lowrie Marshall

Shirley Depouw

August 18, 1937 - November 21, 2024

Linda Bailey

September 1, 1942 - November 29, 2024

Roberta Morgan

November 18, 1939 - December 27, 2024

Kenny Rheinscheld

June 18, 1934 - January 6, 2025

James Johnson

December 26, 1954 - January 10, 2025

Helen Clonch

March 6, 1941 - January 15, 2025

Leroy Vickroy

March 3, 1939 - January 20, 2025

Elaine Hart

December 17, 1945 - February 19, 2025



Good Grief

March 12th / 26th

April 9th / 23rd

11:30 am

Support meetings held the **2nd** and **4th Wednesdays** of the month at Scenic Hills Senior Center.

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.



Alzheimer's Association

JOIN US ALZHEIMER'S SUPPORT GROUP



For those diagnosed with Alzheimer's and their caregivers

Group meets the last Tuesday of the month at 1:00 pm at Scenic Hills Senior Center



March 25th

April 29th

Lost & Found



Left a cup at the gym? Forgot your jacket at Bingo?

Check Lost & Found in the office!

Unclaimed items will be donated after 30 days

NOTICE

There will be **NO** refunds for **day trips/meals/etc.**



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!**



BINGO



Thursdays

12:00 pm

For adults 50+ | No Charge | Popcorn | Prizes
Scenic Hills Senior Center 187 S. Spring Street

March Bingo Challenge

March 13th Wear Green



April Bingo Challenge

April 17th

Wear an Easter/ Bunny Shirt



St. Patrick's Bingo & Carry-In

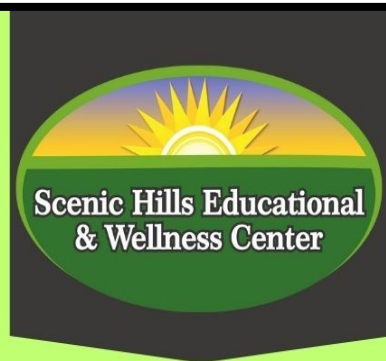


Thursday, March 13th

Scenic Hills Senior Center will host a St. Patrick's carry-in and Bingo. Join us by bringing your favorite side dish (no desserts - we'll provide cookies). Lunch will be at 11:00 am with Bingo to follow. To avoid getting pinched, wear green!

FITNESS CLASSES

■ 580 Radio Lane



Class	Day/Time	Instructor	Level
Chair Yoga	T/Th/11:00	Christina Nippert	1
Aquatic*	M/W/12:00	Christina Nippert	1
*held at The Worthington Hotel			
PWR Hour	T/Th/10:00	Christina Nippert	1
One Step at a Time*	T/Th/12:00	Christina Nippert	1
*held at The Chieftain Center			
Beginning Line Dancing	W/Th/3:30	Kathy Thatcher	1
Advanced Line Dancing	W/Th/4:30	Kathy Thatcher	2
Feeling Fit	M/W/12:00	Debbie Smith	2
Fit with Bev	T/Th/9:00	Bev Riggs	2
Cardio Drumming	M/W/11:00	Debbie Smith	2
Slow Flow Yoga	M/9:30 F/10:30	Jacquie Moku	3

Keep In Mind

- Must be age 50+ to participate in fitness classes.
- Slow Flow Yoga is \$5.00 per class and Line Dancing/Fit with Bev are donation based. Remaining classes are **\$2.00 per class**.
- All classes, unless noted otherwise, will be held at The Educational & 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.

INTENSITY LEVEL KEY

- (1) **Light Intensity** - Easy to breath and carry on a conversation
 (2) **Moderate Intensity** - Breathing heavier, still comfortable but becomes challenging
 (3) **Vigorous Intensity** - Borderline uncomfortable, breathing labored but can still speak

GYM ETIQUETTE



- Arrive prepared with appropriate attire and shoes (Please, no muddy footwear)
- Wipe down equipment after use
- Return weights and plates to their designated racks
- Inform staff if you experience any injuries or medical issues
- Drink water to stay hydrated

Thank you!



