

St. Paddy's Shindig SATURDAY MARCH 16

FROM 1:00 P.M. — 3 P.M.

**Snacks will be available.
 Come dressed in green (optional).
 Games. Music. 50/50 Raffle.**



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ATTENTION !!

If dues aren't received by **NEXT** printing time (**MARCH 21**),
 you will be taken off the mailing list.

MISSION STATEMENT

1. To **PROVIDE** a wide range of social services, activities, education and entertainment for Windsor Manor and the surrounding area seniors.
2. To **PROMOTE** good fellowship and companionship among senior citizens of the Marysville and surrounding area who will be willing to participate.
3. To **PROMOTE** and **IMPROVE** the quality of life for all senior citizens.

UNION COUNTY SENIOR ACTIVITY CENTER

937-644-8464

2024 BOARD OF TRUSTEES AND OFFICERS

Executive Officers:

President: Cindy Maxhimer **Secretary:** Karol Strapp
Vice President: Bill Brunskill **Treasurer:** Pattie Reisz

Board Members: Term 2022-2024

Pattie Reisz
Karol Strapp
Mick McCoy
Patty Turner
Holly Novak

Board Members: Term 2022-2025

Cindy Maxhimer
Bill Brunskill
Carol Sitz
Janet Brown
Sue McClish
Chris Plank
Danielle Plank

Board Sponsors

Sarah Dixon, Sponsor
Sarah Brown, Sponsor
Jennifer Zofkie, Sponsor
Jeananne Piatt, Sponsor
Wendy Witchey, Sponsor

Grant/Project Coordinator

Susie Pfarr

Activity Coordinator

Deb Kelly



April Newsletter:

Please submit all information, ads and articles no later than:

March 14, 2024

Do you know of an upcoming community event or activity that would be of interest to Seniors? If so, please call the Activities Office:

937-644-8464.

Not a member of Senior Activities Center?

It is never too late to join and have some fun with us.

Single Membership - \$15.00

Couples - \$20.00

Stop by the Activities office to sign-up or call the Activities Office at **937-644-8464.**

**OFFICE HOURS: 9:00AM – 2:00PM -
Monday, Tuesday, Thursday, and Friday.**

WELCOME NEW MEMBERS



**Pat Hull
Patti Phipps
Colleen Nicol
Joe & Mary Williams
Kathy Yutzky**

NOTE: Our email is: windsorsen@gmail.com

Check out our website: <https://ucsac.org>

It has our calendar of events, lunch menu, trip info and much more.

We have **free** Wi-Fi in the Dining Room. If interested check with the Activities Office for login information.

We are now on Facebook. To find, search **Windsor Senior Activities Center** and “Like” us to receive periodic updates on upcoming events, activities and pictures.



MARCH Birthdays



Happy Birthday

If you do not want your birthday or anniversary listed, please call the Activities Office.

					1 Bonnie Bracy	2 Charles Kelly
3 Lamarr L. Coleman	4 James Osborn	5 Stephanie Girton	6 Rosemary Collins Rosie Harber Aldena Taylor	7 Dorothy Baughman	8 	9 Bob Brake
10 Daylight Savings Time starts March 10th 2024 Spring Forward!	11 Dianna Donohue	12 Denise Kanet	13 Dona Atzbach	14 Naciann Sawyer Carol Sue Wedlake	15 Elizabeth (Sue) Hites Betty Bair	16 
17 Judy Castle Shirley Shuler 	18 Jan Dunn Mary Carpenter	19 	20 Molly Cooper	21 Richard Nixon Linda Nance	22 Mary Koch	23 Norma Whiteside
24 James Doolittle	25 	26 Joe Ohler Elaine Nicol	27 Jim O'Harra Jerry Landon Penny Payne	28 Vivean Noggle Peggy Schertzer Yvonne Stoner	29 Shanna Kelley Sallie McDowell	30 Carolyn Bliss

31
EASTER


SAINT PADDY'S SUDOKU

DUBLIN

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N					
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	B				
	D		U	I	

CLOVER

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L					
			C		
		L			V
					E
R	L				



DIRECTIONS: Fill in the grids so that each horizontal row contains each letter exactly once, each vertical column contains each letter exactly once, and each sub grid contains each letter exactly once. We recommend you use a pencil. - (Solution on page 24)

Happy Anniversary



March

Walter & Carolyn Wyse - March 12

Chuck & Patty Burch - March 15

Karin & Jerry Landon - March 19

Dan & Nancy Penhorwood - March 23



Thinking of our Members in Nursing Homes and Assisted Living:

Bluebird: Dorothy Cotton
Mary Jo Finney
Shirley Applegate



Heritage: Wanda Patterson
Elsie Kandel

Walnut Crossing: Peggy Wells
Theda Clemans

Gables: Mary Shanks
Mary McNeal
Joan Willbarger

Friendship Village Rehab, Dublin:

Country Club, Delaware:

Monarch:

Prestige Gardens:

Please let the Activities Office know
if our list above is current.
Call **937-644-8464** to let us know of any changes.

Remembering in Prayer:

All those that we know who have been ill, are recovering from surgeries, or for other reasons.

- Betty Stillings
- Daryl Ingram
- Karla Rawlins
- Pam Moore
- Earl Castle
- Brenda Hastings
- Charles Hartman
- Alfie Yanchik
- Karol Strapp
- Mary Gingrey
- Emma Stevenson
- Harold Horch
- Carolyn Wyse
- Molly Cooper
- Mike Arnold
- Janice Lewis
- Ruth Alexander
- Hazel Maynard
- Rusty Maynard
- Sandy Williams
- Cindy Maxhimer
- Jim Collins
- Ruth Turner
- Fred Bischoff
- Karen Baker
- Laura Tall
- Terry Turner



*Our sympathy and prayers
go out to the family of:*

**Ralph G. Elliott -
Passed away 01/19/2024**

**Judy Mahan Mother
Passed away 01/28/2024**





2-1-1
Get Connected. Get Answers.

CALL 2-1-1
AND CONNECT WITH THE SERVICES YOU NEED
24 HOURS A DAY. 7 DAYS A WEEK.



