



2025

Scenic Hills Senior Center
187 S. Spring St

Scenic Hills Educational & Wellness Center
580 Radio Lane

740.385.6581

January/February

Scenic Hills Senior Center

SIGN UP FOR 2025

Sign-up for 2025 membership. Annual membership is \$5.00. Must be age 50+ to join. Sign up at SHSC (187 S. Spring Street) or SHEWC (580 Radio Lane). Please have correct change, if possible.




You're invited to our


VALENTINE'S PARTY

Scenic Hills Senior Center will host a carry-in and Bingo! Join us by bringing your favorite side dish (no desserts). Lunch will be at 11:00 with Bingo to follow.


THURSDAY, FEBRUARY 13TH

SORRY WE'RE CLOSED

Monday, January 20th
Martin Luther King Jr. Day



Monday, February 17th
Presidents' Day




CASINO

Scenic Hills Senior Center will melt the winter blues away by offering two opportunities to go to the Eldorado (Scioto Downs) Casino this winter. Each trip has a transportation fee of \$15 per person. The bus will depart SHSC at 8:30 am and return by 3:45 pm. Spaces are limited! Pay and reserve your spot today. No refunds.

Eldorado

Day Trip

Wednesday, January 15th
Wednesday, February 19th

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CLOSED - New Year's Day	2 Technology - 930 No Bingo	3 Euchre - 12	4 Gym 8 - 12
5	6 Technology -1	7 Triple Hand/Foot Card Group - 1	8 Technology (Laureville Library) - 10 Fellowship - 10 Nutritional WS - 10 Good Grief - 11 Scrabble - 2	9 Technology - 930 Bingo - 12 Chair Volleyball	10 Euchre - 12	11 Gym 8 - 12
12	13 Technology -1	14 Triple Hand/Foot Card Group - 1	15 Casino Trip - 830 Fellowship - 10 Scrabble - 2	16 Technology - 930 Bingo - 12 Chair Volleyball	17 Euchre - 12	18 Gym 8 - 12
19	20 CLOSED - Martin Luther King Jr. Day	21 Triple Hand/Foot Card Group - 1	22 Fellowship - 10 Nutritional WS - 10 Good Grief - 11 Scrabble - 2	23 Footcare Technology - 930 Bingo (winter shirt day) - 12 Chair Volleyball	24 Euchre - 12	25 Gym 8 - 12
26	27 Technology -1	28 Triple Hand/Foot Card Group - 1 Alzheimer's SG - 1	29 Fellowship - 10 Scrabble - 2	30 Technology - 930 Bingo - 12 Chair Volleyball	31 Euchre - 12	1 Gym 8 - 12

February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Gym 8 - 12
2 Groundhog's Day	3 Technology -1	4 Triple Hand/Foot Card Group - 1	5 Fellowship - 10 Nutritional WS - 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 Technology (Laureville Library) - 10 Fellowship - 10 Good Grief - 11 Choir - 1 Scrabble - 2	13 Technology - 930 Valentine's Party - 11 Bingo - 12 Chair Volleyball	14 Euchre - 12 Valentine's Day	15 Gym 8 - 12
16	17 CLOSED - Presidents' Day	18 Triple Hand/Foot Card Group - 1	19 Fellowship - 10 Nutritional WS - 10 Good Grief - 11 Choir - 1 Scrabble - 2	20 Footcare Technology - 930 Bingo - 12 Chair Volleyball	21 Euchre - 12	22 Gym 8 - 12
23	24 Footcare Technology -1	25 Triple Hand/Foot Card Group - 1 Alzheimer's SG - 1	26 Fellowship - 10 Good Grief - 11 Choir - 1 Scrabble - 2	27 Technology - 930 Bingo - 12 Chair Volleyball	28 Euchre - 12	1 Gym 8 - 12

Dear Friends,

As we move into 2025 we want our community and members to know how blessed we have been. 2024 was an eventful year for Scenic Hills Senior Center!

Membership soared in 2024 and was at an all-time high with over 1,500 members. We were able to expand our gym at The Educational and Wellness Center on Radio Lane with funds through the estate of Paul & Suzanna Stivison. With the remaining estate funds we purchased new gym equipment and now have a large weight room and cardio area. We are also adding pickleball courts to our Radio Lane location (between our building and the radio station) with a completion date of the summer of '25.

