

PANCAKE BREAKFAST

APRIL 20, 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.

Sorry, no Carry-outs are available.

WALK-INS WELCOME!



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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

**WELCOME
NEW MEMBERS**

**Wilma Reisz
Jodi Thompson
Sheryl Hartley
Becky German**

**George & Kay Whitt
Janet Jones
Sheryl & Betty Crowder
Jene Wilson
Becky Stamm**



May Newsletter:

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

April 15, 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.**

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.



APRIL Birthdays



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



	1 Peg Eastman Pat Walter	2 Theresa Belg Susie Pfarr	3 Wilma Reisz	4	5 Alice Byrnes Robyn Coviello	6 Don Walter
7 Cathy Brunskill	8 Linda Freeman	9 Paul Wiehe	10 	11 Doris Leistriz	12 	13 Jerry Carpenter Jennifer Holland Sheryl Crowder
14	15 Donna Thompson Briggs	16	17 Lucy Young David Smith	18 	19 Barb Ballmann	20 Nancy Veeck
21 Richard Mickley Deanna Cowan	22 Bea Vargo	23 	24 Mike Congrove Nikki Hall	25	26 Dixie Lewis	27 MarJeanne Taulbee Peggy Bunsold
28 Don Welch	29	30 				

St. Paddy's Shindig

Thank you to our donors



**Fred & Art
Smith**
for music and dancing.



Happy Anniversary



April

Charles & Gloria Calle - April 3

Richard & Mary Harrison - April 4

Jim & Laura Paluch - April 5

Mike & Nikki Denihan - April 17

Roger & Sharon Wagner - April 17

Del & Sharon Blevins - April 24

Larry & Connie Nickle - April 25

Bill & Cathy Brunskill - April 27

John & Nancy Howard - April 28

Patrick & Margaret Prunty - April 29

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
- Hazel Maynard
- Rusty Maynard
- Fred Bischoff
- Karen Baker
- Mike Feeley
- Terry Turner
- Elsie Kandel
- Joan Willbarger



Thinking of our Members in Nursing Homes and Assisted Living:

Bluebird: Dorothy Cotton
Mary Jo Finney
Shirley Applegate
Wilma Reisz

Heritage: Wanda Patterson
Elsie Kandel
Doug & Sonie Tron

Walnut Crossing: Peggy Wells
Theda Clemans

Gables: Mary Shanks
Mary McNeal
Mike Feeley

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.





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

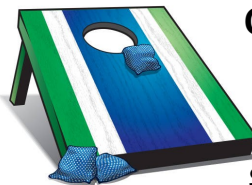
Book Club News: The Book Club will meet on **April 11th at 1:00**. This month's book is **"Lessons in Chemistry"**, by author Bonnie Garmus. You can pick up a copy from the Activities Office only. If you like to read, come join the group.

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 **Saturday, May 4**, from **1:00 PM to 3:30 PM**. We will be making 7 to 10 cards or projects. Sign-up is required to make sure we have enough supplies. Come and have an enjoyable time making cards and socializing. The sign-up sheet for this class can be found in the lunchroom area.



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!



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!

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.*



Becky Payne



Pat Mathers
 Butch & Sue Sawyer
 Carolyn & Walter Wyse
 Virginia & Russell Miller
 Larry & Jeanne Amrine
 Sharon Marcum
 Rosela Renz
 Jan Brown
 Dick & Kathy Brake
 Judy Hill



\$76.00 to Above



\$51.00 to \$75.00



\$25.00 to \$50.00

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

Rita Flory
 Jim Scheiderer
 Fred & Arthena Smith
 Mike Streng
 Bob Duncan
 Mary Kitsmiller
 Deb Root
 Judy Mahan

Robert Trudeau
 Travis Vandran
 Mary Carpenter
 Doris Leistriz
 Laura Paluch

Giovannis
 Ingrams Funeral Home
 Via Quest Hospice
 Bluebird Retirement
 Amish Heritage
 Big Lots
 Bostons
 Chastidys Hair Salon

Donatos
 Jersey Mikes's
 Heritage Senior Living
 McAuliff's
 Monarch Skilled Nursing & Rehab
 Mrs. Renison's Donuts
 Synergy Home Care
 Underwood Funeral Home