GET HELP

- Food
- Clothing
- Shelter
- Housing
- Rent or Utility Assistance
- Counseling
- Help for Substance Abuse
- Domestic Violence Services
- Sexual Assault Advocacy
- Transportation
- Support Groups
- Senior Services
- Help with Aging Parents
- Childcare
- Employment Resources
- Legal Assistance
- Health Care

GIVE HELP

- Local volunteer opportunities
- Donating food, clothing and more
- Connect with:
 - Civic Organizations
 - Youth Activities
 - Community Services
 - Schools




2-1-1 IS YOUR NEW, FREE, CONFIDENTIAL, 24/7 INFORMATION AND REFERRAL HOTLINE BROUGHT TO YOU BY:




**UNION COUNTY
VETERANS SERVICE OFFICE**

835 East Fifth Street, Suite B
Marysville, OH 43040
937-642-7956 or 800-686-2308

We serve eligible Veterans and their families in all matters relating to possible Union County and/or Federal Benefits.

We:

Provide no-cost transportation to Department of Veteran Affairs (VA) medical facilities

Offer temporary and emergency financial aid to eligible veterans for basic needs

Assist in applying for various benefits through the VA, such as disability compensation and VA medical enrollment

Please contact us to set up a confidential appointment Monday through Friday (closed holidays)



NEWS

Book Club News: The Book Club will meet on **March 8th at 1:00**. This month's book is **"Peg and Rose Solve A Murder"**, by author Laurien Berenson. You can pick up a copy from the Activities Office only. If you like to read, come join the group.

Come Play Bingo...

- We have new classes
 - Guest Callers
 - more prizes
- And always lots of fun!



Tuesdays at 1:30 pm in the Windsor Dining Room.



COME PLAY CORNHOLE!

Join the group on Fridays at 1:30 p.m. to play Cornhole. Sign-up sheet in the dining room.



Anyone interested in playing Euchre notify the Activities Office at 937-644-8464.

UNION COUNTY SENIOR ACTIVITIES CENTER Trips for 2024 "NO MEALS ARE COVERED"

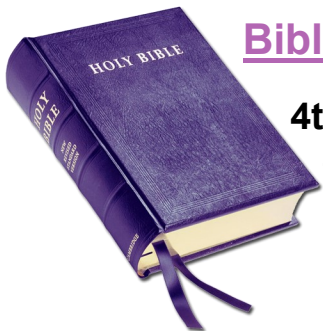
Windsor Senior Trips for 2024 All scheduled trips are tentative and may change due to weather, destination, or availability of transportation. You may register by using the sign-up sheet in the Community Room or by calling Activities Office (see below). If sign-ups exceed the seats available, we'll have a random drawing for available seats. Lunch is at our own expense on trips.

TRIPS OF 2024

Need someone to take the Lead in setting up and arranging trips for the 2024 Calendar Year, Board Members will support and help the Lead person. Questions, call Activities Office (937-644-8464)

CARD MAKING CLASS & SCRAPBOOKING

Come join us on the **last Monday of each month at 1:30 p.m.**, to learn different techniques for making greeting cards. You will learn different folds, techniques, embossing, Iris folding, and shading. We will start off doing basic card-making and then progress depending on the skill of the class. Come and have an enjoyable time making cards and socializing. The sign-up sheet for this class can be found in the lunchroom area.



Bible Study Group

**4th Thursday of the month
at 1:00 P.M.**

**Daylight Savings Time
starts
March 10th 2024
Spring Forward!**



Courtesy Reminder for all Participants

Everyone who is involved in an activity wants to enjoy themselves and have a great time. Each member is entitled to cooperation from each game player whether it is corn hole, chair volleyball, Wii bowling, or dominoes. An example would be chair volleyball. Please share the volleys so all participants get a chance to have their hands on the beach ball. This is just an example of the importance of cooperation and inclusion. We are all just big kids that want to play. Thank you for your courtesy and cooperation. Go, Teams!



Friends of Union County Senior Activities Center

“Friends of Union County Senior Activities Center”
*is a fundraiser that allows anyone, regardless of age,
to support Windsor Seniors by donating \$25 or more.*

*This donation entitles you to be listed as a
“Friend of Union County Senior Activities Center”
for the calendar year.*



Pat Mathers
Butch & Sue Sawyer
Carolyn & Walter Wyse
Virginia & Russell Miller
Larry & Jeanne Amrine

Becky Payne
Sharon Marcum
Rosela Renz
Jan Brown

Volunteer Honor Roll

***“Volunteer Honor Roll” is recognition for volunteers who have generously donated their services and/or their time to
UNION COUNTY SENIOR ACTIVITIES CENTER.***

Cindy Maxhimer
Bill Brunskill
Karol Strapp
Pattie Reisz
Carol Sitz
Janet Brown
Sue McClish
Chris Plank

Danielle Plank
Mick McCoy
Patty Turner
Holly Novak
Deb Kelly
Susie Pfarr
Marilyn Monroe
Janice Bryant

Idella Feeley
Rita Flory
Jim Scheiderer
Fred & Arthena Smith
Mike Streng
Bob Duncan
Chris Plank
Dani Plank

Mary Kitsmiller
Deb Root
Judy Mahan
Robert Trudeau
Travis Vandran
Janice Bryant
Mary Carpenter
Doris Leistriz
Laura Paluch

SUPPORTING WACSI

Founded in 1984 WACSI provides a wide range of social services, activities, education and entertainment for all senior citizens of Union County. Funded by annual grants on behalf of Senior Services and United Way, membership dues, fundraising, donations, business sponsorship and memorial contributions. WACSI is a non-profit organization dedicated to the well-being of all seniors. WACSI supports our community by providing programs to engage and enrich the lives of seniors and community members of all ages. We remain loyal to our mission of providing for the well-being and growth of families and individuals through activities, education, and social services. Your support as a member, friend, volunteer, or monetary contributor is greatly appreciated. Thank you for your support!



ATTENTION!!



If dues aren't received by **NEXT** printing time (**MARCH 21**),
you will be taken off the mailing list.

