

SATURDAY
March 8

From 1:00 PM to 4:00 PM



Cost \$5.00 (nonrefundable), due by Monday March 3rd. There will be fabulous prizes, snacks, 50/50. Sign-up sheet will be in the dining room.

NO OUTSIDE CARDS ALLOWED, must use cards provided.

St. Paddy's Day

Wednesday, March 19th

5:00 PM - 7:00 PM

\$5 non-refundable for Meal, 50/50 drawing.

Magician - Sam McEndree

A Sign-up Sheet will be available in dining area.



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Membership renewal – don't forget to renew your subscription for 2025. Any member that hasn't renewed their membership by **March 1**, will no longer receive the Senior Express newsletter.

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

2025 BOARD OF TRUSTEES AND OFFICERS

Executive Officers:

President: Cindy Maxhimer **Secretary:** Carol Sitz
Vice President: Bill Brunskill **Treasurer:** Pattie Reisz

Board Members: Term 2022-2025

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



Board Members: Term 2025-2028

Pattie Reisz
Mick McCoy
Holly Novak
Nikki Hall
Debbie Case



Board Sponsors

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

Grant/Project Coordinator

Susie Pfarr

Activity Coordinator

Deb Kelly



April Newsletter:

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

March 18, 2025

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**



**Patricia Andrews
Bob & Kay Paden**

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



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

Happy Birthday

						1 Bonnie Bracy
2 Charles Kelly	3 Lamarr L. Coleman	4  Dianna Donohue	5 Stephanie Girton	6 Rosemary Collins Aldena Taylor	7 Dorothy Baughman	8
9 	10	11 Dianna Donohue	12 Bob Kanet	13	14 Nanciann Sawyer Carol Sue Wedlake	15 Sue Hites Betty Bair
16	17 Judy Castle Joan Mulford	18 Mary Carpenter Jan Dunn	19 	20	21 Linda Nance	22 
23	24 Robin Rhodes	25	26 Juana Carveno Joe Ohler Elaine Nicol Jodi Thompson	27 Jerry Landon Penny Payne	28 Peggy Schertzer Yvonne Stoner	29 Sallie McDowell
30	31					

THURSDAY
MARCH 20TH 2025

SPRING HAS SPRUNG

Spring has sprung, the grass has ris',
I wonder where the birdie is?

There he is up in the sky,
He dropped some whitewash in my eye!

I'm alright, I won't cry,
I'm just glad that cows can't fly!

Happy Anniversary



David & Patricia Smith - March 10

Walter & Carolyn Wyse - March 12

Jerry & Karin Landon - March 19



Remembering in Prayer:

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

- Betty Stillings
- Karla Rawlins
- Pam Moore
- Charles Hartman
- Karol Strapp
- Mary Gingrey
- Walter Wyse
- Carolyn Wyse
- Mike Arnold
- Janice Lewis
- Hazel Maynard
- Rusty Maynard
- Karen Baker
- Mike Feeley
- Joan Willbarger
- Beth Sebring
- Brenda Hastings
- Sandy Bishop
- Jennifer Holland
- Doris Leistriz
- Walter Brynes
- Mary McNeal
- Judy Hill



Thinking of our Members in Nursing Homes and Assisted Living:

Bluebird: Mary Jo Finney
Shirley Applegate
Wilma Reisz
Becky Payne

Heritage: Wanda Patterson

Walnut Crossing: Theda Clemans

Gables: Mary McNeal
Peggy Wells
Mike Feely

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.

Our sympathy and prayers go out to all the families and friends of

**Don & Kathy Williams
(loss of her mother Betty Thomas)**

Harold Horch passing 1/29

Shirley Shuler passed away 2/3

**Mary Lou Roberts
passing late last year**



**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)



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.