At the beginning of the year, we were entrusted with the Healthy Aging Grant from the Hocking County Commissioners and were able to provide a variety of services to the senior population. We provided hot meals, food boxes, fresh fruit, lift chairs, wheelchair ramps, and bathroom renovations to name a few. With the Healthy Aging Grant, we were able to waive the fee for our fitness classes for the remainder of the year. We created an emergency food pantry for seniors in need. The grant allowed us to have technology assistance available in both buildings weekly and we were able to purchase additional iPads for the seniors to use while at the facilities. The grant had an administrative fee of over \$18,000 for administrating the funds; we opted to use these funds for additional senior services.

Annual membership fees for 2025 will remain at \$5.00 per person. You need to renew your membership each year to ensure we have the most up-to-date information. Membership allows you access to the gym as well as the other fun events we do throughout the year.

As we move forward, we will continue to serve our senior population with transportation, chore services, educational and wellness services, and social activities to help live a long and healthy life. We appreciate the donations made by our community and friends that help make everything possible! There are so many to thank that we cannot list them all - so to all of you who make our senior center a great place (sponsors, volunteers, visitors, and friends) we thank you and wish you the best in the new year. As stated before, we are truly blessed!

Warm Winter Wishes,

Marjorie Moore

Executive Director

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.

Fellowship



Wednesdays @ 10:00 am
Scenic Hills Senior Center

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.

January 8th & 22nd

February 12th & 26th

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.



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!

Advertise Here!

If interested in becoming a newsletter sponsor please contact 740.385.6581

LAURELVILLE SENIOR CENTER



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



January - No Meeting
February - No Meeting
March 19th
April 16th

ALZHEIMER'S ASSOCIATION

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) **January 28th and February 25th** 1:00 p.m.



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



CHAIR VOLLEYBALL
 CHAIR VOLLEYBALL WILL BE
 SET UP FOR PLAY BEFORE/
 AFTER BINGO ON
 THURSDAYS! Come have fun!
 Ages 50+

NOTICE

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




**Priceless
Foot Care**



Thursday, January 23rd 9:00 - 2:00
Monday, February 24th 9:00 - 2:00

Scenic Hills Senior Center - 187 S. Spring Street


Call Shontaya to schedule your appointment ☎ **(614) 354-7033**

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!*



January Bingo Challenge

January 23rd
Winter Shirt Day
 Wear your coziest winter attire



BINGO! is Back!

Thursday Bingo resumes January 9th at noon!



February Bingo Challenge

February 13th
Red/Pink Day 

Wear red/pink to celebrate Valentine's Day!



The Pool Room will be closed until 12:00 pm on the following dates:
 January 8th and 22nd
 February 5th and 19th

Thank you!



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	Michele Vincent	2
Fit with Bev	T/Th/9:00	Bev Riggs	2
Cardio Drumming	M/W/11:00	Debbie Smith	2
Circuit Training	M/9:30	Michele Vincent	3
Sweat & Power	W/9:30	Michele Vincent	3
Slow Flow Yoga	F/10:30	Jacque 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



IMPORTANT ANNOUNCEMENT

Starting January 1, 2025 Fitness Classes* will be \$2.00 per class

*Slow Flow Yoga (Friday) will be \$5.00 per class
Line Dancing & Fit w/ Bev will continue to be donation



Fitness Class Updates



January/February/March

Walking resumes Tuesday, January 7th


*There will be no walking class if school is cancelled due to weather.

Fit w/ Bev resumes Tuesday, January 7th

There will be **NO PWR Hour, Chair Yoga, Walking or Aquatic Classes** the following dates:

Tuesday, March 18th

Thursday, March 20th

Watch Facebook for unplanned cancellations! 

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
- You can purchase yoga mats in the office for \$10

Fitness Classes

Cardio Drumming

Cardio drumming is a dynamic cardiovascular workout that combines drumming, rhythm, and music. Participants typically use weighted drumsticks to hit an exercise ball placed on a bucket, following the rhythm of the music. The exercise can also incorporate dance moves and steps, enhancing the overall experience.



Chair Yoga

Chair yoga is a gentle form of yoga that allows people to practice yoga poses while seated or using a chair for balance. It's a modified version of traditional yoga that's more accessible and gentle for people with limited mobility or balance.



Circuit Training

This is an hour-long class that is set to timed intervals. It mixes several pieces of equipment and body weight to give the participants a full-body workout. Although this is a timed interval class it is a level 3 and involves floor work. Participants should evaluate their fitness level to ensure they can complete all exercises safely.