Sudoku Puzzles

	1					2	3	
		3	6	7				9
					9	1	7	
		7		8	5	3		
6		5				8		2
	3					9		7
				2	8		1	
1						6	2	5

8	2				9		3		4
					2			1	8
4				7			5	2	9
							8		
1		2					4		
3								9	
	9		5	4					3
7			3	8	2			5	
			1	7					

Solution on page 24

Celebrating Life's Stories®



Our mission is to celebrate the lives of those we have the privilege of serving by providing superior care and superior services to each patient and family.



London 740.852.7755 Marysville 937.644.1928
www.OhiosHospiceLovingCare.org

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From the Memorial Meals Kitchen



**Serving time in the dining is 11:00 a.m. - 12:30 p.m.,
Monday through Friday.**

We offer Dine-in service only.

**You may make a reservation by calling 937-644-8459 24/7.
Reservations must be in by 9:30 a.m. daily.**

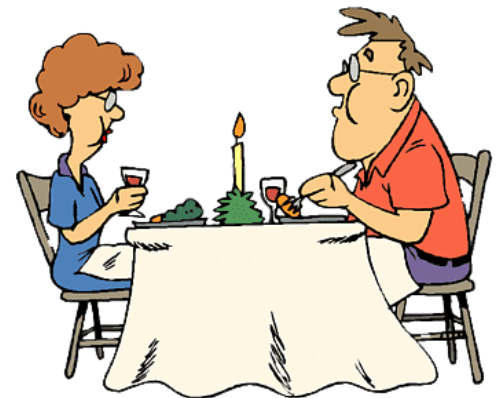


Suggested Donations
60 and over \$3.50
Guest 59 and under \$5.50
Children 10 and under \$3.50

To find out more information on how you can sign up for Memorial Hospital, Congregate meals, that are available in the Windsor Senior Center Dining Room. Call 937-644-5459 or drop in the dining room Monday through Friday 8:00 a.m. - 2:00 p.m.

DINING ROOM RULES

1. During lunch 10-1 p.m., you may not have access to the drink station, only hospital volunteers may get you drinks.
2. Take any trash out to the dumpster
3. Spot sweep any debris/food on the floor
4. Make sure all tables are clear of any articles
5. If you moved a table or adjust it (round to square) please put it back the way you found it.
6. If you used the kitchen area, clean any dishes you use, put things away and wipe down the counter and sinks if necessary.



Please help to keep your facility clean, there is no full time housekeeping department here, so we all need to do our part.

Please do not take any cups from the kitchen of Windsor Senior Center. Taking these items reduces our supply for events. Thank you.



Activities Office Open
Monday, Tuesday, Thursday, and Friday
9:00 a.m.— 2:00 p.m.

><<><><

937-644-8464

If no one is in the Office, please leave a message
and we will get back with you ASAP!



Welcome Gretchen Waggoner, Audiologist!



Gretchen will be seeing patients at **Memorial Ear, Nose & Throat**. She is a Doctor of Audiology and has nearly 27 years of experience in the diagnosis and treatment of hearing loss and balance disorders. Additionally, Gretchen is specially trained in hearing aid selection, fitting, and follow-up.

It is recommended those ages 50+ have a baseline hearing test – to schedule yours with Gretchen, call Memorial Ear, Nose & Throat at (937) 578-4300.

Comprehensive ENT & Audiology Services



Benjamin Bush, MD



Eryn Staats, AuD



Karen Smith, PA-C

Hearing is so vital to our quality and enjoyment of life. Our Memorial Ear, Nose & Throat practice combines the medical expertise of our ENT providers with the diagnostic skills of our audiologists to provide the most comprehensive care possible.

140 Coleman's Crossing Blvd., Suite 200
Marysville, OH 43040

MemorialOhio.com

 **Memorial** EAR, NOSE & THROAT



Current residents of Union County, Ohio who are age 60+ are eligible for MyHello.

Connect & Share

Everyone loves a friendly phone call, and that is exactly what MyHello is.



Scan this QR code to sign up or call 833-MYHELLO

How It Works

There is no one else like YOU.

MyHello Guides enjoy talking with you and listening to good stories too! Staying connected is important, and it is even good for your health.

Each week, MyHello will call to chat. A unique conversation starter will be asked.

We want to get to know YOU. What is important to you? What is your opinion? Let's talk!



WHEN SHOULD WE TALK?

A MyHello call is made once a week for 13 weeks for people participating in MyHello. Calls are typically 15-30 minutes.

Do you prefer a morning or afternoon call and which day of the week? Give us a call at the number below to SIGNUP!

Signup is easy! Call 833-694-3556 (833-MYHELLO) OR scan the QR Code above OR email myhello@lifebio.com. Organizations and agencies make referrals by using these methods too!



MyHello is sponsored by the: Mental Health & Recovery Board of Union County, Ohio

RUMMAGE

SALE

Cornerstone Global Methodist
207 South Court Street, Marysville



FRIDAY MARCH 8th
FROM 9:00 AM — 6:00 PM
SATURDAY MARCH 9th
FROM 9:00AM — 1:00 PM

BAKE SALE SATURDAY
CASH ONLY

Testing Your Balance

TO BE STEADY SCREENINGS



2024 DATES FOR FREE SCREENINGS:

Tue. March 12, 10 — 11 am

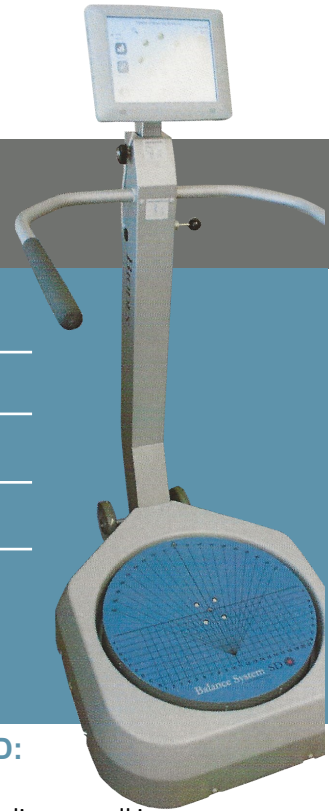
Tue. May 14, 10 — 11 am

Tue. July 9, 10 — 11 am

Tue. September 10, 10 — 11 am

Tue. November 12, 10 — 11 am

*by appointment only. Screenings are held in the Wellness Center



If you or someone you care about would benefit from more information or a To Be Steady screening, call (937) 578-2580 today. Appointments are required.