<p>GET HELP</p> <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 	<p>GIVE HELP</p> <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
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2-1-1 IS YOUR NEW, FREE, CONFIDENTIAL, 24/7 INFORMATION AND REFERRAL HOTLINE BROUGHT TO YOU BY:




APRIL *Upcoming*
EVENTS

SATURDAY April 5



**PANCAKE
BREAKFAST**

Save the Date: 04/05/2025

8:30 AM - 11:00 AM

\$8/Adult, \$5/Kids

Raffle, and 50/50 Drawing

OPEN TO THE PUBLIC

UNION COUNTY SENIOR ACTIVITIES CENTER Trips for 2025 "NO MEALS ARE COVERED"

Windsor Senior Trips for 2025 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.

Trip in March.

March 25th. Leaving UCSAC at 10:30 am. Trip to Olive Garden then to Hobby Lobby. The cost is \$5.00, prepay by March 21st

Please remember your **File of Life/Emergency Contact Information.**



Book Club News: The Book Club will meet on **March 13th** at **1:00** at Windsor Senior. This month's book is **"The Unhoneymooners"**, by author Christina Lauren and **"The Frozen River"** by Ariel Lawhon. 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.

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
 Fred & Shirley Bischoff



Rosella Renz
 Jeanette Fleck
 Patricia Mathers



Vi Hill
 Jan Brown
 Carolyn & Walter Wyse
 Vicky McCauley
 Sharon & Roger Wagner
 Russel & Virginia Miller
 David & Patricia Smith
 Larry & Jeanne Amrine
 Karen Danner
 Ron & Linda Schilling
 Rose DeGood



\$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
 Pattie Reisz
 Carol Sitz
 Janet Brown
 Sue McClish
 Chris Plank
 Danielle Plank

Mick McCoy
 Holly Novak
 Deb Kelly
 Susie Pfarr
 Marilyn Monroe
 Janice Bryant
 Rita Flory
 Jim Scheiderer

Fred & Arthena Smith
 Mary Kitsmiller
 Deb Root
 Judy Mahan
 Robert Trudeau
 Travis Vandran
 Judy Blankenship
 Dave and Jennifer Holland

IN-KIND DONATIONS THANK YOU



Quality care, all around.

WE'VE SPENT YEARS BUILDING A REMARKABLE TEAM of physicians and providers. Our services are reaching further in the region with convenient locations and expanded hours. Available when and where you need us.

To make an appointment with one of these providers, call the practice number listed. Visit memorialohio.com to learn more.



Memorial DAMASCUS FAMILY MEDICINE

Daniel Badenhop, MD Della Herzog, MD Sarah Johnson, DO

Megan Kelghley, FNP-C Sara Morrison, FNP-C Carolyn Ricketts, FNP-C

388 Damascus Rd., Marysville 937 578 4040

Memorial FAMILY MEDICINE | GATEWAY

Kelly Loman, DO John Sutter, MD Sara Petee, FNP-C

140 Coleman's Crossing Blvd., Marysville 937 578 7950

Memorial FAMILY MEDICINE | MILL VALLEY

Alexandra Pelaez, MD Michael Shaffer, MD Jennifer Bissel, FNP-C Amanda Lollini, FNP-C

17853 S. R. 31, Marysville 937 578 4004

Memorial FAMILY MEDICINE | PLAIN CITY

John E. Adams II, DO Jennifer Roby, FNP-C

480 S. Jefferson Ave., Plain City 614 873 3434

Memorial FAMILY MEDICINE | RICHWOOD

Pamela Kapraly, MD Maria Kellermier, MD

19 W. Ottawa St., Richwood 740 943 2354

Memorial INTERNAL MEDICINE

Lisa Kearns, MD, MS Prasanna Muniyappa, MD Chelsea Nash, FNP-C

660 London Ave., Marysville 937 642 1550

Memorial PRIMARY CARE | SCOTTSLAWN

Todd Wiley, MD Amanda Myers, FNP-C

14210 Scottslawn Rd., Marysville 937 578 5555

Memorial PRIMARY CARE | URBANA

John Crankshaw, MD Joseph Metz, MD Madelyn Bartsch, PA-C Rochelle Clark-Puffer, PA-C Danielle Smith, PA-C

1958 E US Hwy 36, Urbana 937 652 1834

Memorial PRIMARY CARE | SCOTTSLAWN

MDVIP
For Member Patients Only

Kevin P. Henzel, MD

14210 Scottslawn Rd., Marysville 937 578 4288

For one-on-one assistance selecting a provider, call our Physician Referral Line at (937) 578-2320.



