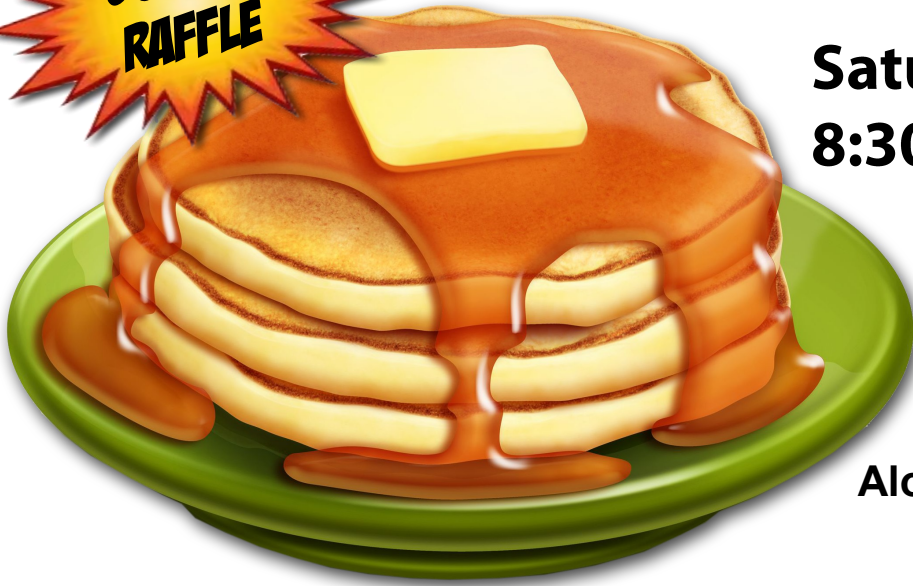


DON'T FORGET THE
PANCAKE BREAKFAST
AUGUST 10, 2024



Saturday from
8:30 AM—11:00 AM

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

50/50 raffle tickets, and
a lot more.

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

Money raised helps support Union County Senior Activities Center.

INSIDE THIS ISSUE....

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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
Deb Root

Board Sponsors

Sarah Dixon, Sponsor
Sarah Brown, Sponsor
Jennifer Zofkie, Sponsor
Jeananne Hess, Sponsor

Grant/Project Coordinator

Susie Pfarr

Activity Coordinator

Deb Kelly

**WELCOME
NEW MEMBERS**

**Karen Danner
Kay Collins
Charlotte Gibbons
Judy Stephenson
Mark Rees
Aldena Taylor
Sharon Purnell**



September Newsletter:

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

August 16, 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.

Happy Birthday

AUGUST Birthdays

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

				1 Marilyn Lockwood	2 RuthAnn Rausch	3 Al Davidson
4 Roger Wagner Patricia Reisz	5	6 	7 Mike Arnold Butch Sawyer	8 Roselyn Horney	9 Gary McDowell	10
11 	12 Bob Dienhart Lisa Ward	13 Colleen Nicol Brenda Thompson Judy Blankenship	14	15 Gloria Branom	16 Michelle Snyder Doris Murray	17 Joan Houk Joyce Sandy
18 Dick Brake	19 Rosemary Sparks	20	21 	22	23 Ellen Speyer Richard Copas	24
25 	26 Viola Hill Rita Flory	27	28 Ned Rausch Greg Wilson	29 	30 Jaye Rowley	31 Peggy Birt Jan Tillman



Katlyn from The Middlefield Banking Company will be here at Windsor Senior on August 19th at 12:30 P.M. to talk and pass out information about Scam's and scammers. How to recognize and protect yourself from being a victim of scam's.