REASONS TO BE SCREENED:

- You have fallen in the last year
- You feel unsteady or dizzy when standing or walking
- You have trouble seeing
- Your medications make you feel nauseous or dizzy
- You are over 65 years of age
- You have lower body weakness or trouble with your feet or shoes

Improving Your Balance

TO BE STEADY CLASSES

2024 DATES FOR FREE CLASSES:

Tue. March 16, 10 am

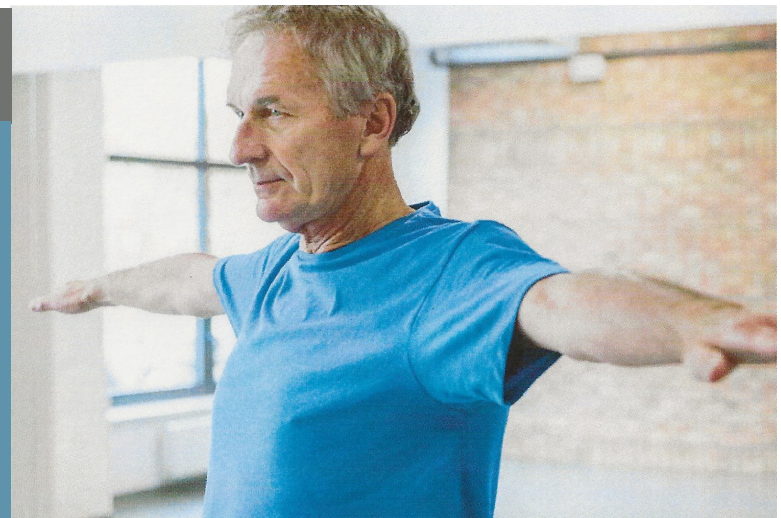
Tue. May 21, 10 am

Tue. July 16, 10 am

Tue. September 17, 10 am

Tue. November 19, 10 am

*Classes held in Memorial Wellness Center (Outpatient Pavilion, Entrance E, Horizon Room).



For more information or to register for a To Be Steady class, call (937) 578-2580. Registration is not required, but encouraged and appreciated.



MARCH 2024 — COMMUNITY MEAL MENU

Please make reservations by 9:30 a.m.

Menu subject to change based on availability and weather.
Available Milk Choices: 2% Milk, Low Fat hocolate

Please make reservations by 9:30 a.m.

					<p>FRIDAY, March 1</p> <p>Salisbury Steak Baked Potato Spinach Bake Fruited Jell-O Salad 2 in. Brownie Whole Grain Bread</p>
<p>MONDAY, March 4</p> <p>Country Fried Steak Mashed Potatoes & Gravy Italian Green Beans Pears 2 oz. Banana muffin</p>	<p>TUESDAY, March 5</p> <p>Baked Fish Parsley Potatoes Peas Peaches Gingersnap Cookie Whole Grain Bread</p>	<p>WEDNESDAY, March 6</p> <p>Lasagna Baby Carrots Tossed Salad Scalloped Apples Garlic Bread</p>	<p>THURSDAY, March 7 BIRTHDAY CELEBRATION</p> <p>Roast Beef Mashed Redskin Potatoes Capri Veggies Creamy Fruit Salad Dinner Roll Cake & Ice Cream</p>	<p>FRIDAY, March 8</p> <p>Cranberry Chicken Scalloped Potatoes Mixed Veggies Scalloped Pineapple 2 oz. Blueberry Muffin</p>	
<p>MONDAY, March 11</p> <p>Grilled Hotdog on Lg. Bun Steakhouse Potato Salad Broccoli Salad Oranges</p>	<p>TUESDAY, March 12</p> <p>Meatloaf Sweet Potato Cauliflower Strawberries over Angel Food Cake Dinner Roll</p>	<p>WEDNESDAY, March 13</p> <p>BBQ Ribs Corn Casserole Roasted Brussels Grape Salad 2 oz. Cornbread Muffin</p>	<p>THURSDAY, March 14</p> <p>Spaghetti w/ Meat Sauce Broccoli Tossed Salad Cinnamon Apple Slices Garlic Bread</p>	<p>FRIDAY, March 15</p> <p>Bourbon Chicken over Rice Au Gratin Potatoes Kyoto Vegetables Jell-O Salad Dinner Roll</p>	
<p>MONDAY, March 18</p> <p>Chipped Beef Gravy Over 2 oz. biscuit Fried Potatoes Harvard Beets Pears</p>	<p>TUESDAY, March 19</p> <p>Chicken Cordon Bleu Baby Bakers Green Beans Peaches Graham Crackers Whole Grain Bread</p>	<p>WEDNESDAY, March 20</p> <p>Haystacks (2oz. beef, lettuce, tomato, cheese & 1 oz. of chips) Refried Beans Strawberry Fluff 2 in. Brownie</p>	<p>THURSDAY, March 21</p> <p>Sweet & Sour Cherry Blossom Chicken over White Rice Stir Fry Veggies Coleslaw Pineapple Whole Grain Bread</p>	<p>FRIDAY, March 22</p> <p>Pork Chop Mashed Potatoes & Gravy Roasted Root Veggies Cherry Crisp Cinnamon Muffin 2 oz. Cinnamon Muffin</p>	
<p>MONDAY, March 25</p> <p>Sloppy Joe on a Lg. Bun Amer. Potato Salad Baked Beans Applesauce</p>	<p>TUESDAY, March 26</p> <p>Orange Juice Pancakes Sausage Links Scrambled Eggs Roasted Potatoes Fresh Fruit</p>	<p>WEDNESDAY, March 27</p> <p>Fried Chicken Legs Green Beans Coleslaw Fruit Mix 2 oz. Biscuit</p>	<p>THURSDAY, March 28</p> <p>Stuffed Peppers Au Gratin Potatoes Lima Beans Oranges 5 Vanilla Wafers Whole Grain Bread</p>	<p>FRIDAY, March 29</p> <p>Salisbury Steak Baked Potato Spinach Bake Fruited Jell-O Salad 2 in. Brownie Whole Grain Bread</p>	

Windsor: 937-644-8459
Richwood: 614-949-4382
Plain City: 614-873-8870


Please make reservations by 9:30 a.m.