Fitness Class Updates

There will be **NO** PWR Hour, Chair Yoga, Walking

or Aquatic Classes the following dates:

Tuesday, March 18th

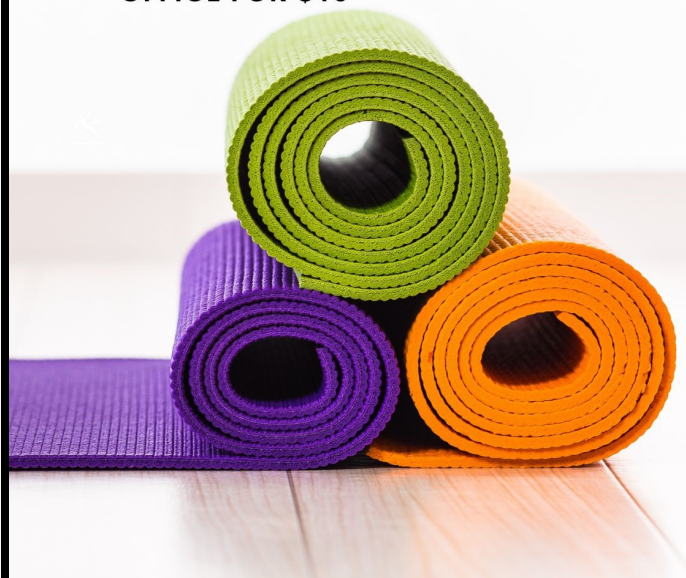
Thursday, March 20th

Time Change: **One Step at a Time (Walking Class)** will now take place from **12:15 - 1:15 pm**. The Chieftain Center doors will remain locked until our instructor (Christina) arrives.



YOGA MAT REMINDER

- YOU MUST SUPPLY YOUR OWN YOGA MAT
- PLEASE TAKE YOUR YOGA MAT WITH YOU WHEN YOU LEAVE
- IF YOU LEAVE YOUR MAT - WE ARE NOT RESPONSIBLE
- MATS CAN BE PURCHASED IN THE OFFICE FOR \$10



**HOW
MUCH
DOES IT
COST?**



**Fitness Classes
\$2.00**

Slow Flow Yoga (M/F) will be \$5.00
Line Dancing & Fit w/ Bev will be donation

Instructors will have a collection basket





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



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CASINO DAY TRIPS

MARCH

12TH

HOLLYWOOD
CASINO

APRIL

15TH

ELDORADO
CASINO

DEPART: 8:30 AM
RETURN: 3:45 PM



\$15

Sign up and Pay at SHSC

Fellowship



Wednesdays @ 10:00 am
Scenic Hills Senior Center

CHAIR VOLLEYBALL

CHAIR VOLLEYBALL WILL BE
SET UP FOR PLAY BEFORE/
AFTER BINGO ON
THURSDAYS!

Fun for all!

Ages 50+



Billiards Room



The billiards room
is available daily
during business
hours at 187 S.
Spring Street.
There is no charge
to play. Must be
50+. Come have
fun!



Scrabble

Wednesdays @ 2:00 pm

Scenic Hills Senior Center
187 S. Spring Street
Ages 50+



Triple Hand & Foot Card Game

Scenic Hills Senior Center

187 S. Spring Street

Tuesdays @ 1:00p

Open to all adults ages 50+



Euchre
Fridays
@ 12:00

Scenic Hills Senior Center
187 South Spring Street
Must be age 50+ to play



Priceless Foot Care



Monday, March 24th 9:00 - 2:00

Monday, April 28th 9:00 - 2:00

Monday, May 19th 9:00 - 2:00

Scenic Hills Senior Center - 187 S. Spring Street

Call Shontaya to schedule
your appointment

 **(614) 354-7033**

Senior Choir



Join our senior choir. Practices are
Wednesdays at 1:00 pm at Scenic Hills
Senior Center - 187 S. Spring Street.
All seniors (50+) are welcome!

Technology Assistance



COMPUTER...CELL PHONE...INTERNET...FACEBOOK...EMAIL...ETC...

Rob Davis - Technology Trainer
(No Appointment Necessary)

Scenic Hills Senior Center

187 S. Spring Street - Logan

Thursdays 9:30 - 10:30 am

Laurelville Library

16240 Maple Street - Laurelville

2nd Wednesday of the month

Educational and Wellness Center

580 Radio Lane - Logan

Mondays 1:00 - 2:00 pm

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

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



Thank You, Sponsors!

Silver Sponsor (\$1,000)



Bronze Sponsor (\$500)



HOCKING VALLEY
Community Hospital

If interested in becoming a Signature Sponsor
call 740.385.6581





Scenic Hills Senior Center
is very appreciative of all
our sponsors!



THANK YOU,
DIAMOND Sponsors!



www.shrivershospice.com

740-487-1241

Contact Us

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Contact Us

www.ohiomoose.net/about-the-osma/osma-lodges/logan-873

Caring for Children,
Seniors, and our Communities



Open Enrollment Assistance for Medicare



Thursdays 1:00 - 3:30 pm

For assistance, questions or to schedule
an appointment at Scenic Hills Senior
Center (187 S. Spring Street) by calling
740.385.6581.



Hocking Hills Serenity Salt Cave

"Relax, refresh, and breathe while escaping daily stress in
our handcrafted Salt Cave! Experience the powerful effects of
Himalayan Salt and Halotherapy for skin, respiratory ailments,
and overall wellness."