Happy Anniversary



Pearl & Carol Paver — August 3

Joe & Sandy Humphrey — August 8

Mick & Barb McCoy — August 9

Betty & Sherley Crowder — August 10

Don & Kathy Williams — August 12

Bill & Sue Bumgarner — August 21

Richard & Kathy Copas — August 23

Harold & Karol Strapp/Horch — August 27

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
- Charles Hartman
- Alfie Yanchik
- Karol Strapp
- Mary Gingrey
- Emma Stevenson
- Harold Horch
- Walter Wyse
- Carolyn Wyse
- Mike Arnold
- Janice Lewis
- Hazel Maynard
- Rusty Maynard
- Fred Bischoff
- Karen Baker
- Mike Feeley
- Joan Willbarger
- Henry Leistriz
- Carol Sitz
- Alice Andrews
- Judy Wilhelm
- Theresa Belg



Thinking of our Members in Nursing Homes and Assisted Living:

Bluebird: Mary Jo Finney
Shirley Applegate
Wilma Reisz

Heritage: Wanda Patterson
Doug & Sonie Tron

Walnut Crossing: Theda Clemans

Gables: Mary Shanks
Mary McNeal
Peggy Wells

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.



*“Lord, bless me and keep me;
smile on me and be gracious
to me; look my way and
give me peace”*

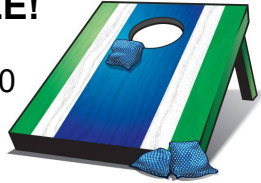




Book Club News: The Book Club will meet on **August 8th** at **1:00**. This month's book is "**The Boy Who Cried BEAR**", by author Kelley Armstrong. You can pick up a copy from the Activities Office only. If you like to read, come join the group.

COME PLAY CORN HOLE!

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



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.

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)






CALL 2-1-1

AND CONNECT WITH THE SERVICES YOU NEED
24 HOURS A DAY. 7 DAYS A WEEK.

GET HELP	GIVE HELP
<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Local volunteer opportunities • Donating food, clothing and more • Connect with: <ul style="list-style-type: none"> • 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 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 or Deb Root, Trip Coordinator, at 937-707-0068. If sign-ups exceed the seats available, we'll have a random drawing for available seats. Lunch is at our own expense on trips.

August 14th - Learn about the history of Marysville and Union County.
Leave Windsor at 12:30 (after lunch) and go to the Union County Historical Museum. Return Around 1:30 P.M.— 2:00 P.M. **There will be a few steps at this location. For further information see sign-up sheet or contact Deb Root.

August 20th - This is the rescheduled date for the **Johnny Appleseed Museum** with lunch at **Farmers Daughter**. Leave at 9:45 and return 2-2:30. Cost \$5.00 to be prepaid by August 16.

Watch for the upcoming chocolate experience.

Upcoming Events: 

CRAFT SHOW AND SALE
October 12, 2024



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
Rosella Renz



Jan Brown
Dick & Kathy Brake
Judy Hill
Connie Ripley
Mick McCoy
Rosalyn DeGood
Joe Bell



\$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
Brenda Hastings
Judy Blankenship

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
Kets Pizza
Rita Flory
Bev Barnes
Marilyn Monroe
Deb Kelly
Sue McClish
Cindy Maxhimer
Denise & Deb Lashley





EMBRACE LIFE AGAIN WITH AQUABLATION THERAPY

Aquablation therapy is a new type of surgical treatment for benign prostatic hyperplasia (BPH). At Memorial Urology, we are proud to be among the first in the Central Ohio region to offer this advanced, minimally invasive treatment. You see, we believe in helping men suffering from BPH to get their life back and feel like themselves again.

Using robotic precision, Aquablation therapy delivers lasting results with a low risk of complications, empowering you to live confidently on your terms.

Ready to speak to our Memorial Urology Team? Call us at (937) 578-2626 to schedule an appointment with our Aquablation therapy experts.

MORE THAN
99%
of men with BPH
did not have
incontinence after
Aquablation therapy!

MemorialOhio.com

 **Memorial** UROLOGY

Testing Your Balance

TO BE STEADY SCREENINGS

Improving Your Balance

TO BE STEADY CLASSES

2024 DATES FOR
FREE SCREENINGS:

Tue. September 10, 10 — 11 am

Tue. November 12, 10 — 11 am

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



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

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.