CANCELLATION NOTICE: When Community Meals are canceled due to inclement weather or closed for holidays, all activities will be canceled.

MARCH ACTIVITIES

Activity Calendar is always subject to change.

Activities Subject
to change due to
weather or needs
of Activity Events.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>** Please NOTE: Chair volleyball at 2:00 pm location Walnut Crossing ,they will furnish bus if driver is available, otherwise Jim will transport also if available.</p>  <p>Daylight Savings Time March 10, 2024 Spring forward</p> <p>★ NO EARLY CARD PLAYERS IN BACK ROOM</p>				
<p>4</p> <p>10:00 — Chair Exercise 1:30 — Warm Up Americal/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<p>5 ★</p> <p>10:00 — Chair Volleyball 11:00 — 1:00 — Senior Svc. 1:30 — BINGO</p>	<p>6</p> <p>10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 2:00 -Chair Volleyball @ WC</p>	<p>7 ★ Windsor Board Meeting</p> <p>10:00 — Wii Bowling 1:00 — Book Club 1:30 — Card Players 1:30 — Dominoes</p>	<p>1</p> <p>10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole</p>
<p>11 ★</p> <p>10:00 — Chair Exercise 12:30 — Pokeno 1:30 — Warm Up Americal/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<p>12</p> <p>10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>13</p> <p>10:00 — Chair Exercise 11:00 — MOVES 1:30 — Crochet Buddies 1:30 — Card Players 2:00 — Chair Volleyball @ WC</p>	<p>14 ★</p> <p>10:00 — Wii Bowling 1:00 — Craft Class 1:30 — Card Players 1:30 — Dominoes</p>	<p>15</p> <p>10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole RAGTIMES DEADLINE FOR ARTICLES</p>
<p>18 ★</p> <p>10:00 — Chair Exercise 1:30 — Warm Up Americal/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<p>19</p> <p>10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>20</p> <p>10:00 — Chair Exercise 1:30 — Card Players 1:30 — Crochet Buddies 2:00 — Chair Volleyball @ WC</p>	<p>21 ★</p> <p>10:00 — Wii Bowling 1:00 — Bible Sudy 1:30 — Card Players 1:30 — Dominoes</p>	<p>22</p> <p>10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole</p>
<p>25 ★ RAGTIMES FOLDING</p> <p>10:00 — Chair Exercise 1:30 — Card Making 1:30 — Warm Up Americal/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<p>26</p> <p>10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>27</p> <p>10:00 — Chair Exercise 1:30 — Card Players 1:30 — Crochet Buddies 2:00 — Chair Volleyball @ WC</p>	<p>28</p> <p>10:00 — Wii Bowling 1:30 — Card Players 1:30 — Dominoes</p>	<p>29</p> <p>10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole</p>

04
APRIL



20
24

HOP ON THE MARYSVILLE **MARY-GO-ROUND!**

**EVERY
THURSDAY
10 AM - 3 PM**

**A FREE SHUTTLE
SERVICE FOR
ADULTS AGE 50+**



**Scheduled stops to Meijer,
Walmart, Kroger, and other
community destinations**

614-398-8849



**NO BAG
LIMIT!**

**Ride for
FREE!**

**Ride to
WIN
PRIZES!**





MARY-GO-ROUND TIMETABLE



STOP NAME	LOOP 1	LOOP 2	LOOP 3	LOOP 4	LOOP 5
Windsor Senior Center	10:00	10:58	12:16	1:14	2:12
Helen Evans	10:06	11:04	12:22	1:20	2:18
Residences at Maple Glen	10:11	11:09	12:27	1:25	2:23
Community & Seasoned Citizens	10:18	11:16	12:34	1:32	2:30
Meijer	10:24	11:22	12:40	1:38	2:36
Walmart	10:30	11:28	12:46	1:44	2:42
Kroger	10:45	11:43	1:01	1:59	2:57
Windsor Senior Center	10:55	11:53	1:11	2:09	3:07

How does it work?

Starting April 4, 2024, the Mary-Go-Round will run every Thursday from 10am-3pm with scheduled stops to Meijer, Walmart, Kroger, and other community destinations in Marysville. The Mary-Go-Round is open to all area riders who are age 50+. The shuttle will pick-up and drop-off riders at each of the stops along the 11 mile loop. Riders may take the shuttle coming, going, or round trip to and from their destinations.

How are stops determined?

After community input, the route was based on ensuring riders could get to businesses essential to maintaining everyday activities, such as shopping and socializing. Ridership and stop visits will be tracked so that adjustments can be made as needed over time.

How many bags or parcels can I bring on the shuttle?

There is no limit on the amount of bags or parcels brought the shuttle. When riding, please be mindful of other riders and keep bags clear of any walkways on the shuttle.

What is the cost?

Riders may ride the shuttle for free.

The Mary-Go-Round is a collaboration between Neighbor to Neighbor, Bridges Community Action, A Way Out, and the Age Friendly Innovation Center at The Ohio State University College of Social Work.



March 2024

PRIME TIME

940 London Avenue, Suite 1800
Marysville, OH
Voice: 937-644-1010 Option 5
Fax: 937-644-8700

<https://www.unioncountyohio.gov/senior-services-home>

Solar Eclipse Preparedness

A total solar eclipse is a rare and spectacular event in the United States. Only 21 total solar eclipses have crossed the lower 48 states in the entire existence of the United States. The last total solar eclipse visible in Ohio was in 1806 and the next total solar eclipse in Ohio will be in the year 2099.