The Winner of the "Just Desserts"

The winning dessert was
"Peanut Butter Pie"
By Sheryl Hartley

The Windsor Board would like to thank
everyone who participated and that
everyone got their "Just Desserts"



Sudoku Puzzles

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

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

Solution on page 16

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



St. Patrick's Day

Find and circle all of the words that are hidden in the grid.
 The remaining 34 letters spell a secret message.

- | | |
|--------------|--------------|
| BEER | HOLIDAY |
| BELFAST | HOLY DAY |
| BISHOP | IRELAND |
| CABBAGE | IRISH |
| CELEBRATION | LEPRECHAUN |
| CELTIC CROSS | LIMERICK |
| CHRISTIAN | MARCH |
| CLOVER | MISSIONARY |
| CORK | MUSIC |
| CORNED BEEF | PARADE |
| DANCING | PATRON SAINT |
| DUBLIN | POTATOES |
| EVENTS | SEVENTEENTH |
| FEAST DAY | SHAMROCK |
| FESTIVAL | SNAKES |
| GREEN | SODA BREAD |
| GUINNESS | TRADITION |
| HERITAGE | YEARLY |
| HISTORY | |



Spring

Find and circle all of the words that are hidden in the grid.
 The remaining letters spell a message about Spring.

- | | |
|------------|-----------------|
| ALLERGIES | LILIES |
| APRIL | MARCH |
| BASEBALL | MAY |
| BEES | NEW LEAVES |
| CROCUSES | PLANTING |
| CYCLAMENS | RAIN |
| DAFFODILS | RENEWAL |
| DANDELIONS | ROBINS |
| EASTER | SEASON |
| EQUINOX | SNOWMELT |
| FLOWERS | SOFTBALL |
| FROGS | SPRING BREAK |
| GOLF | SPRING CLEANING |
| GRASS | TULIPS |
| GREEN | WARMER |
| GROWTH | WET |
| IRISES | |

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

Solution on page 20

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.**



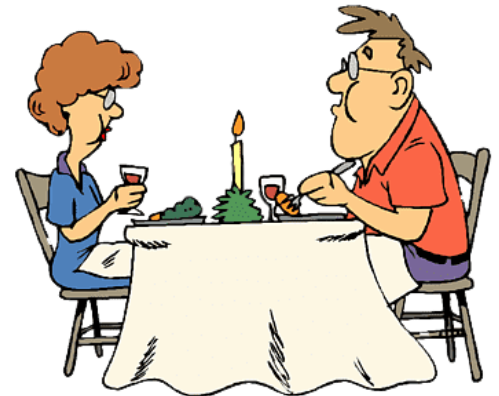
Suggested Donations
60 and over \$3.50
Guest 59 and under \$5.50
Children 10 and under \$3.50



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!



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

MARCH 2025 COMMUNITY MEAL MENU



Please make reservations by 9:30 a.m.