...A brand new form of relaxation and wellness awaits you!



690 Old McArthur Road Logan, Ohio 43138 1 (740) 385-9999 www.hserenitiesaltcave.com



TRAVEL ADVISORY



When you travel with
Scenic Hills Senior Center

*You must be self-sufficient.

*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.



BRANSON SHOW TRIP EXTRAVAGANZA

INCLUDING SIX SPECTACULAR SHOWS



April 7 - 12, 2025 \$869 pp/double occupancy

6 days/5 nights

For more information and to see a detailed itinerary visit:
www.grouptrips.com/scenichillsseniorecenter/2176538

For Information & Reservations Contact:
 Scenic Hills Senior Center 740.385.6581

Departure:
 Scenic Hills Senior Center 8:00 AM

Payment Information:
 \$75 Due up signing up. Price per person, based on double occupancy. Add \$199 for single occupancy. Final payment due: ASAP



This tour includes...

- Motorcoach Transportation
- 5 nights lodging including 3 consecutive nights in Branson
- 8 meals: 5 breakfasts and 3 dinners
- Admission to 6 Fabulous Shows!
Including:
 - 3 morning shows: Jersey Nights Show, Doug Gabriel Morning Show & Beach Boys: California Dreamin'
 - 3 evening shows: The Haygoods Show, Edge of Illusion featuring Reza and "David" Show at the Sight and Sound Theatre

Scenic Hills Senior Center Presents

Bermuda

With Princess Cruises

8 days/ 7 nights
 June 1 - 8, 2025



Day	Port	Arrive	Depart
1	Cape Liberty, New Jersey		4:00 pm
1	Statue of Liberty Cruising		
2	At Sea		
3	At Sea		
4	Royal Naval Dockyard, Bermuda	8:30 am	Overnight
5	Royal Naval Dockyard, Bermuda		Overnight
6	Royal Naval Dockyard, Bermuda		4:00 pm
7	At Sea		
8	Cape Liberty, New Jersey	7:00 am	

Inside Cabin (I1) \$2,109
 Balcony Cabin (V2) \$2,434

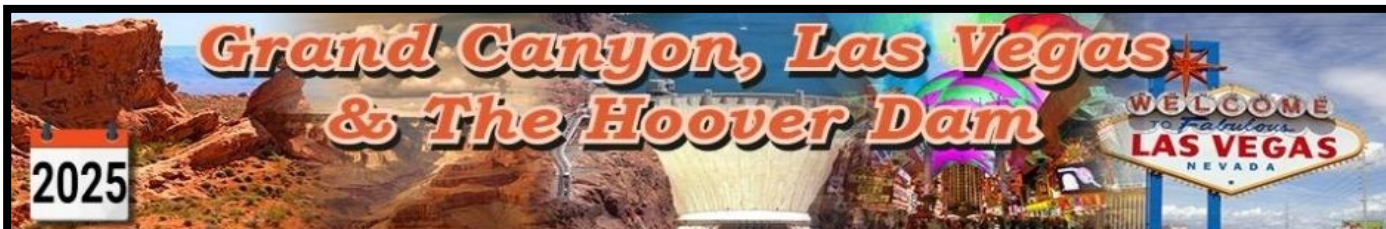
Rates are per person double occupancy and includes roundtrip motorcoach transportation to/from cruises pier, cruise, port charges and government fees.

NO Flying Required!
Passport Required!

Deposit Policy: An initial deposit of \$350 per person double occupancy of \$700 per person single occupancy is required to secure reservations and assign cabins. Final payment is due ASAP.

For more information call 740.385.6581





October 1 - 13, 2025 \$1,959 pp/double occupancy

For more information and to see a detailed itinerary visit:
www.grouptrips.com/scenichillsseniorcenter/2188332

For Information & Reservations Contact:
 Scenic Hills Senior Center 740.385.6581

Departure:
 Scenic Hills Senior Center 8:00 AM

Payment Information:
 \$75 Due up signing up. Price per person,
 based on double occupancy. Add \$618 for
 single occupancy. Final payment due: 7/25/25



This tour includes...

- Motorcoach transportation
- 12 nights lodging including 3 consecutive nights in a Las Vegas Casino Hotel
- 17 meals: 9 breakfasts and 8 dinners
- Admission to the Hoover Dam Visitor Center
- Visit Grand Canyon National Park including an Imax Grand Canyon movie
- Visit to magnificent Zion National Park and Petrified Forest National Park
- Free Day to shop, explore and discover Las Vegas
- Gaming and Sight-seeing on the famous Las Vegas Strip
- Guided tour of historic Boulder City and a stop at the Lake Mead Overlook.