Union County is along the Path of Totality, meaning the sun will be completely obscured by the moon, plunging the daytime sky into darkness for several minutes. Because of our location within the Path of Totality and easy drive from Columbus, there is potential for a significant increase in traffic and visitors headed to or through Union County for the eclipse. Heavy traffic or long delays are possible in the afternoon/evening of **April 8th, 2024**. Residents are encouraged to prepare for the day like you would a snow storm by following these tips:

1. Top off gas tanks, grab groceries, medication refills, and other necessary supplies before April 8th to avoid possible traffic congestion.
2. You may want to consider rescheduling doctor's visits or other appointments for another day.
3. Special glasses are needed to view the eclipse. You cannot look directly at the sun without special solar viewing glasses.



March 14th at 6:00pm: 10 Warning Signs of Alzheimer's by Alzheimer's Association at Marysville Public Library, 231 S. Plum St. Marysville, Oh 43040. RSVP not required.

April 4th 10:00am - 3:00pm: Mary-Go-Round, A free shuttle service for adults 50 and older to run every Thursday. Call 614.398.8849 for more information.

April 8th beginning 3:08pm - 3:19pm, Total Solar Eclipse will pass over Ohio.

Upcoming Events:

Adult Protective Services

Do you have concerns that a senior, 60 or over, is being maltreated? Examples include physical harm/injury, neglect, self-neglect, financial exploitation, verbal/emotional abuse, sexual abuse. Contact the Abuse Hotline at 937-644-1010 Option 1

Free Senior Legal Aid

Legal Aid Society of Columbus (LASC) is a nonprofit regional law firm that provides high quality civil legal representation to low-income individuals throughout central Ohio.

Types of legal help provided include:

- Consumer Rights
- Tax Issues
- Housing
- Public Benefits

LASC will assist Union County Residents age 60 and older at no cost with Living Wills, Advance Directives, or avoid probating your home and automobiles. To schedule an appointment, call 740.383.2161 or toll free 888.301.2411.



FRUITS AND VEGETABLES ON ANY BUDGET

For many people, the cost of fruits and vegetables can be seen as a barrier to buying and serving vegetables and fruits. Did you know that there are over 75 different kinds of fruits and vegetables that cost less than 80 cents per serving? There are many tricks you can use to make buying vegetables and fruits more affordable. Consider these few ideas before your next shopping trip.

- Comparing canned/frozen/fresh for best deals. Some people have the misconception that fresh produce is the healthiest and that canned or frozen fruits and vegetables can be lacking in nutrients. However, this is not the case at all! In fact, a recent study suggested that canned or frozen fruits and vegetables are cost-effective and nutritious options for meeting daily vegetable and fruit recommendations in the context of a healthy diet. Canned and frozen fruits & veggies store longer so you have access to produce all week long!
- Consider buying in bulk for some fruits or vegetables. Buy large bags of frozen vegetables. When choosing canned vegetables, look for "low sodium" or "no added salt" on the label.
- Buy fresh fruit in season - it generally costs less.
- Keep it simple. Buy veggies & fruits in their simplest form. Pre-cut, prewashed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.

SNAP-Ed is funded by USDA's Food and Nutrition Service in partnership with the Ohio Department of Job and Family Services and Ohio State University Extension. The goal is to improve the likelihood that families and individuals who receive SNAP benefits will make healthy food choices and choose active lifestyles. Contact Angie Greene, SNAP-Ed Program Assistant for more information: contact Angie Greene at green.853@osu.edu or 614.247.5549.

Tax Preparation

Every year each of us must file a federal, state, and local income tax return. Bridges Community Action Partnership (CAP) provides quality free tax preparation services using IRS certified tax preparation volunteers, trained site coordinators, direct deposit options, and the ability to deposit refunds into multiple accounts, such as Savings and Checking Accounts.

Bridges CAP serves seniors to assist in income tax preparation and information through our Tax Counseling for the Elderly (TCE). IRS certified volunteers will prepare your taxes and electronically file them with the IRS. If you are a senior you may be eligible for free tax preparation through our tax sites.

Services May Include:

- Free tax preparation services from IRS-certified volunteers.
- Direct deposit refund, which is available 7 to 10 days after submitting refund.

Who Is Eligible?

- Anyone who's annual income is less than \$57,000.
- Anyone who's over the age of 60 regardless of income.

Contact Bridges CAP at 937.642.4986 to schedule.



PRIME TIME

is published monthly and mailed to Union County seniors and community members. If you would like to be added to the mailing list please contact Union County Senior Services at 937-644-1010 **Option 5**. If you would like to receive an electronic copy via email contact janell.alexander@jfs.ohio.gov.

Upcoming
Events: ❤️

PANCAKE BREAKFAST



APRIL 20TH, 2024

From 9:00 A.M. to 11:00 A.M.

**AN ALL-YOU-CAN-EAT BREAKFAST
FOR \$8.00 PER PERSON!**

(AGES 10 AND BELOW ARE JUST \$5.00)

50/50 raffle tickets, and a lot more.

Along with pancakes, bacon, sausage, eggs, juice, coffee, and milk.

(All You Can Eat!) for \$8.00 per person.

Money raised helps support Union County Senior Activities Center.

Call 937-644-8464 or stop by Windsor Senior Activities Center to sign up.

Sorry, no Carry-outs are available.



Union County Moves Coalition Vision is to enhance and develop infrastructure where transportation is accessible to all people for all reasons.

Our Mission is to advocate and plan for transportation systems that balance convenience and efficiency.

Jennifer from the Moves Coalition will be here at our location the fourth Monday on March 25th, starting at **11:00 AM**. Feel free to stop in and to get more information about the Moves

Union County MOVES Coalition
 940 London Ave., Suite 1100
 Marysville, OH 43040
 PH: (937) 645-2063

 **SAINT PADDY'S SODUKO** 

RAINBOWS

	B						R
		B	N	R			O
W					I		
	S					I	
N			O				W
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SHAMROCK

C	M						
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O			K	R	A	S	
	H						O
R		K		C			
	A	H					
			O				R

DIRECTIONS: Fill in the grids so that each horizontal row contains each letter exactly once, each vertical column contains each letter exactly once, and each sub grid contains each letter exactly once. We recommend you use a pencil.