2024 DATES FOR
FREE CLASSES:

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.



 Memorial HOSPITAL

 Teaching Lifestyle Choices®
PART OF OUR TLC™ WELLNESS SERIES

Sudoku Puzzles

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

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

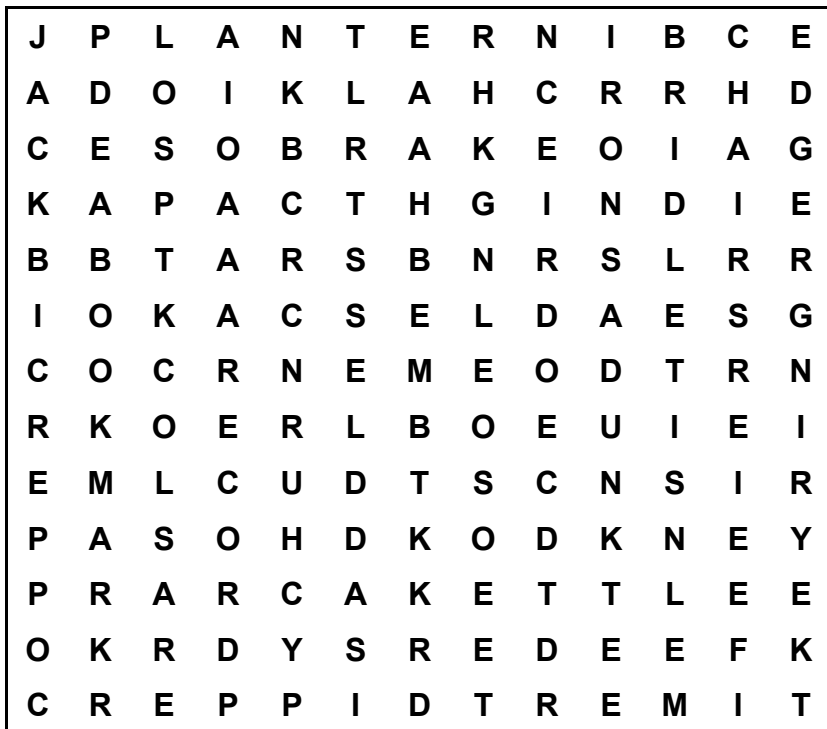
Solution on page 21

HOLD A GARAGE SALE

Fascinating things are displayed at some garage sales. Browsers may find just the articles they are interested in buying.



- | | | |
|----------|----------|----------|
| Basin | Desk | Lantern |
| Beds | Dipper | Lock |
| Blouse | Edger | Nightcap |
| Bookmark | Feeder | Rake |
| Bridle | Grater | Record |
| Cape | Grinder | Saddle |
| Chairs | Hatrack | Scoop |
| Chalk | Iron | Screen |
| Chart | Jack | Smock |
| Churn | Kettle | Table |
| Copper | Key ring | Timer |



You are looking for an 10-letter word.

HOW DO YOU FEEL?

What's your mood at the moment? Will it change by the end of the day? Maybe you'll feel triumphant once you complete this puzzle.



- | | | |
|----------|------------|-----------|
| Awed | Glad | Satisfied |
| Blithe | Gloomy | Serene |
| Calm | Great | Silly |
| Cheerful | Happy | Special |
| Composed | Hearty | Strong |
| Demure | Jovial | Swell |
| Fiery | Lazy | Terrific |
| Fine | Melancholy | Tranquil |
| Frisky | Playful | Zany |
| Giddy | Restless | |

You are looking for an 12-letter word.