<p>MONDAY, MARCH 3</p> <p>Chicken Salad on a Croissant Vegetable Soup/Crackers Creamy Cucumber Salad Mandarin Oranges</p>	<p>TUESDAY, MARCH 4</p> <p>Shepherd's Pie (Beef, Potato, Mix Veggies Cheese & Gravy) Tossed Salad Pear Slices 2 oz. Blueberry Muffin</p>	<p>WEDNESDAY, MARCH 5</p> <p>Salmon Patty/Dill Sauce Au Gratin Potatoes Creamed Peas Mixed Fruit Gingersnap Cookie Whole Wheat Bread/Butter</p>	<p>THURSDAY, MARCH 6</p> <p>Pork Chop w/Gravy Mashed Potatoes/Gravy Parmesan Brussels Sprouts Creamy Fruit Salad Orange/Cranberry Scones</p>	<p>FRIDAY, MARCH 7</p> <p>Salisbury Steak w/ Mushroom Gravy Baked Potato/sour cream Creamy Spinach Bake Orange Jell-O Salad 2 in. Brownie WW Bread</p>
<p>MONDAY, MARCH 10</p> <p>Johnny Marzetti Baby Carrots Tossed Salad Grape Salad Garlic Bread</p>	<p>TUESDAY, MARCH 11</p> <p>Orange Juice Sausage gravy over 2 oz. Biscuit Fried Potatoes Cantaloupe</p>	<p>WEDNESDAY, MARCH 12</p> <p>Meatloaf Mashed Potatoes/Gravy Buttered Corn Strawberries over Angel Food Cake Dinner Roll</p>	<p>BIRTHDAY CELEBRATION THURSDAY, MARCH 13</p> <p>Spiral Sliced Ham Scalloped Potatoes Broccoli Casserole Fruit w/Vanilla Sauce Dinner Roll Cake & Ice Cream</p>	<p>FRIDAY, MARCH 14</p> <p>Crispy Chicken Patty On Lg. Bun with Lettuce, Tomato, Pickle, Onion Steamed Green Beans Creamy Coleslaw Fruit Mix</p>
<p>ST. PATRICKS DAY MONDAY, MARCH 17</p> <p>Roasted Pork Loin/Gravy Fried Cabbage Mashed Potatoes/Gravy Irish Flag Fruit Parfait Holiday Cup Cakes Rye Bread</p>	<p>TUESDAY, MARCH 18</p> <p>Hamburger Vegetable Soup Tomato slices/Cottage Cheese Cinnamon Applesauce Graham Crackers Whole Wheat Bread/Butter</p>	<p>WEDNESDAY, MARCH 19</p> <p>Baked Fish/Wild Rice Au Gratin Potatoes Lima Beans Peaches Gingersnap Cookie</p>	<p>THURSDAY, MARCH 20</p> <p>Cherry Blossom Chicken Over White Rice Sugar Snap Peas Pineapple Chunks Yellow Cake Dinner Roll</p>	<p>FRIDAY, MARCH 21</p> <p>Grilled Bratwurst on Lg. Bun German Potato Salad Broccoli Salad Scalloped Apples German Chocolate Cake</p>
<p>NATIONAL CHEESESTEAK DAY MONDAY, MARCH 24</p> <p>Philly Cheese Steak with Peppers & Onions on Lg. Bun Baby Bakers Buttered Carrot Slices Watergate Salad</p>	<p>TUESDAY, MARCH 25</p> <p>Cranberry Chicken Scalloped Potatoes Roasted Root Veggies Pear Slices 2 oz. Cinnamon Muffin</p>	<p>WEDNESDAY, MARCH 26</p> <p>Haystacks (2oz. beef, lettuce, tomato, cheese & 1 oz. of chips) Refried Beans/Cheese Strawberry Fluff 2 in. Brownie</p>	<p>THURSDAY, MARCH 27</p> <p>BBQ Ribs Potato Skins/Cheese/Bacon Maple Baked Beans 2 oz. Biscuit Baked Cinnamon Apple Slices</p>	<p>FRIDAY, MARCH 28</p> <p>Maple Roasted Chicken Thighs Mashed Potatoes & Gravy Steamed Mixed Veggies Scalloped Pineapple 2 oz. Cornbread Muffin</p>
<p>MONDAY, MARCH 31</p> <p>Chicken Fettuccini Alfredo Broccoli Tossed Salad Mandarin Oranges Garlic Bread</p>	<p>Menu subject to change based on availability and weather. Available Milk Choices: 2% Milk, Low Fat Chocolate</p> <p>Please make reservations by 9:30 a.m.</p>			