Feeling Fit

This hour-long class utilizes dumbbells, bands, weighted and unweighted balls to challenge its participants. It is a level two class and alternates between seated and standing sets of exercises.

Fit with Bev

Fit with Bev is a chair yoga-inspired class that consists of a warm-up of total body gentle stretching, working all the muscle groups and joints from head to toe. After the body is warmed up we do a series of cardio moves to elevate the heart rate which consists of standing and using weights of your choice to help build strength in the upper body. Lastly, we stand to do balance moves which is important as we age.

Line Dancing

Line dancing is choreographed movements to popular music where a group of people perform a repeating sequence of steps in unison while standing in lines or rows. It is a fun and relaxing way to get in exercise. It will challenge you in a gentle way and get you moving. There is a beginners class (level 1) and an advanced class (level 2).



One Step At a Time - Walking Class

Get in your daily steps by walking around the indoor track at The Chieftain Center. Join our instructor to walk quarter-mile laps on a flat even surface in a comfortable environment. This class will only take place when school is in session. If school is closed then there will be no walking class.



PWR Hour

Power (PWR) Hour is a fitness program that focuses on big and small movements. It improves physical function by including cardio, strength training, balance exercises, posture, and flexibility work. It is a level 1 fitness class and is acceptable for beginners.



Slow Flowing Yoga

Our yoga practice is for anyone who feels comfortable moving up and down from their yoga mats. We build strength, balance, flexibility, and stamina by moving from one yoga pose to another with the rhythm of our own breath. We make the connection between mind and body using our breath. Yoga works your body from the inside out so we flush internal organs, stimulate nerves and glands, open joints and we stretch muscle. We do all of this using our breath. We do only what our own bodies can do.



Sweat & Power

This is an hour-long class that helps participants focus on strength development and cardiovascular improvement. It incorporates a variety of movements that challenge participants' strength, balance, and cardiovascular endurance. It may utilize floorwork in some of the sets. This has two sets of 6 exercises that alternate in a timed fashion.



Meet the Instructors



Michele Vincent

Michele has been teaching fitness classes for years. She teaches classes at Scenic Hills Educational and Wellness Center and North Fitness Center. She currently teaches a total of six classes a week and enjoys the time with the seniors.

Michele is married to her husband, Joe and she has three grown children (Briele, Logan and Sydney). Michele enjoys bass fishing with her husband and loves to share those adventures with her classes. Unlike other fishermen, her fishing tales are always true.

Christina Nippert

Christina Nippert has been the PWR Hour, Chair Yoga, and Walking instructor here at Scenic Hills Educational and Wellness Center since 2023. She loves working with the seniors and has a passion for fitness and health. Christina has been in the healthcare field for nearly three decades. She's a natural caregiver.

Christina is married to her husband, Jesse. She has three adult children (Amber, Jayme, and Nick) and the light of her life, her grandson, Luke (6). In her spare time, she enjoys listening to music and dancing.

Christina's bubbly personality makes the fitness classes fun and engaging.



Bev Riggs

Bev Riggs has been teaching exercise classes for the past 44 years. She lives in Union Furnace with her loving husband, Bob and their precious fur baby, Fluffy. Bev loves quilting and any type of hand work. In the spring and summer Bev stays busy with her beautiful flower gardens and yard work.

Jacquie Moku

Jacquie has been practicing and teaching yoga for over 30 years and has studied with many well known yoga teachers around the world. Certifications include: E-RYT500, Meditation Teacher, Pranayama (breathwork), Reiki Master Teacher, RYS (Registered Yoga School), CEC (Continued Education Certifications)

Jacquie is a wife, mother, grandmother, sister, daughter and auntie. Jacquie's hobbies include yoga and teaching in several locations in and around Lancaster but in her free time she enjoys her family.



Debbie Smith

Debbie Smith is a retired nurse that first became interested in fitness in 1979 after the birth of her youngest child. She has been involved in fitness ever since. Debbie enjoys time with her family. She is married to her husband, Tom Smith and they have between them five children and six grandchildren. In her free time Debbie enjoys reading and can be found with a book in her hand.

Kathy Thatcher

Kathy is a retired teacher and emergency medicine/family practice physician assistant. She found line dancing thanks to a dear friend and has been dancing and teaching for years. Kathy is a widow that enjoys traveling. She has served on 3 medical mission trips to the Dominican Republic and Tanzania. Kathy has traveled across America with her late husband and visited many foreign countries. One of her treasured memories is when she went with her husband on his big game hunting trip in South Africa. Her plan is to continue to travel to many more countries while she can.