Solution on page 24

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.**

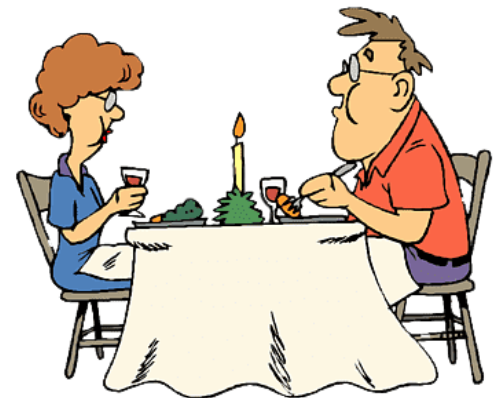


Suggested Donations
60 and over \$3.50
Guest 59 and under \$5.50
Children 10 and under \$3.50

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

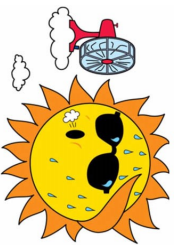
If no one is in the Office, please leave a message
and we will get back with you ASAP!



AUGUST 2024 — COMMUNITY MEAL MENU

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.



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

BIRTHDAY CELEBRATION
THURSDAY, August 1
 Turkey/Stuffing
 Mashed Potatoes/Gravy
 Prince Charles Veggies
 Waldorf Salad
 Cake & Ice Cream

FRIDAY, August 2
 Bourbon Chicken over Rice
 Au Gratin Potatoes
 Kyoto Vegetables
 Jell-O Salad
 Dinner Roll/Butter

<p>MONDAY, August 5 Sausage Gravy Over 2 oz. biscuit Skillet Fried Potatoes Buttered Peas Oranges</p>	<p>TUESDAY, August 6 Meatloaf Baked Sweet Potato Cauliflower w/Cheese Strawberries over Angel Food Cake Dinner Roll/Butter</p>	<p>WEDNESDAY, August 7 Haystacks (2oz. beef, lettuce, tomato, cheese & 1 oz. of chips) Refried Beans and Spanish Rice Strawberry Fluff 2 in. Brownie</p>	<p>THURSDAY, August 8 Sweet & Sour Cherry Blossom Chicken over White Rice Teriyaki Stir Fry Veggies Creamy Coleslaw Pineapple Whole Grain Bread/Butter</p>	<p>FRIDAY, August 9 Braised Pork Chop Mashed Potatoes & Gravy Roasted Root Veggies Pistachio Fruit Fluff 2 oz. Cinnamon Muffin</p>
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<p>MONDAY, August 12 Sloppy Joe on a Lg. Bun Amer. Potato Salad Brown Sugar Baked Beans Cinnamon Applesauce</p>	<p>TUESDAY, August 13 Orange Juice Pancakes Breakfast Casserole Roasted Potatoes Fresh Fruit</p>	<p>WEDNESDAY, August 14 Crispy Chicken Patty Steamed Green Beans Creamy Coleslaw Fruit Mix 2 oz. Biscuit/Butter</p>	<p>THURSDAY, August 15 Stuffed Bell Peppers Au Gratin Potatoes Buttered Lima Beans Mandarin Oranges 5 Vanilla Wafers Whole Grain Bread/Butter</p>	<p>FRIDAY, August 16 Salisbury Steak w/Mushroom Gravy Baked Potato Spinach Bake Sunshine Jell-O Salad 2 in. Brownie Whole Grain Bread</p>
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<p>MONDAY, August 19 Country Fried Steak Mashed Potatoes & Gravy Steamed Italian Green Beans Pears 2 oz. Banana muffin</p>	<p>TUESDAY, August 20 Baked Fish Parsley Sliced Potatoes Creamed Peas Peaches Gingersnap Cookie Whole Grain Bread</p>	<p>WEDNESDAY, August 21 Lasagna Buttered Baby Carrots Tossed Salad w/Dressing Fruit w/Vanilla Sauce Garlic Bread</p>	<p>THURSDAY, August 22 Beef Pot Roast Mashed Potatoes & Gravy Steamed Brussels Fruit Mix Angel Food Cake Dinner Roll/Butter</p>	<p>FRIDAY, August 23 Baked Cranberry Chicken Scalloped Potatoes Steamed Mixed Veggies Scalloped Pineapple 2 oz. Blueberry Muffin</p>
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<p>MONDAY, August 26 Grilled Hotdog on Lg. Bun Steakhouse Potato Salad Homemade Broccoli Salad Watermelon</p>	<p>TUESDAY, August 27 Chicken Cordon Bleu Garlic Baby Bakers Steamed Green Beans Peaches Graham Crackers Whole Grain Bread/Butter</p>	<p>WEDNESDAY, August 28 BBQ Ribs Corn Casserole Parmesan Roasted Brussels Grape Salad 5 Vanilla Wafers WW Bread/Butter</p>	<p>THURSDAY, August 29 Spaghetti w/ Meat Sauce Broccoli Casserole Tossed Salad w/Dressing Cinnamon Apple Slices Garlic Bread</p>	<p>FRIDAY, August 30 Bourbon Chicken over Rice Au Gratin Potatoes Kyoto Vegetables Jell-O Salad Dinner Roll/Butter</p>
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AUGUST ACTIVITIES