MARCH ACTIVITIES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 10:00 — Chair Exercise 1:30 — Warm Up America/Charity Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<p>4 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>5 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC</p>	<p>6 10:00 — Wii Bowling 1:30 — Card Players 1:30 — Dominoes Windsor Board Meeting</p>	<p>7 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 11:00 — 1:00 — Senior Svc 8TH BINGO SATURDAY 1:00—4:00</p>
<p>10 10:00 — Chair Exercise 12:00 — Pokeno 1:30 — Warm Up America/Charity Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<p>11 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>12 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC</p>	<p>13 10:00 — Wii Bowling 1:30 — Card Players 1:30 — Dominoes 1:00 — Book Club</p>	<p>★ 10:00 — Wii Bowling 12:00 — 5 CROWNS 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players</p>
<p>17 10:00 — Chair Exercise 1:30 — Warm Up America/Charity Crochet 1:30 — Card Players 1:30 — Mahjong NEWSLETTER DEADLINE</p>	<p>18 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>19 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC 5—7:00 St. Paddy's Day</p>	<p>★ 20 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Card Players 1:00 — Craft Class</p>	<p>21 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players</p>
<p>24 10:00 — Chair Exercise 1:30 — Warm Up America/Charity Crochet 1:30 — Card Players 1:30 — Mahjong NEWSLETTER FOLDING</p>	<p>25 10:00 — Chair Volleyball 1:30 — BINGO </p>	<p>26 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC</p>	<p>★ 27 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Card Players 1:00 — Bible Study</p>	<p>28 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players</p>
<p>31 10:00 — Chair Exercise 1:30—Card Making Class 1:30 — Warm Up America/Charity Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<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>			



March 2025

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>



TRUALTA

Free Resource for Caregivers

Tualta is a free online platform that provides caregivers with new information and skills needed to manage care for a loved one in the home. Tualta delivers quick videos, articles, tip-sheets, and professional-level trainings that are tailored to meet the caregiver's learning style.

Tualta:

- Offers practical caregiving tips and techniques
- Covers many topics caregivers face including personal care, brain health, safety, self-care, managing challenging behaviors, and more
- Connects caregivers to local resources
- Provides opportunities to connect with other caregivers
- Can be accessed from any computer or mobile device connected to the internet

Registration is required to access the platform. Central Ohio Area Agency on Aging's (COAAA) Tualta Support Specialist can answer questions about eligibility, assist with registration, and help individuals navigate the Tualta website. To learn more about Tualta and how to register, contact Tammy Smith, COAAA Caregiver Specialist, at tsmith@coaaa.org or call 614-645-7705.



When: March 11th -25th and April 3rd -May 22nd,
Tuesdays and Thursdays
Time: 10:00am -11:00am
Where: OSU Extension Union County, 18000 State
Route 4, Buckeye Rm.
Marysville, Oh 43040.
Cost: Free
Registration:
937-645-2049

Come for a chance to win prizes!



THE EMPOWERED CAREGIVER

Free Alzheimer's Education Series

March 12th, 6:00pm at Marysville Public Library, 231 Plum St. Marysville, Oh 43040. **Building Foundations of Caregiving.** Explore the role of a caregiver and the changes they may experience. The program will explore the importance of building a support team and managing caregiver stress.

April 9th, 6:00pm at Marysville Public Library, 231 Plum St. Marysville, Oh 43040. **Supporting Independence.** Focus on helping the person living with dementia take part in daily activities, provide the right amount of support and balancing safety and independence while managing expectations.

Registration is recommended. Please call 800-272-3900.

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

Tax Season is Here

Every year each of us must file a federal, state, and local income tax return. For many people the thought of filing taxes produces anxiety and therefore give the task of preparing and filing taxes to someone else. The refunds that many people receive make a huge impact on their ability to purchase higher dollar items, save money, and stay on track with bills. 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 Community Action Partnership (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 senior regardless of income you may be eligible for free tax preparation through our tax sites. Please contact your local Bridges CAP office to learn about hours and scheduling to complete your taxes. Drop-Off service is available as well.