IN-KIND
DONATIONS
THANK YOU

Sudoku Puzzles

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

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

Solution on page 21

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.**

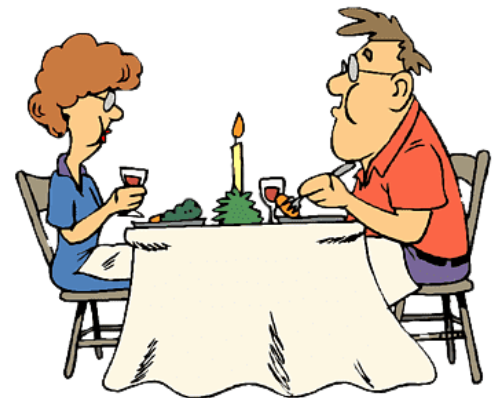


Suggested Donations
60 and over \$3.50
Guest 59 and under \$5.50
Children 10 and under \$3.50

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!





Pleasant Valley Senior Center
Plain City, Ohio



Windsor Senior Center
Marysville, Ohio



Richwood Civic Center
Richwood, Ohio

Happy 40th Anniversary to Memorial Community Meals!

Our team prepares and serves lunches on weekdays for seniors at locations in Marysville (Windsor Senior Center), Richwood (Richwood Civic Center), and Plain City (Pleasant Valley Senior Center).

As we celebrate this incredible milestone, take a peek at some fun anniversary facts!

Memorial Community Meals serves approximately 350 meals a week – that’s almost 19,000 meals a year!

Our meals include nearly 8,000 pounds of vegetables and 6,500 pounds of meat per year!

Our faithful volunteers and team are dedicated to providing nutritious meals, combined with fun! Each location focuses on seasonal decorations, birthday celebrations, along with friendship and fellowship!

Thank you to our Memorial Community Meals volunteers, our Memorial Health team, and our community who continue to support these efforts!

Ready to give back to your community?

We need volunteers for our Memorial Meals (Mobile and Community) Program. Scan below to learn more!



Would you, or someone you know, benefit from receiving Memorial Meals (Mobile or Community?)

Call (937) 578-2445 to enroll or learn more. Or, scan the code to learn details!



Testing Your Balance

TO BE STEADY SCREENINGS



2024 DATES FOR FREE SCREENINGS:

Tue. March 12, 10 — 11 am

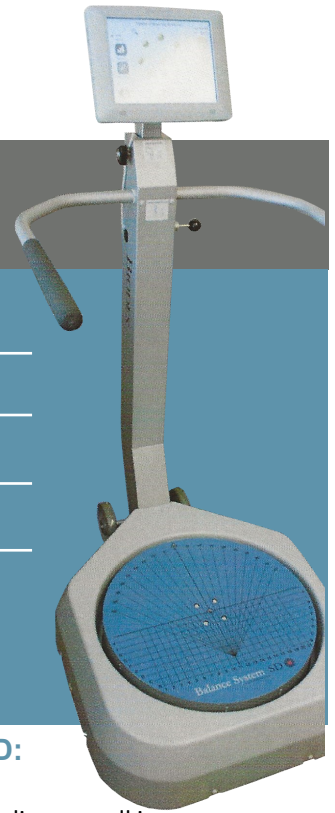
Tue. May 14, 10 — 11 am

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

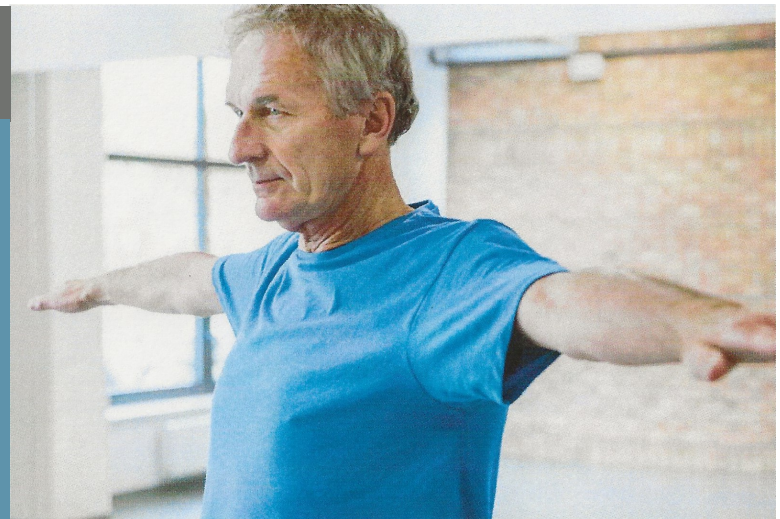
Tue. May 21, 10 am

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.