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, Signature Sponsors!

Diamond Sponsor (\$2,500)

Home Helpers[®]
Home Care

FAIRHOPE
HOSPICE & PALLIATIVE CARE
HOME OF THE PICKERING HOUSE


SHRIVERS
HOSPICE[®]

Silver Sponsor (\$1,000)

GoodCare
BY CPCI

Cardaras
FUNERAL HOMES

Bronze Sponsor (\$500)

Roberts
Funeral Home

KING KITCHEN & BATH


HOCKING VALLEY
Community Hospital

thrivent[®]


HOCKING HILLS
BANKING CENTER
A member of the VCNB financial family

If interested in becoming a Signature Sponsor
call 740.385.6581



Ask for the best in the community.
Ask for FAIRHOPE.

740-654-7077 • 800-994-7077 • fairhopehospice.org

Serving Fairfield, Hocking and Perry counties for nearly 40 years



Brian Mason
Serving Logan
740-385-3700
740-603-3621

Secure Advantage Insurance Agency

LoganAgent.com



Trusted In-Home Care



Live life your way! From a few hours to 24/7 care, we're there when and where you need us.

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

Each office is independently owned & operated.



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

Nutritional Workshops

January 8th & 22nd

February 5th & 19th

Wednesdays at 10:00 am

Free for Seniors (50+) Must call 740.385.6581 to register.

Limited spaces available. Workshops held at Scenic Hills Senior Center.

*Our February 19th workshop will be the last workshop for awhile. Our awesome instructor is retiring! Congratulations Miss Jane!


THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

January

- 1 - New Year's Day
- 2 - National Cream Puff Day
- 3 - National Drinking Straw Day
- 4 - National Trivia Day
- 5 - National Bird Day
- 6 - National Cuddle Up Day
- 7 - National Bobblehead Day
- 8 - National Bubble Bath Day
- 9 - National Law Enforcement Appreciation Day
- 10 - National Save The Eagles Day
- 11 - National Milk Day
- 12 - National Kiss a Ginger Day
- 13 - National Rubber Ducky Day
- 14 - National Dress Up Your Pet Day
- 15 - National Hat Day
- 16 - National Nothing Day
- 17 - National Classy Day
- 18 - National Thesaurus Day
- 19 - National Popcorn Day
- 20 - National Cheese Lover's Day
- 21 - National Hugging Day
- 22 - National Polka Dot Day
- 23 - National Handwriting Day
- 24 - National Compliment Day
- 25 - National Opposite Day
- 26 - National Spouses Day
- 27 - National Chocolate Cake Day
- 28 - National Kazoo Day
- 29 - National Puzzle Day
- 30 - National Croissant
- 31 - National Hot Chocolate Day

February

- 1 - National Get Up Day
- 2 - National Groundhog Day
- 3 - National Missing Persons Day
- 4 - National Homemade Soup Day
- 5 - National Weatherperson's Day
- 6 - National Frozen Yogurt Day
- 7 - National Periodic Table Day
- 8 - National Boy Scout Day
- 9 - National Pizza Day
- 10 - National Umbrella Day
- 11 - National White Shirt Day
- 12 - National Plum Pudding Day
- 13 - National Pancake Day
- 14 - Valentine's Day
- 15 - National Gumdrop Day
- 16 - National Do a Grouch a Favor Day
- 17 - National Random Acts of Kindness Day
- 18 - National Drink Wine Day
- 19 - National Lash Day
- 20 - National Comfy Day
- 21 - National Sticky Bun Day
- 22 - National Margarita Day
- 23 - National Handwriting Day
- 24 - National Banana Bread Day
- 25 - National Clam Chowder Day
- 26 - National Letter to an Elder Day
- 27 - National Polar Bear Day
- 28 - National Tooth Fairy Day

Choir UPDATE

The choir will take a winter break.

Choir practice will resume
Wednesday, February 5th

@ 1:00 pm



JOIN CHOIR!

All Adults (age 50+)
are welcome!

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+

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.

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.

Happy
Valentine's Day

February 14

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/scenicillsseniorcenter/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: 1/31/25

Diamond Tours[®] inc.
Bringing Group Travel to a Higher Standard!

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...

New
Trip!