December 1 - 5, 2025 \$825

5 days/4 nights

For more information and to see a detailed itinerary visit:
www.grouptrips.com/scenichillsseniorcenter/2185597

For Information & Reservations Contact:
 Scenic Hills Senior Center 740.385.6581

Departure:
 Scenic Hills Senior Center 8:00 AM

Payment Information:
 \$75 Due up signing up. Price per person,
 based on double occupancy. Add \$169 for
 single occupancy. Final payment due: 9/24/25



This Tour Includes:

- Motorcoach transportation
- 4 nights lodging in the Lancaster area
- 8 meals: 4 breakfasts and 4 dinners
- Admission to the show "NOAH" at the Sight & Sound® Millennium Theatre®
- Admission to a holiday themed show at the MAGIC & WONDER THEATER
- GUIDED TOUR OF PHILADELPHIA
- Visit to charming KITCHEN KETTLE VILLAGE
- GUIDED TOUR OF LANCASTER
- Admission to THE AMISH EXPERIENCE & JACOB'S CHOICE AT THE F/X THEATRE

Scenic Hills Senior Center Presents

Panama Canal w/ Costa Rica & Caribbean

w/ Princess Cruises on the Caribbean Princess

13 days/12 Nights March 5 - 17, 2026

Day	Port	Arrive/Depart
1 -	Ft. Lauderdale, FL	-/3:00 pm
2/3 -	At Sea	
4 -	Bonaire, Caribbean Netherlands	9:00 am/7:00 pm
5 -	Aruba	8:00 am/10:00 pm
6 -	At Sea	
7 -	Cartagena, Columbia	7:00 am/3:00 pm
8 -	Panama Canal Partial Transit New Locks	6:00 am/3:30 pm
8 -	Colon, Panama	5:30 pm/8:00 pm
9 -	Limon, Costa Rica	7:00 am/6:00 pm
10 -	At Sea	
11 -	Grand Cayman, Cayman Islands	8:00 am/5:00 pm
12 -	At Sea	
13 -	Ft. Lauderdale, FL	7:00 am/-

Rates are per person double occupancy and include roundtrip airfare from Columbus, cruise, port charges, government fees, taxes and transfers to/from ship. AIR PRICES ARE SUBJECT TO CHANGE AND WILL BE TICKETED ONCE YOUR GROUP IS PAID IN FULL. FLIGHTS ARE NON-REFUNDABLE ONCE TICKETED.

Passport Required

Deposit Policy - An initial deposit of \$500 per person double occupancy or \$1,000 per person single occupancy is required to secure reservations and assign cabins. **Final payment is due by November 5, 2025**

For reservations or more information call:
Scenic Hills Senior Center 740.385.6581



Inside Cabin ID \$3,784
Outside Cabin OE \$4,199
Balcony Cabin BC \$4,794

More options available

BAKED STEAK DINNER

LAKE LOGAN ASSOCIATION

Help Save Lake Logan!

Enjoy a baked steak dinner while supporting a great cause! All proceeds will benefit the Lake Logan Association and restorative project to save Lake Logan.



Come show support!



FRIDAY, APRIL 25TH
4:00 - 7:00 PM

MENU

Baked Steak, Coleslaw,
Mashed Potatoes, Green
Beans, Roll, Drink and
Cookie

\$15
per person



Scenic Hills Senior Center
187 S. Spring St.
Logan, OH

LAURELVILLE SENIOR CENTER



Laurelville Senior Center (16184 Maple St, Laurelville, OH) will host their monthly meeting on the **third Wednesday** of the month.



March 19th

April 16th

May 21st



Scenic Hills Senior Center
187 S. Spring St

Scenic Hills Educational & Wellness Center
580 Radio Lane

740.385.6581

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

Executive Director: Marjorie Moore
 Phone 740 385-6581 Fax: 740 385-3548
 580 Radio Lane., Logan OH 43138
Chief Publications Officer: Jackie Rife
Maintenance/Environmental Services:
 Charles Koska

HOURS of Operation:

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

SHEWC (580 Radio Lane) : M -Th. 8am - 6pm, F 8am - 3pm, Sat. 8am-12pm

COMING SOON... SENIOR APPRECIATION DAY

Scenic Hills Senior Center will celebrate its seniors on Thursday, May 15th, at Vita's Venue (30268 Industrial Park Drive). You must RSVP with payment between Monday, April 14th, and Friday, May 9th.

**Entertainment
Featuring
Echo Valley**



Menu

Salad and Rolls
Baked Steak or Chicken Marsala
California Medley
Mashed Potatoes
Mac & Cheese
Drink



**\$20
per person**

Catered by:



**Roberts
Funeral Home**