Many people believe that good and bad luck comes in three's.
Hopefully, you won't need much luck to find the hidden words
with three of the letter.

You are looking for a 8-letter word.

S	Q	U	E	E	Z	E	T	A	N	N	I	N
Y	D	D	A	D	S	T	L	N	I	N	N	Y
N	R	E	T	V	A	R	L	B	S	W	G	M
O	E	E	X	T	E	A	E	E	B	E	E	O
I	T	E	T	T	M	N	N	V	N	A	S	M
S	S	L	G	M	R	T	E	E	E	S	B	M
I	E	M	A	A	E	E	R	E	E	R	S	Y
V	M	M	O	N	G	A	M	S	R	G	S	G
I	E	Z	C	N	T	G	B	E	E	O	E	O
D	S	E	E	E	S	O	U	R	P	G	L	L
R	O	D	I	R	R	O	C	L	P	G	E	O
Y	B	A	L	L	U	L	O	S	E	L	S	O
E	S	A	E	R	C	E	D	N	P	E	U	Z

Babble	Ninny
Corridor	Obsess
Daddy	Pepper
Decrease	Reverse
Division	Semester
Extreme	Sentence
Generate	Squeeze
Goggle	Tannin
Luggage	Tattle
Lullaby	Useless
Mammal	Veneer
Mommy	Zoology
Monsoon	

_____ Last word.

A cherished word in any democratic society, free has multiple meanings. Here are some words with similar or synonymous meanings to the word "free" - action or adjective.

You are looking for a 10-letter word.

At leisure	Liberal
At liberty	Liberate
At no cost	Not liable
Available	On the loose
Exempt	Permit
Extricate	Profuse
For nothing	Release
Gratis	Sans
Handout	Unchain
Idle	Voluntary
Let go	Wide
Let out	Without

E	L	B	A	L	I	A	V	A	N	E	E	L
X	O	M	E	I	L	E	T	I	M	R	E	P
E	A	N	D	S	D	E	A	N	U	T	T	Y
M	S	L	T	I	A	H	T	S	G	U	A	R
P	E	U	W	H	C	E	I	O	Y	O	C	A
T	T	H	F	N	E	E	L	T	U	H	I	T
S	A	A	U	O	L	L	R	E	C	T	R	N
O	R	N	I	T	R	E	O	S	R	I	T	U
C	E	D	A	P	B	P	A	O	N	W	X	L
O	B	O	S	I	T	A	R	G	S	A	E	O
N	I	U	L	A	R	E	B	I	L	E	S	V
T	L	T	T	E	L	B	A	I	L	T	O	N
A	A	G	N	I	H	T	O	N	R	O	F	E