Bermuda



With Celebrity Cruises on the Celebrity Silhouette

8 days/7 nights - June 1-8, 2025

Day Port

1. Cape Liberty, New Jersey
2. At Sea
3. At Sea
4. Royal Naval Dockyard, Bermuda
5. Royal Naval Dockyard, Bermuda
6. Royal Naval Dockyard, Bermuda
7. At Sea
8. Cape Liberty, New Jersey

Inside Cabin: \$2,109

Balcony Cabin: \$2,434

Rates are per person double occupancy and include roundtrip motorcoach transportation to/from cruise pier*, cruise, port charges and government fees. *Motorcoach transportation is based on 20 paying passengers.

Deposit Policy: An initial deposit of \$350 per person double occupancy or \$700 per person single occupancy is required to secure reservations and assign cabins. Final payment is due by February 3, 2025.

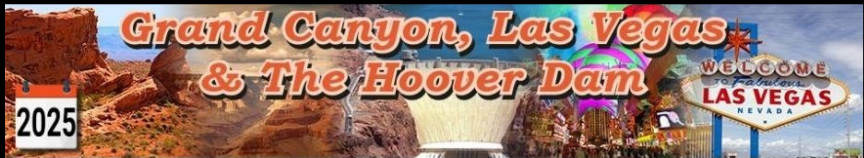
Always Included:

Classic Beverage Package & Surf Wifi Internet Package

Applies to all stateroom categories. Applies to 1st and 2nd guests in stateroom. Capacity controlled and subject to change at any time.

For more information contact: 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/scenicillsseniorcenter/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/scenicillsseniorcenter/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 WITH COSTA RICA & CARIBBEAN
 WITH PRINCESS CRUISES® ON THE CARIBBEAN PRINCESS®
 13 DAYS / 12 NIGHTS – MARCH 5 – 17, 2026

DAY	PORT	ARRIVE	DEPART
1	Ft. Lauderdale, Florida		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, Colombia	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, Florida	7:00 am	

Inside Cabin Category	ID	\$3,784
Inside Cabin Category	IC	\$3,819
Outside Cabin Category	OE	\$4,199
Outside Cabin Category	OC	\$4,269
Balcony Cabin Category	BD	\$4,734
Balcony Cabin Category	BC	\$4,794
Balcony Cabin Category	BB	\$4,854

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. *Government imposed taxes and fees are subject to change and Princess Cruises reserves the right to collect any increases in effect at the time of sailing even if the fare has already been paid in full.*

PASSPORT REQUIRED

DEPOSIT POLICY: An initial deposit of \$500 per person double occupancy or \$1000 per person single occupancy is required to secure reservations and assign cabins. Final payment is due by November 5, 2025. These are the best rates around! Those who book early get the best prices and the best cabin locations. **MAKE A RESERVATION** at grandamericantours.com.

Itinerary, Perks, and Prices are subject to change.

**FOR RESERVATIONS OR MORE INFORMATION
 PLEASE CONTACT MARJIE MOORE ~ (740) 385-6581**

**IF YOU BOOK BY JANUARY 31, 2025
 ONLY \$100 pp DEPOSIT REQUIRED
 FOR DOUBLE OCCUPANCY**
** subject to capacity control**
 Call for details – 1-800-423-0247

PRINCESS PLUS

FREE Plus Beverage Package

(drinks up to \$15 each)

FREE Unlimited Wi-Fi

(one device per person)

FREE Prepaid Gratuities

Unlimited Juice Bar

Premium Desserts

(2 per day)

Fitness Classes

(2 per cruise)

2 Casual Dining Meals (per guest)

OceanNow® delivery

(order anything to come to you wherever you are)

Room Service Delivery

Offer applies to guests 1 & 2 only.

Offer is capacity controlled and subject to change.

Please call for details – 1-800-423-0247

©2024 Princess Cruise Lines, Ltd. Ships of Bermuda and British registry 10/6/25 CW



Escape to breathtaking ocean views,
 fresh, local flavors and the chance
 to see someone you love
 in awe of the world again.



PRINCESS®

PRINCESS® is a 2024 Princess Cruise Lines, Ltd. Ship of Bermuda and British Registry. This promotional piece is created and distributed by an independent travel agent, not by Princess.



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.scenicillsseniorcenter.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
Exercise Instructor: Michele Vincent
Maintenance/Environmental Services:
Charles Koska

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.

Winter Weather

Scenic Hills Senior Center & Educational and Wellness Center will be **CLOSED to the public during any weather emergency **Level 1, 2, or 3****

If an advisory is lifted an 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 and they will make a decision on a trip by trip basis.