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>Activity Coordinator Windsor & Community Seniors, Inc. 376-C Rosehill Drive Marysville, Ohio 43040 — 937-644-8464</p>				
<p>★ NO EARLY CARD PLAYERS IN BACK ROOM</p>				
<p>5 10:00 — Chair Exercise 1:30 — Warm Up America/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<p>6 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>7 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC</p>	<p>8 ★ 10:00 — Wii Bowling 1:00 — Book Club 1:30 — Card Players 1:30 — Dominoes</p>	<p>9 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole 1:30 Skip-Bo</p>
<p>12 ★ 10:00 — Chair Exercise 1:30 — Warm Up America/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong 12:30 - Pokeno</p>	<p>13 10:00 — Chair Volleyball 1:30 — BINGO 11:00 — 1:00 — Senior Svc</p>	<p>14 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC</p>	<p>15 ★ 10:00 — Wii Bowling 1:00 — Craft Class 1:30 — Card Players 1:30 — Dominoes</p>	<p>16 NEWSLETTER DEADLINE 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole 1:30 Skip-Bo</p>
<p>19 10:00 — Chair Exercise 1:30 — Warm Up America/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<p>20 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>21 10:00 — Chair Exercise 1:30 — Card Players 1:30 — Crochet Buddies 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC</p>	<p>22 ★ 10:00 — Wii Bowling 1:00 — Bible Study 1:30 — Card Players 1:30 — Dominoes</p>	<p>23 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole 1:30 Skip-Bo</p>
<p>26 ★ NEWSLETTER FOLDING 10:00 — Chair Exercise 11:00 — MOVES 1:30 — Card Making Class 1:30 — Warm Up America/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<p>27 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>28 10:00 — Chair Exercise 1:30 — Card Players 1:30 — Crochet Buddies 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC</p>	<p>29 10:00 — Wii Bowling 1:30 — Card Players 1:30 — Dominoes</p>	<p>30 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole 1:30 Skip-Bo</p>





August 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>

Vary Your Vegetables.

USDA Food and Nutrition Service

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what vegetables to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

Start your day with vegetables: Add leftover cooked vegetables to your omelet or breakfast wrap. Or, add spinach to a morning smoothie and enjoy a burst of flavor and nutrition.

Add variety to salads: Make your salad pop with color and flavor by including corn kernels, radish slices, or diced red onions. Include seasonal vegetables for variety throughout the year.

Try a stir-fry: Stir-fry vegetables like carrots, shredded cabbage, greens, and low-sodium jarred mushrooms for quick meal. Add some tofu as a protein source.

Spruce up your sandwich: Add spinach or some thinly sliced sweet onions to your favorite sandwich or wrap for extra flavor and a little crunch.

Go for a dip or a dunk: Enjoy baked potato wedges, cucumber slices, or cauliflower pieces with a homemade Italian dressing or dunked into a low-fat dip or hummus.