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's eligible: Anyone who's over the age of 60 regardless of income.

Contact Bridges CAP at 937-642-4986 to schedule.



Testing Your Balance To be Steady Screenings

To Be Steady is a fall risk reduction program designed to assess and improve your balance through FREE, simple, and safe screenings and classes.

The Biodex Balance System measures your ability to maintain balance and can identify potential risk factors in just five minutes. Results are calculated by comparing stored averages of other healthy adults in your age and gender categories.

If the test indicates you are at high risk for falls, you can share your results with your primary care physician for evaluation.

Did you know that 48% of Union County seniors worry or have anxiety that they might fall?

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. Free screenings are scheduled the second Tuesday of every month.

Prevent falls



at home

Safe habits

- Wear shoes or slippers that fit well, wrap around the heel and have nonskid soles. Do not walk around your home in socks, stockings or bare feet.
- Keep at least one hand free for balance while walking, even if that means extra trips upstairs or to the car.
- Move slowly when you get out of your bed or chair. Getting up suddenly can make you dizzy.
- Don't try to multi-task (such as use your cell phone or take off your coat, etc.) while walking or climbing stairs.



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 Samantha Meaige at samantha.meaige@jfs.ohio.gov.

HOP ON THE MARYSVILLE



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.

SUDOKU SOLUTIONS

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

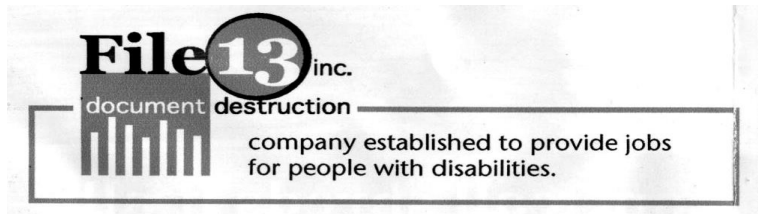
3	6	8	4	7	2	5	9	1
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4	8	9	2	1	6	7	5	2
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6	7	3	2	5	9	1	4	8
7	2	6	9	4	8	3	1	5
8	4	5	1	6	3	2	7	9
9	3	1	5	2	7	4	8	6

Sudoku on page 9



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.



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.

Feel free to stop in and to get more information about the Moves Coalition.

Moves Coalition will be on site May 19th., 11:00 - 1:00

Union County MOVES Coalition

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

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.



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.



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

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:

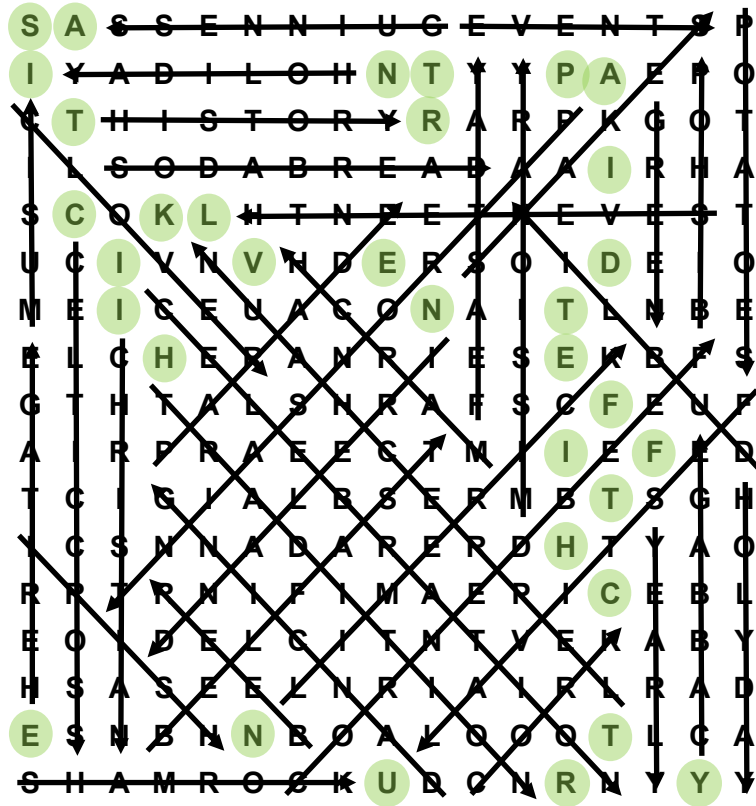
- Spacious, private rehabilitation rooms with private showers
- Updated, spacious and private long term care rooms
- Seven days a week physical, occupational and speech therapies
- Wound certified nurses providing skilled nursing services
- Trilogy non-invasive ventilator care services
- Respite stays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