Solution on page 24



235D Lafayette Street
London, OH 43140
937-795-3737

**CALL TODAY TO SCHEDULE YOUR
FREE HOME ASSESSMENT!**

Light housekeeping and
Meal preparation
Help with bathing, dressing
And personal care
Mobility assistance
Medication reminders
Companionship
Fall and injury prevention

**COMMODITY SUPPLEMENTAL FOOD
PROGRAM**

The Community Food Box Program has a few spaces available. If you need this 30 lb. box each month, call Dorothy (Dottie) Gordon at 937-210-0577 for more information.

If you know of someone in need or need more information please leave a message if the call isn't answered.

contact the
Activities Office, 937-644-8464
or call CASC at 937-594-0161

**DO YOU WANT TO DO SOMETHING THAT
COUNTS?**

Become a Hospice Volunteer

Loving Care would like volunteers to become a bedside vigil. Someone to just be there, hold a hand, read scripture or just pray for them.

If this is something you would like to do, call Loving Care at
937-644-1928.



**Transportation Options for Union
County Residents age 60 and over**

**UCATS (Union County Agency
Transportation Services)**

Call: 937-642-5100

Email: ucats@unioncountyohio.gov

A WAY OUT

Call: 614-381-1979

Legends Lift & Transport

Call: 937-358-2024

WINGS Transportation

Call: 937-642-9555

Mobility Manager

Call: 937-645-2063

Now Offering
Free Rent
Your First
Month!



Monarch Skilled Nursing and Rehab

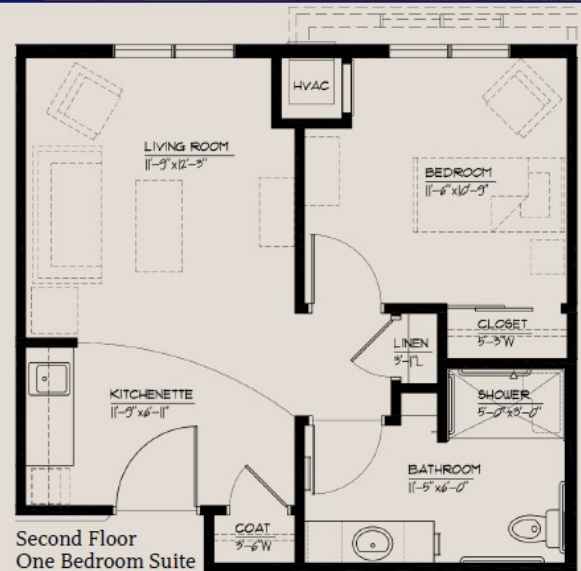
Move into Marysville's MOST AFFORDABLE, ASSISTED LIVING!

Monarch Skilled Nursing and Rehab is excited to be Marysville's **ONLY** full-continuum care facility.



Our Assisted Living Features Include:

- Private suites with private bathrooms
- Fully equipped kitchenettes
- Dining room offering restaurant style dining
- Access to 24-hour nursing care and services
- Weekly housekeeping and laundry
- Access to physical, occupational and speech rehabilitation therapies
- Movie theater, beauty salon, game lounge, bistro and outdoor putting green
- Beautifully furnished rooms, lounges and corridors



Call today for more information!

(937) 642-1026

730 Milcrest Dr. Marysville, OH 43040 www.monarchskilledrehab.com

Rehabilitation • Skilled Nursing • Long Term Care



SAINT PADDY'S SUDOKU SOLUTIONS



DUBLIN

D	I	L	B	U	N
B	N	U	D	L	I
N	L	D	I	B	U
I	U	B	L	N	D
U	B	I	N	D	L
L	D	N	U	I	B

CLOVER

O	C	R	V	E	L
L	E	V	R	C	O
E	V	O	C	L	R
C	R	L	E	O	V
V	O	C	L	R	E
R	L	E	O	V	C



RAINBOWS

O	B	I	S	A	N	W	R
I	A	B	N	R	W	O	S
W	N	O	R	S	I	A	B
R	S	W	A	O	B	I	N
N	I	A	O	B	S	R	W
S	W	R	B	I	A	N	O
B	O	N	I	W	R	S	A
A	R	S	W	N	O	B	I

SHAMROCK

C	M	O	A	H	R	K	S
H	K	R	S	O	M	A	C
A	R	S	H	K	O	C	M
O	C	M	K	R	A	S	H
S	H	A	C	M	K	O	R
R	O	K	M	C	S	H	A
K	A	H	R	S	C	M	O
M	S	C	O	A	H	R	K

NUMBER SUDOKU SOLUTIONS

7	5	9	8	1	4	2	3	6
8	2	1	3	6	7	5	4	9
4	6	3	2	5	9	1	7	8
3	1	8	6	9	2	7	5	4
2	9	7	4	8	5	3	6	1
6	4	5	7	3	1	8	9	2
5	3	2	1	4	6	9	8	7
9	7	6	5	2	8	4	1	3
1	8	4	9	7	3	6	2	5

8	2	5	6	9	1	3	7	4
9	7	3	4	2	5	6	1	8
4	1	6	7	3	8	5	2	9
6	4	9	2	1	7	8	3	5
1	8	2	9	5	3	4	6	7
3	5	7	8	6	4	1	9	2
2	9	1	5	4	6	7	8	3
7	6	4	3	8	2	9	5	1
5	3	8	1	7	9	2	4	6

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davecookrealestae@gmail.com

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Moose Lodge



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233 WEST FIFTH STREET
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(937) 642-4070

NO COST ENERGY TIP OF THE MONTH

Go online: ure.com.
Check out the energy savings tab
and take the virtual home tour.
See how much you can save just by
using energy wisely.



for more weekly tips follow us on
www.facebook.com/unionrural



UNDERWOOD
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Scott & Holly Underwood

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(937) 642-7039

www.underwoodfuneralhome.com
email@underwoodfuneralhome.com

*Ingram Funeral Home
and Monuments*

Daryl L. Ingram—Director
Tel. (937) 642-4861

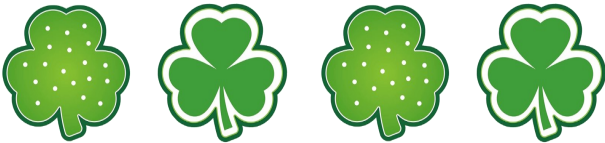
40 years of service to our Community

BECOME A FRIEND OF WINDSOR

It is a good time to become a “Friend of Windsor”. To become a friend of Windsor, a donation of \$25.00 or more entitles you to have your name listed in the newsletter for a calendar year. This money is used to support Windsor and our activities.