Take vegetables on the go: Carry along some crunchy carrot, celery, or jicama sticks. A small container of cherry tomatoes or sugar snap peas also makes an easy snack.

Go to [MyPlate.gov](https://www.MyPlate.gov) for more information.



2024 Farmer's Market Enrollment Event

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

Happening Events:

July 24th, Senior Day 10am-2pm at Union County Fair. Free admission for senior 60 or older until 4pm.

August 2nd 1:30pm Cybersecurity at County Services Building 940 London Ave Marysville, Oh Conference room B. No RSVP required.

August 2nd, 9th, 16th, 23th and 30th 10am-11am Chair Yoga at Marysville Public Library Meeting room B. Register online or call 937.642.1876

August 8th Healthy Living for Your Brain and Body 6pm-7pm with Alzheimer’s Association at Marysville Public Library meeting room B. No RSVP required.

August 13th & 27th, 10am-Noon NET Café at County Services Building Room D 940 London Ave Marysville, Oh for tech questions on your devices. No RSVP required.

August 26th, 10am-11am BINGOcize 10 week exercise program at CASC, 900 Columbus Ave Marysville, Oh **OR 1pm-2pm** at OSU Extension, 18000 State Route 4, suite E Marysville, Oh. RSVP by calling Noel Williams with Union County Health Department at 937.645.2049.

August 28th, 1pm Digital Offerings at Marysville Public Library. Learn all things technology. No RSVP required.



Bingo + Exercise = Bingocize

A fun 10-week health promotion program that combines the game of bingo with inclusive exercises for everyone!

- 
- 
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-
-
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-
-
-

Fall Prevention Workshop!
Regional Falls Prevention Coalition


CONTACT: Noel Williams – 937.645.2049

Free prizes FUN!!

Where: CASC, 900 Columbus Ave Marysville OH
OR
OSU Extension, 18000 State Route 4, Suite E Marysville, OH 43040

When: August 26th

Time: 10:00 am -11:00 am
OR
1:00 pm-2:00 pm



RICHWOOD INDEPENDENT FAIR

HONORS OUR SENIORS & VETERANS
FREE ADMISSION ALL DAY FOR SENIORS & VETERANS
(WITH VALID MILITARY ID)

FRIDAY, AUGUST 30, 2024
BOKESCREEK PAVILION

11-11:30 AM CHAIR YOGA BY BALANCED TREE YOGA
11:30-12 NOON SENIOR INFORMATION TIME
12 NOON MEAL PREPARED BY PLAZA INN
ENTERTAINMENT BY BELIEVE
1:00-2:00 PM BINGO
2:00-3:00 PM RICHWOOD HISTORY WITH CHUCK BERRY

THESE EVENTS ARE BROUGHT TO YOU BY:
UNION CO. SENIOR SERVICES, RICHWOOD CIVIC CENTER, VFW, & THE RICHWOOD FAIR BOARD

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.

HOP ON THE MARYSVILLE

RIDE FOR
FREE!



RIDE FOR
FREE!

MARY-GO-ROUND!

**A FREE SHUTTLE SERVICE FOR ADULTS AGE 50+
EVERY THURSDAY FROM 10:00 A.M.—3:00 P.M.**

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

CALL: 614-398-8849 for more information route schedule.



**Do you know
anyone that
could use a
mobility
chair?**

Please contact the
Windsor Activity
office.

These have new
batteries and ready
to find a new home.





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

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



Sudoku on page 9

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 937-644-9801

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

WE ARE WARM-UP AMERICA

Do you like to Crochet or want to learn how...

Join us every Monday 1:30 – 3:00 pm. for fun and fellowship. We make items for Charity such as hats, scarves, blankets and even animals.

We would love to see you here at Union County Senior Activity Center. (*Windsor & Community Seniors, Inc.*)

Lap blankets for Veterans were such a success, we will continue. Thanks to the participants.