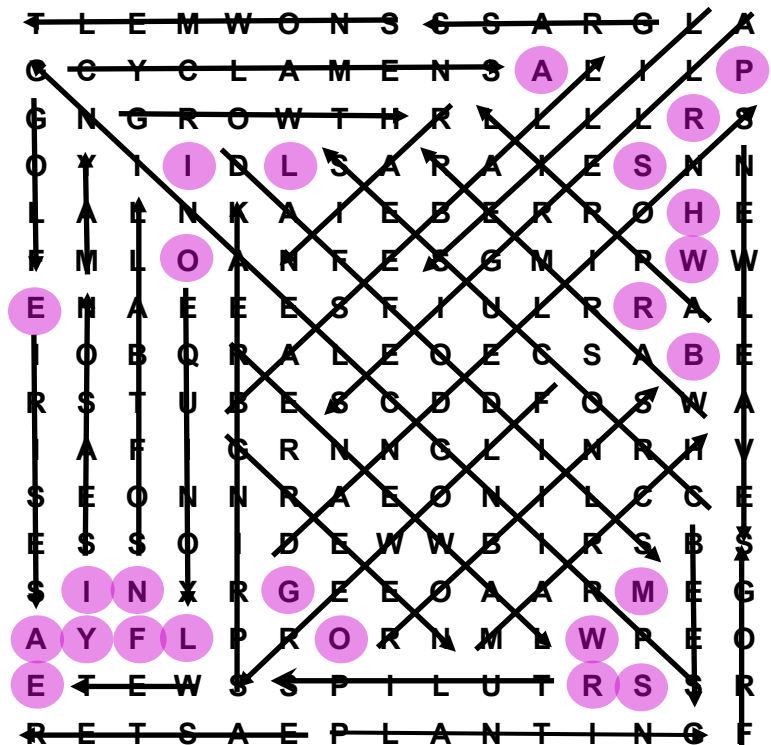
St. Patrick's Day

The hidden message is: SAINT PATRICK LIVED IN THE FIFTH CENTURY.



Spring


The hidden message is: APRIL SHOWER BRING MAY FLOWERS



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Laura Ingram,
*Funeral Director
Monument Specialist*

(937) 642-4861
Cell: (614) 395-3704
ingramfuneralhome@gmail.com

975 North Maple Street, Marysville, Ohio, 43040



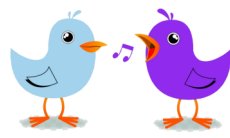
Wilson
Funeral Homes & Monuments

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

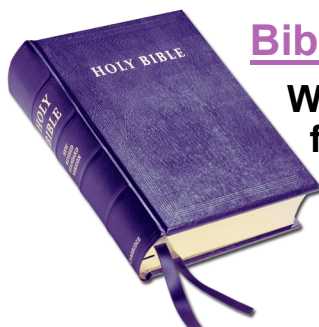
Woody Wilson, Funeral Director

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

Will start up again on the fourth Thursday of the month at 1:00 PM.