_____ Last word.



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

APRIL 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>MONDAY, April 1</p> <p>Country Fried Steak Mashed Potatoes & Gravy Italian Green Beans Pears 2 oz. Banana muffin</p>	<p>TUESDAY, April 2</p> <p>Salmon Patties Parsley Potatoes Peas Peaches Gingersnap Cookie Whole Grain Bread</p>	<p>WEDNESDAY, April 3</p> <p>Johnny Marzetti Baby Carrots Tossed Salad/HB Egg Scalloped Apples Garlic Bread</p>	<p>BIRTHDAY CELEBRATION THURSDAY, April 4</p> <p>Roast Pork Mashed Potatoes/Gravy California Blend Veggies Fruit Ambrosia Dinner Roll Cake & Ice Cream</p>	<p>FRIDAY, April 5</p> <p>Cranberry Chicken Scalloped Potatoes Mixed Veggies Scalloped Pineapple 2 oz. Blueberry Muffin</p>
<p>MONDAY, April 8</p> <p>Grilled Hotdog on Lg. Bun Steakhouse Potato Salad Broccoli Salad Oranges</p>	<p>TUESDAY, April 9</p> <p>Meatloaf Sweet Potato Cauliflower w/cheese Strawberries over Angel Food Cake Dinner Roll</p>	<p>WEDNESDAY, April 10</p> <p>BBQ Ribs Corn Casserole Roasted Brussels Grape Salad 2 oz. Cornbread Muffin</p>	<p>THURSDAY, April 11</p> <p>Spaghetti w/ Meat Sauce Broccoli Tossed Salad Cinnamon Apple Slices Garlic Bread</p>	<p>FRIDAY, April 12</p> <p>Bourbon Chicken over Rice Au Gratin Potatoes Kyoto Vegetables Jell-O Salad Dinner Roll</p>
<p>MONDAY, April 15</p> <p>Sausage Gravy Over 2 oz. biscuit Fried Potatoes Harvard Beets Pears</p>	<p>TUESDAY, April 16</p> <p>Fried Chicken Legs Green Beans Coleslaw Fruit Mix 2 oz. Biscuit</p>	<p>WEDNESDAY, April 17</p> <p>Haystacks (2oz. beef, lettuce, tomato, cheese & 1 oz. of chips) Fried Rice/Refried Beans Strawberry Fluff 2 in. Brownie</p>	<p>THURSDAY, April 18</p> <p>Sweet & Sour Cherry Blossom Chicken over White Rice Stir Fry Veggies Coleslaw Pineapple Whole Grain Bread</p>	<p>FRIDAY, April 19</p> <p>Orange Juice Pancakes/Syrup Sausage Links Scrambled Eggs Roasted Potatoes Fresh Fruit</p>
<p>MONDAY, April 22</p> <p>Hot Shredded Chicken on a Lg. Bun American Potato Salad Baked Beans Applesauce</p>	<p>TUESDAY, April 23 VOLUNTEER CELEBRATION RICHWOOD</p> <p>Pork Chop Mashed Potatoes & Gravy Roasted Root Veggies Cherry Crisp 2 oz. Cinnamon Muffin</p>	<p>WEDNESDAY, April 24 VOLUNTEER CELEBRATION WINDSOR</p> <p>Chicken Cordon Bleu Baby Bakers Green Beans Peaches Graham Crackers Whole Grain Bread</p>	<p>THURSDAY, April 25 VOLUNTEER CELEBRATION PLAIN CITY</p> <p>Salisbury Steak Baked Potato Spinach Bake Fruited Jell-O 2 in. Brownie Whole Grain Bread</p>	<p>FRIDAY, April 26</p> <p>Stuffed Peppers Au Gratin Potatoes Lima Beans Oranges 5 Vanilla Wafers Whole Grain Bread</p>
<p>MONDAY, April 29</p> <p>Country Fried Steak Mashed Potatoes & Gravy Italian Green Beans Pears</p>	<p>TUESDAY, April 30</p> <p>Baked Fish Parsley Potatoes Peas Peaches Gingersnap Cookie Whole Grain Bread</p>	<p>CANCELLATION NOTICE: When Community Meals are canceled due to inclement weather or closed for holidays, all activities will be canceled.</p>		

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

Please make reservations by 9:30 a.m.

APRIL ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 10:00 — Chair Exercise 1:30 — Warm Up Americal/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<p>2 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>3 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC</p>	<p>4 ★ Windsor Board Meeting 10:00 — Wii Bowling 1:30 — Card Players 1:30 — Dominoes</p>	<p>5 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole</p>
<p>8 ★ 10:00 — Chair Exercise 12:30 - Pokeno 1:30 — Warm Up Americal/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<p>9 10:00 — Chair Volleyball 11:00 — 1:00 — Senior Svc. 1:30 — BINGO</p>	<p>10 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC</p>	<p>11 ★ 10:00 — Wii Bowling 1:00 — Book Club 1:30 — Card Players 1:30 — Dominoes</p>	<p>12 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole</p>
<p>15 NEWSLETTER DEADLINE 10:00 — Chair Exercise 1:30 — Warm Up Americal/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<p>16 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>17 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC</p>	<p>18 ★ 10:00 — Wii Bowling 1:00 — Craft Class 1:30 — Card Players 1:30 — Dominoes</p>	<p>19 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole</p>
<p>22 NEWSLETTER FOLDING 10:00 — Chair Exercise 1:30 — Warm Up Americal/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<p>23 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>24 10:00 — Chair Exercise 1:30 — Card Players 1:30 — Crochet Buddies 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC</p>	<p>25 ★ 10:00 — Wii Bowling 1:00 — Bible Study 1:30 — Card Players 1:30 — Dominoes</p>	<p>26 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole</p>
<p>29 ★ 11:00 - MOVES 10:00 — Chair Exercise 1:30 — Card Making 1:30 — Warm Up Americal/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<p>30 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>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>		

**** 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.

Activity Coordinator
Windsor & Community Seniors, Inc.
376-C Rosehill Drive
Marysville, Ohio 43040
937-644-8464

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.