Five Star Quality Measures Rating from Centers for Medicare and Medicaid Services



Monarch Skilled Nursing and Rehab Hometown Care from *Your Hometown Facility*

Monarch Skilled Nursing and Rehab is the **ONLY full-continuum care facility** in Union County! Why go elsewhere when you can have **FIVE STAR** quality care in your own backyard!



Monarch's features and services include:

- Spacious, private rehabilitation rooms with private showers
- Updated, spacious and private long term care rooms
- Seven days a week physical, occupational and speech therapies
- Wound certified nurses providing skilled nursing services
- Trilogy non-invasive ventilator care services
- Respite stays available
- **Ohio based owner and operator**

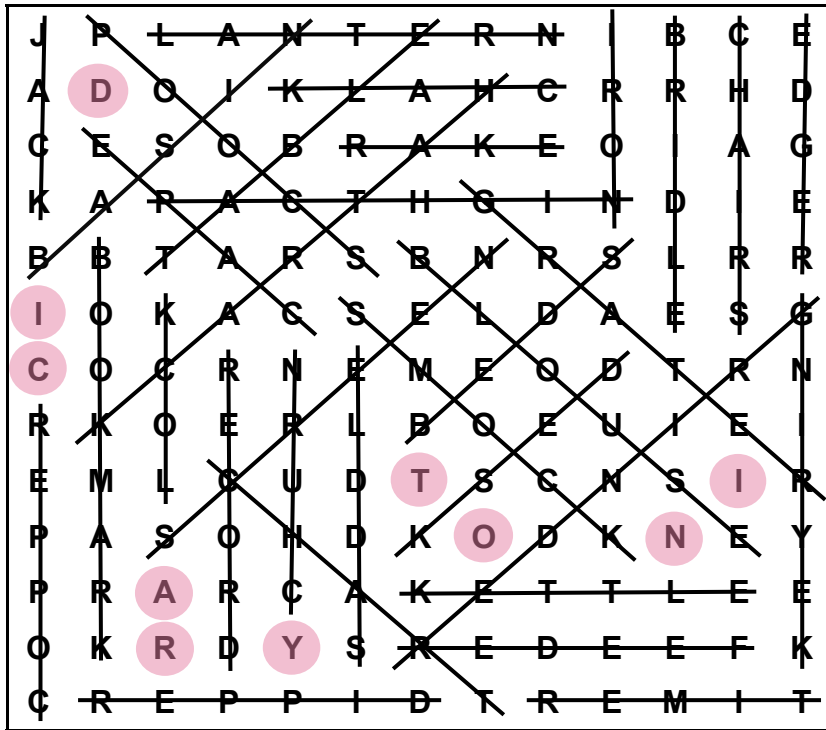


Call today for more information! (937) 642-1026

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

Rehabilitation • Skilled Nursing • Long Term Care

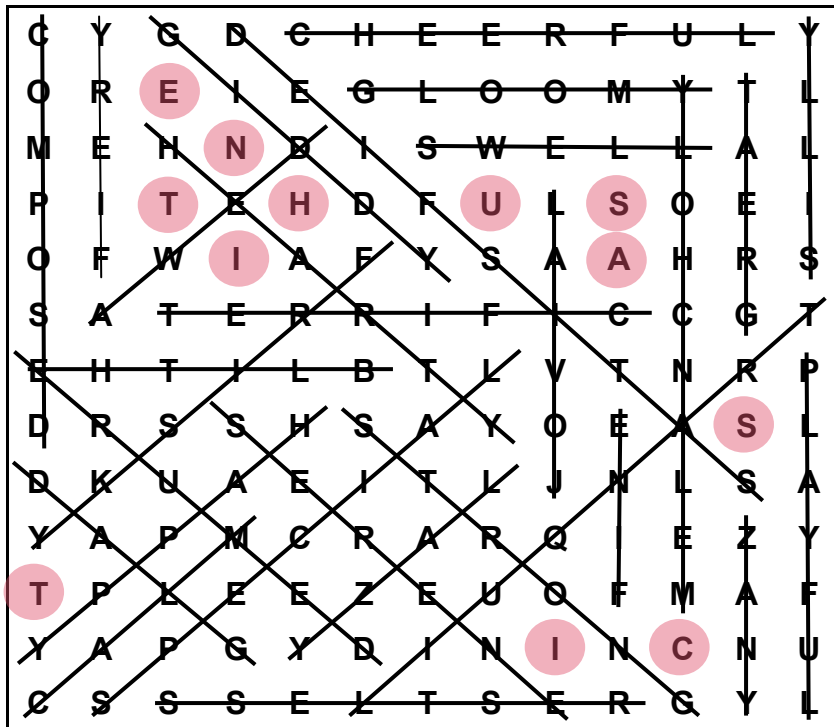
HOLD A GARAGE SALE



DICTIONARY

You are looking for an 10-letter word.

HOW DO YOU FEEL?




ENTHUSIASTIC

You are looking for an 12-letter word..

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Moose Lodge




**Marysville
Moose Lodge
Family Center
#1651**

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Marysville, OH 43040
Phone: (937) 644-5505

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



**YURASEK, OWENS-RUFF
& FRITZ LLC**
ATTORNEYS AT LAW

233 WEST FIFTH STREET
MARYSVILLE, OHIO 43040
(937) 642-4070

*Ingram Funeral Home
and Monuments*

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

40 years of service to our Community