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

**DAY LIGHT
SAVINGS TIME IS
MARCH 9th
SPRING FORWARD**



Just a friendly reminder,

If your names is listed below, our records indicate that you haven't paid your 2025 dues yet. If we have accidentally listed your name by mistake, don't hesitate to get in touch with the activity office. Thank you!

Michael Adkins
Ruth Alexander
Alice Andrews
Dorothy Baughman
Deloris Bills
Jennie & Oscar Blankenship
Myra Bliss
Marcella Bowman
Ruth Bowersmith
Ron & Gloria Branom
Jim & Ginny Brosher
Sue Brown
Bill & Sue Bumgarner
Peggy Bunsold
Joanna Burns
Juana Carveno
Kathleen Chippas
Julia Clifton
Helen Conklin
Jim & Rosemary Collins
Kay Collins
Joan Cook
Richard & Kathy Copas
Nancy Cox
Betty & Sherl Crowder
Billie Jo Denty
Bob & Bobbie Dienhart
Michael & Dianna Donohue
Bob Duncan
Becky Eberly
Darlyn Eckler
Pat Edelman
Shelby & Theresa Evans
Larry & Susan Fishbaugh
Meredith Fowler
Della Fultz
Rebecka German
Mary Gingery
Dennis & Linda Hamilton
Roger & Linda Harvey
Sonia Haude
Jackie Holton

Jennie Horner
Ted Howard
Marilyn Huffman
Pat Hull
Rick & Karen Jackson
Terie Jameson
Janet Jones
Bob & Denise Kanet
Kelly Kirk
Tina Kokorude
Jerry & Karin Landon
Denise Lashley
Janice Lewis
Rod & Paula Litton
Beverly Mackey
Sharon Marcum
Bobby Massie
Neila McCarty
Bill McCarthy
Sharon McGlone
Jim & Sharon McFarlane
Bill & Sally McNeese
Patricia Metcalf
Richard Mickley
Donald & Pamela Moore
Terry Moore
Jeanie Morgan
Pamela & Teresa Wallis Morse
Joan Mulford
Anna Murray
Doris Murray
Frances & Ted Travis Myers
Larry & Connie Nickle
Joe & Carolyn Ohler
Gloria Parr
Sharon Parrott
Roger & Ann Paul
Rebecca Payne
Patti Phipps
Patrick & Margaret Prunty
Sharon Purnell
Corena Rafferty

Karla Rawlins
Carolyn Redmond
Irene Rees
Lee Rhodes
Robin Rhodes
Connie Ripley
Richard & Tracie Robinson
Joyce Sandy
Kathy Sarina
Kathy Shamblin
Patricia Slatten
Anita Smith
Fred & Arthena Smith
Michelle Snyder
Ellen Speyer
Helen Sprague
Sue Spessard
Judy Stephenson
Yvonne Stoner
Becky Stramm
Karol Strapp
Sarah Sullivan
Aldena Taylor
Brenda Thompson
Lana Snyder
Dick & Jan Tillman
Doug & Sonalee Tron
Robert Trudeau
Susan Van Ausdal
Nancy Veeck
Philip Vollrath
Patricia Wallis
Carol Sue Wedlake
Margaret Webster
Mollie West
Joe & Mary Williams
Don & Kathy Williams
Judy Wilhelm
Greg & Susan Wilson
Lucy Young
Rosemary Young
Kathy Yutzy

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.

**Membership renewal – don't forget to renew your subscription for 2025.
March 1 is the last day to renew your Membership.**

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

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ZIP CODE 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>



DATED MATERIAL — Please deliver as soon as possible

DO NOT FORGET YOUR:
File of Life/Emergency Contact Information.



MARCH 2025

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



376-C Rosehill Drive
Marysville, OH 43040

2025 New Membership Subscription
\$15 Singles - \$20 Couples

Name: _____

Address: _____

Phone: _____ E-Mail: _____

Birthday: _____

Anniversary: _____

Emergency Contact: _____ Phone: _____

If joining as a couple, include anniversary date.

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

Membership renewal – don't forget to renew your subscription for 2025.