April 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>

SPRING AND SUMMER SAFETY FOR OLDER ADULTS OHIO DEPARTMENT ON AGING

Severe spring and summer weather can be hard for anyone to deal with but, for many reasons, older adults may have a harder time adjusting to severe weather. Severe spring and summer weather in Ohio may include severe thunderstorms, tornados, floods and flash floods, high winds, excessive heat, fog, and more.

Prepare for Severe Weather

Disasters Don't Wait. Make an Emergency Plan Now.

Every household should have an emergency kit and plan. Older adults may have additional things to consider including in their kit and plans.

- Medications - Keep a backup supply of the medications you take every day (check expiration dates every couple of months and replace if necessary).
- Medical supplies - Keep a backup stash of medical supplies such as bandages, wraps, alcohol, lotions, over-the-counter medications, etc.
- Equipment and assistive devices - Make sure your medical equipment and assistive devices (such as canes, walkers, wheelchairs, lifts, oxygen tanks, etc.) are easy to locate in an emergency and note their locations in your emergency plan. Have spare batteries for equipment that uses batteries. Have non-powered options for any equipment that will not work if there is no electricity. Keep written instructions on how to locate, operate, and move your medical and adaptive equipment in your kit.
- Cell phone - Store emergency contacts in your cell phone and pack an extra charger, cord, or battery backup in your emergency kit.

The National Weather Service monitors weather conditions and may issue watches, warnings, or advisories when dangerous weather is expected. **Watches** - A weather watch means that a potentially dangerous weather event could happen in your general area, but forecasters do not yet know exactly if, when, or where. **Warnings** - A weather warning means that a dangerous weather event is happening or is very likely to happen. **Advisories** - A weather advisory means that a serious weather event is happening or about to happen. Advisories are generally issued for weather that is less dangerous, but still requires caution protect yourself and your property

Often, following severe weather, contractors may roll into a neighborhood, offering to repair damage caused by the storm. While many respectable businesses still go door-to-door to meet potential customers, you should always be careful about people who come to your home unexpectedly. They don't always have your best interests in mind. The Ohio Attorney General warns consumers to be alert to signs of home repair scams, such as: They claim they can start work immediately, have the materials left over from another job, or offer some other reason you should accept their offer right away. They ask for a large down payment or ask you to sign over your insurance settlement check. Once you've paid, they may not return to do the work, or the work they do may be incomplete or poor-quality. They pressure you to decide right away and refuse to give you written information about their work. If you're not sure whether you can trust a contractor, refuse their offer and call local law enforcement to report a suspected scam.

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



NAMI Family-to-Family

National Alliance on Mental Illness

A free educational program for family, partners, and friends of those with mental health conditions. With lived experience, our instructors understand and remind you that you are not alone. Research shows that our program significantly improves the coping and problem-solving abilities of those closest to those with a mental health condition. Join us to better understand your loved one's diagnosis and its impact.

Contact Makayla at Makayla@NotAloneOhio.org or call 740.815.1767 for questions.

Starting March 25th - May 13th, 6pm -8:30pm, 8-session education program at St. John's Lutheran Church, 16561 Kandel Rd., Marysville, OH 43040. Registration Required. Call 740.815.1767 to register.

Solar Eclipse Preparedness

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.

Mary- Go -Round!

A free shuttle service for adults 50+ Scheduled stops to Meijer, Walmart, Kroger and other community destinations.

Call 614.398.8846 to register and more Information.

- 👉 No Bag Limit
- 👉 Ride for Free
- 👉 Ride to Win Prizes

Happening Events:

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.

April 30th, 2:00pm-3:00pm: Welcome to Medicare, 940 London Ave, Marysville, Oh Conference RM A.

Welcome to Medicare

Presented by the Ohio Senior Health Insurance Information Program (OSHIIP)

- Will you be eligible for Medicare soon?
- Already enrolled and still have questions?
- Do you provide assistance to a family member?

Then this Event is for you!