Wilson



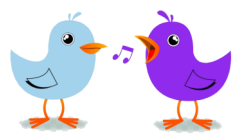
Funeral Homes & Monuments

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

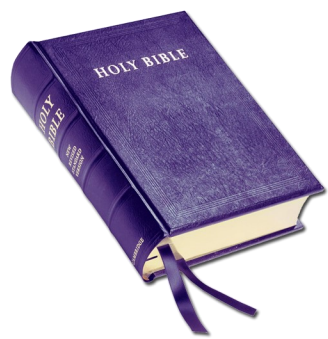
Woody Wilson, Funeral Director

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.**



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

Upcoming Events:



August 10 - Pancake Breakfast - Saturday 8:30-11. Cost: \$8 adults, kids \$5 (ages 3-10), all you can eat. Raffle and 50/50. Open to Public.

September 18 - Smokin BBQ - Wednesday 5-7

- Cost: \$5 per person. 50/50 - menu not decided yet. - **Members only** - *Sign-up sheet*

October 12 - Craft Show - Saturday 9-1.

- Vendors, lunch, and door prizes donated by vendors.

October 16 - Annual Meeting - Wednesday 5-7. Potluck - **Members only** - Sign-up sheet.

October 29 - Halloween Party - Tuesday 5-7. Games/prizes . 50/50 . Menu TBD. - **Members only** - *Sign-up sheet*

October 31 - Wellness Fair - Thursday 12:30-3:00 - Union County Bldg. Open to Public

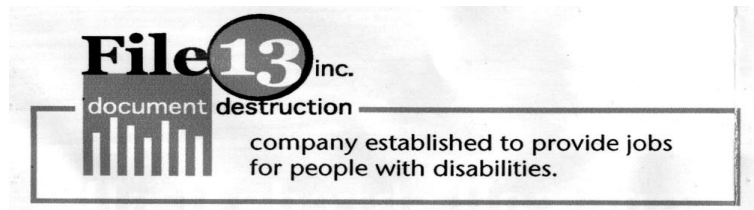
December 7 - Christmas party - Saturday 12-2. Santa and Mrs. Claus. Catered by Heflins - **Members only**. Non-refundable fee (TBD). - *Sign-up sheet*.

Events are Subject to change due to weather or needs of other Activities.



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>



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

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AUGUST 2024



376-C Rosehill Drive
Marysville, OH 43040

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

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!