Daylight Savings Time
starts
March 10th 2024
Spring Forward!

March is Women's History Month

Women's History Month began as a national celebration in 1981 when Congress passed Pub. L. 97-28. This act authorized and requested the President to declare the week beginning March 7, 1982, as "Women's History Week." Congress passed joint resolutions over the next five years, designating a week in March as "**Women's History Week.**" In 1987, Congress passed Pub. L. 100-9 after being petitioned by the National Women's History Project. This act designated the month of March 1987 as "**Women's History Month.**" Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women's History Month. Since 1995, presidents have issued a series of annual proclamations designating the month of March as "**Women's History Month.**" These proclamations celebrate the contributions women have made to the United States and acknowledge the specific achievements women have made throughout American history in various fields.



WOMEN'S HISTORY MONTH 2024



PROJECT SAFE HEAT: A Grant from Union County Seniors Services was awarded to Bridges Community Action to assist Union County Seniors with furnace cleaning and tune-up. **For help, contact Community Action at 937-642-4986.**



Wilson
Funeral Homes & Monuments

*Mannasmith Chapel 621 W. Fifth St. Marysville, OH 43040
(937)642-1751*

*Schnurrenberger Chapel 222 W. Center St. West Mansfield, OH 43358
(937)355-3341*

Woody Wilson, Funeral Director





Do you have old records that you would like to shred but don't have a shredder? We now have a receptacle in the Lobby of our Senior Center for documents to be sent to File 13 to be destroyed. Just bring in your old records, place them in the receptacle in the foyer and they will be picked up.

This service is free of charge.
Thank you File 13 for donating your services.



Policies - Members and Non-Members

Membership

Annual membership dues for ages 55+ are \$15.00 for a single and \$20.00 for a couple. As a member you will receive the newsletter "Senior Express", which showcases current information about the wide variety of free and fee-based programs available. Membership dues are for one year, starting on January 1st of each year.

Photos Taken by Staff

During programs or activities, participants may be photographed by a staff member of Windsor & Community Seniors, Inc. for publicity purposes. These photos may appear in "Senior Express", on the WACSI web site, or in other publications. If you do not want to have your photo taken and/or published, please tell the photographer. You may also contact the Activities Office at 937-644-8464.

Trip Policy

A reservation for all trips must be made in advance. The reservation must be paid in full by the advertised cutoff date in order to be able to pay the discounted amount. After the cutoff date, there will be a \$10.00 additional fee added to your reservation. If you find you must cancel a trip, please let the Activities Office know as soon as possible. Please see Refund Policy if you need to cancel your trip and remember we have to pre-pay for all trips.

All travelers MUST submit a File of Life to the Trip Coordinator upon entering the bus. Files of Life will be kept in a locked container and returned to their owners upon arrival back in Marysville. If you don't have this form, stop by the Activities Office and pick one up prior to the trip. In addition, if we are going on a gambling trip, you MUST bring a valid Driver's License or State Photo ID with you or you will not be able to gamble.

In the event of illness or injury that cannot be resolved by basic first aid procedures, the emergency squad will be called. Depending on the recommendation of the EMT, the traveler will be allowed to continue on the trip or be transferred to the nearest hospital by the squad. For those who are able to continue the trip safely, either the designated driver or the emergency squad will be called when the bus approaches Marysville. Who is called will be at the discretion of the Trip Coordinator with input from the traveler. In case of illness or injury which involves medical intervention at a hospital, WACSI will not be responsible for the traveler's transportation back to Marysville. The traveler will have two options:

- 1) Bring the name and phone number of a person whom the traveler contacted **prior** to the trip to ensure the contact person will be available to transport the traveler; **OR 2)** use the driver designated by WACSI. The traveler must pay the driver for the round trip (from WACSI to the traveler's home and from their home back to WACSI) using the standard mileage defined by Union County.

A lift bus will be reserved when possible for the accommodation of travelers using a wheelchair or walker. Travelers in a wheelchair will be required to bring an aide of the same sex or a spouse/significant other to assist them during the trip. If a spouse or significant other is used as the assistant, the traveler must have another designated traveler of the same sex to assist him/her in the restroom. If an aide is used rather than a spouse, the traveler will pay the same amount for the aide's trip fee as they have paid for their own fee (regardless of the aide's membership status). If a traveler is able to transfer safely to a seat, they may do so.

Non-Member Fee

Non-members will pay an additional \$5.00 per trip. No refunds will be given to non-members for cancellations that they initiate. No exceptions.

Refund Policy

If a participant cancels a trip or activity, his or her seat may possibly be filled from a waiting list (if we have one). In addition, the participant can find a replacement for their seat in order to qualify for a refund. Because our fees are based on minimum participation numbers and are paid to the travel company in advance, refunds must be requested at least 30 days prior to the trip. Consideration will be given to written requests for refunds in cases where there has been an injury or unforeseen problem not within your control. If your written request is approved we will refund as much as possible for the trip after all bills are paid, minus a \$10.00 processing fee. If Windsor & Community Seniors, Inc. cancels a trip, everyone who has signed up and paid will receive a full refund.

Union County Senior Activity Center
376-C Rosehill Drive
Marysville, OH 43040

Activities Office 937-644-8464
(Hours: 9:00 - 2:00)

Beauty Shop— 937-642-9390
Community Meals - 937-644-8459
Housing Office - 937-644-2905
<https://ucsac.org>



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Union County Senior | **SENIOR EXPRESS**
Activity Center
a Windsor & Community Seniors, Inc. publication



MARCH 2024

2024 New Membership Subscription
\$15 Singles - \$20 Couples



376-C Rosehill Drive
Marysville, OH 43040

Name: _____

Address: _____

Phone: _____ E-Mail: _____

Birthday: _____

Anniversary: _____

If joining as a couple, include anniversary date.

Please make check payable to: **Windsor & Community Seniors**
Thank you!