Come learn about Medicare A and B benefits, prescription coverage (part D), Advantage plans, and Supplemental insurance.

When: April 30th, 2024 at 2pm

Where: Union County Services Building, 940 London Ave, Marysville, Oh 43040 Conference Room A

To **RSVP** call 937.644.1010 option 5



HOW DOES A TREE FEEL
ONCE SPRING HAS ARRIVED?
IT FEELS RELIEF.

punpress.com



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: ❤️



Tuesday, May 28th

From 5:00 pm to 7:00 pm

\$10 - Adults, \$5 - Kids (age 3-10)

**Chicken & Noodles, Mashed Potatoes, Vegetable,
roll, dessert (variety on table to pick from), Drink.**

Plus 50/50 raffle



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 Coalition.

Union County MOVES Coalition

940 London Ave., Suite 1100

Marysville, OH 43040

PH: (937) 645-2063

SUDOKU SOLUTIONS

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



Sudoku on page 8

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

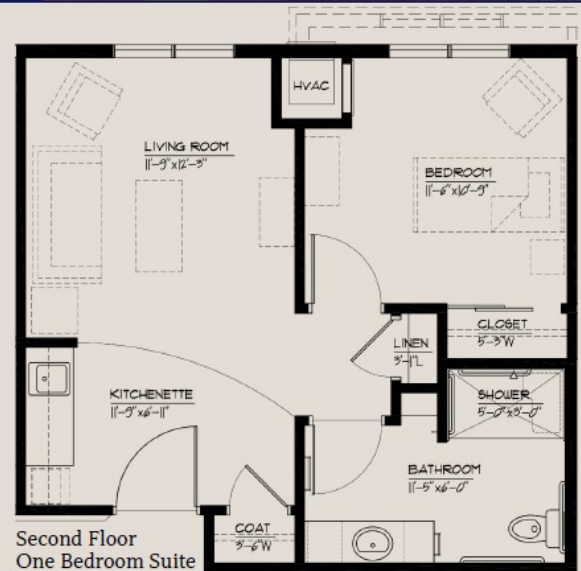
Move into Marysville's MOST AFFORDABLE, ASSISTED LIVING!

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



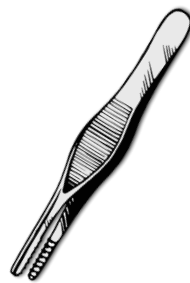
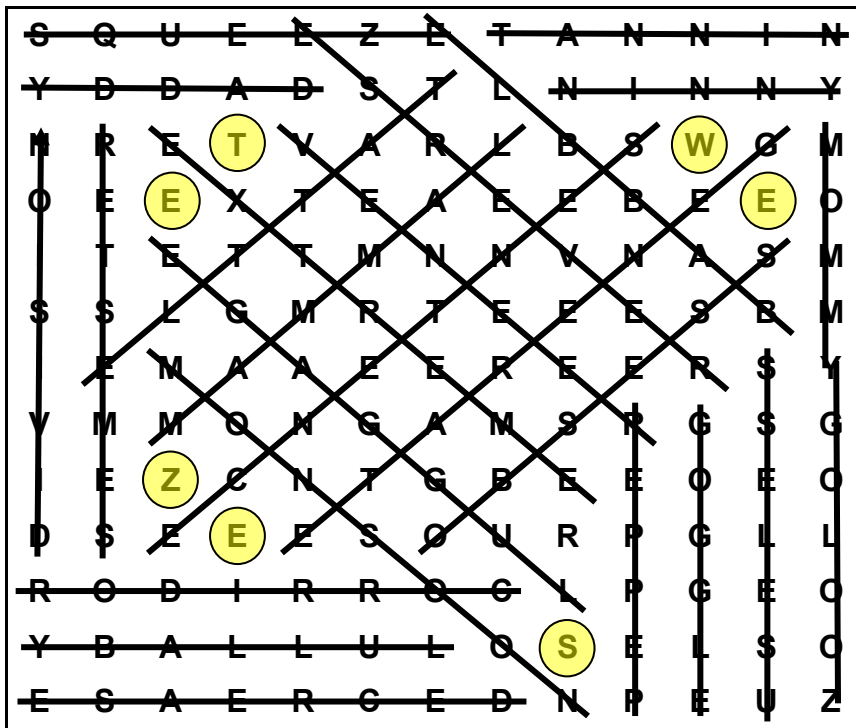
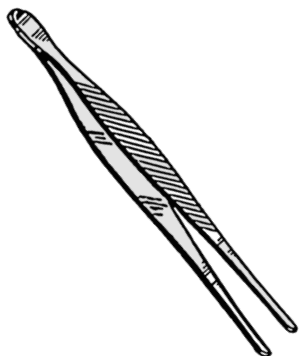
Call today for more information!

(937) 642-1026

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

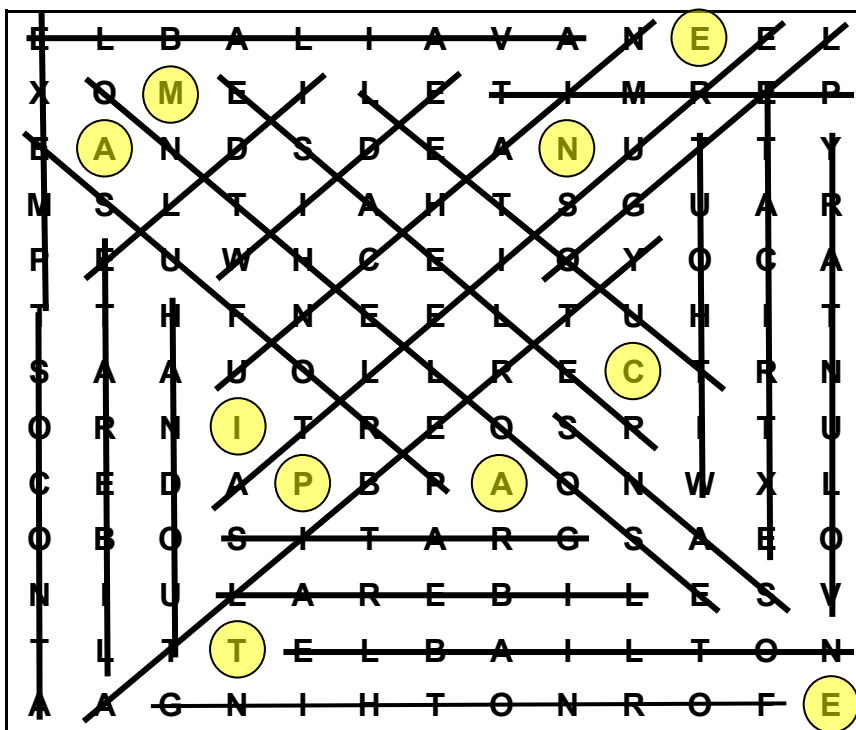
Rehabilitation • Skilled Nursing • Long Term Care





You are looking for a 8-letter word.

Last word. — TWEEZERS




You are looking for a 10-letter word.

Last word. — EMANCIPATE

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NO COST ENERGY TIP OF THE MONTH

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



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& FRITZ LLC**
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(937) 642-4070

*Ingram Funeral Home
and Monuments*

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

40 years of service to our Community



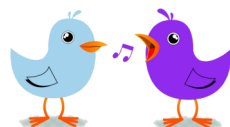
Wilson
Funeral Homes & Monuments

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

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.



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.**



Upcoming Events: ♥

MAY 11TH



GAME DAY SATURDAY

DOMINOS

MAHJONG

FROM 1:00 P.M. TO 4:00 P.M.

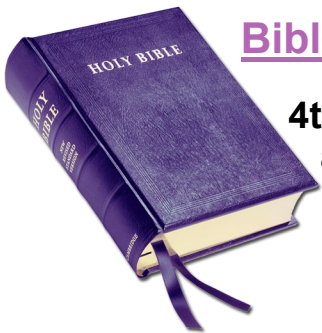
COME HAVE SOME FUN PLAYING A GAME THAT YOU HAVE NOT PLAYED BEFORE OR HAVE NOT PLAYED IN AWHILE.

EUCHRE

PLUS MUCH

MORE!

TRIMINOS



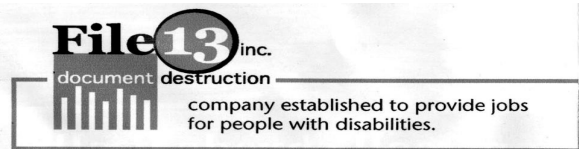
Bible Study Group

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



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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APRIL 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!