

SATURDAY April 5

PANCAKE
BREAKFAST



04/05/2025

8:30 AM - 11:00 AM

\$8/Adult, \$5/Kids

Raffle, and 50/50 Drawing

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

OPEN TO THE PUBLIC

Money raised helps support Union County Senior Activities Center.

INSIDE THIS ISSUE....

2025 Board of Trustees..... 2	Volunteer Honor Roll..... 7
Birthdays/Anniversaries.....3,4	Puzzles & Games.....9,10
In Nursing Homes.....4	Menu12
Activity Info..... 5	Activities Calendar13
Trip News.....6	Upcoming Events 22
Friends of Windsor.....7	Policies 23

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



May Newsletter:

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

April 14, 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**

**Pamela Baboine
Sharon Wade**

NOTE: Our email is: windsorsen@gmail.com

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

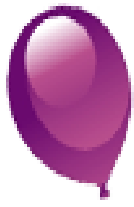
It has our calendar of events, lunch menu, trip info and much more.

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.



Happy Birthday



		1 Peg Eastman Pat Walter	2 Theresa Belg Susie Pfarr	3 Wilma Reisz	4	5 Walter Byrnes Robyn Coviello
6 Pat Walter	7 Cathy Brunskill	8 Roger Freeman	9 Paul Wiehe	10	11 Doris Leistritz	12 
13 Jerry Carpenter Jennifer Holland Sherl Crowder	14 	15 Donna Thompson	16 Sharon Purnell	17 David Smith Lucy Young	18 Monika Kovach	19 Barb Ballmann Patti Phipps
20 Nancy Veeck	21 Richard Mickley Deanna Cowan	22 Bea Vargo Carol Sharp	23 	24 Mike Congrove Michael Denihan	25 	26 Dixie Lewis
27	28 Peggy Bunsold Doug Tron Debbie Welch	29 	30			



Happy Anniversary



APRIL

- Charles & Gloria Calle - April 3
- Richard & Mary Harrison - April 4
- Jim & Laura Paluch - April 5
- Catherine & Michael Stover Doran - April 13
- Nikki & Michael Denihan Hall - 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
- 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
- Doris Leistriz
- Walter Brynes
- Mary McNeal
- Judy Hill



Thinking of our Members in Nursing Homes and Assisted Living:

Bluebird: Mary Jo Finney
Wilma Reisz

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

Butch Sawyer passed away on February 22, 2025

Becky Payne passed away February 28

Pat Laird's sister passed away



**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.



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:




APRIL *Upcoming*
EVENTS

SPECIAL EVENT

APRIL 12TH

From 1:00 PM—4:00 PM

Making Easter cards, Crafts, and Candy.

Sign-up sheet available in community room.

There is a \$5 non-refundable.



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 April.

April trip is to Franklin Park Conservatory, (Butterfly & Blooms). Leaving Windsor at 9:30 for the conservatory followed by lunch at Denny's, return 2 - 2:30. There is moderate walking and different climates as we enjoy the various areas. Be prepared for a tropical experience when we embrace visiting the area with free-flight butterflies.

Please remember your File of Life/Emergency Contact Information.



Book Club News: The Book Club will meet on **April 10th** at **1:00** at Windsor Senior. This month's book is **"The Missing Sapphire of Fangrabar"**, by author Steve Higgs. 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
Dick & Kathy Brake
Kay Collins



\$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
Bill McKinnon

IN-KIND DONATIONS THANK YOU



Ingram & Snyder Funeral
Home
Giovanni's Pizza
Suds Bros.
Martinizing Cleaners
Jersey Mike's

Boston's
McAuliffe's Ace Hardware
Sue McClish
Judy Mahan
Dani Plank
Cindy Maxhimer

Your **Orthopedics** Experts!

Turning setbacks into comebacks.



If you are experiencing a sprain, strain, sports injury, repetitive motion stress, or trauma, let our Memorial Orthopedic & Sports Medicine experts identify the cause of your pain, help treat it, and get you from setback to comeback!

Our team can help if you are experiencing:

- Pain as a result of an injury
- Long-term or chronic joint, muscle, bone, tendon, or nerve pain
- Instability or inability to perform daily functions
- Limited range of motion
- A need for knee, hip, or shoulder joint replacement

Our solutions also include: Regenerative Medicine

Non-surgical measures to enhance the body's natural healing process for osteoarthritis and/or tendinosis of the ankle/foot, hip, shoulder, and elbow.

To learn more about our non-surgical and surgical orthopedic capabilities or to schedule an appointment, call (937) 578-4200.

MemorialOhio.com

 **Memorial** ORTHOPEDICS & SPORTS MEDICINE

Sheryl Hartley Winning recipe for her "Peanut Butter Pie"

PEANUT BUTTER PIE



Crust

1-1/4 cups chocolate cookie crumbs (20 cookies)
(I use chocolate gram crackers)
1/4 cup sugar
1/4 cup butter melted

Filling

1 package (8 ounces) cream cheese softened
1 cup creamy peanut butter
1 cup sugar
1 Tablespoon butter softened
1 Teaspoon vanilla extract
1 Cup whipping cream, whipped
Grated chocolate or chocolate cookie crumbs
Combine crust ingredients; press into a 9 inch pie plate.
Bake at 375 for 10 minutes. Cool. In a mixing bowl, beat cream cheese, peanut butter, sugar, butter, and vanilla until smooth. Fold in whipped cream. Gently spoon into crust. If desired, garnish with chocolate or Cookie crumbs. Refrigerate. You are ready to eat.

Sudoku Puzzles

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

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

Solution on page 16

EASTER

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

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

ASH WEDNESDAY
 BREAD
 BUNNY
 CALVARY
 CELEBRATION
 CHOCOLATE
 CHRIST
 CHURCH
 CROSS
 CRUCIFIXION
 CUSTOM
 DEATH
 DISCIPLES
 EGG HUNT
 EGGS
 EUCHARIST
 FAMILY
 FASTING
 FESTIVAL
 FRIDAY
 HOLIDAY
 HOLY WEEK

JESUS
 LAST SUPPER
 LENT
 MARY
 MASS
 MEAL
 NEW TESTAMENT
 PALMS
 PARADE
 PASSOVER
 PENANCE
 PENITENCE
 PRAYER
 RESURRECTION
 ROAST
 SACRAMENT
 SATURDAY
 SUNDAY
 THURSDAY
 TOMB
 TRADITION
 VIGIL

Weather Report

The leftover letters will let you know what comedian and weather maven Carl Reiner thinks about snow.

BALMY	HOT
BLIZZARD	HUMID
BLUSTERY	HURRICANE
BREEZY	ICE STORM
CLEAR	LIGHTNING
CYCLONE	METEOROLOGY
DAMP	OVERCAST
DEW POINT	PRECIPITATION
DOWNPOUR	RAIN
FAHRENHEIT	SHOWER
FORECAST	SNOW
FROST	TEMPERATURE
HAIL	THUNDER
HEAT WAVE	VISIBILITY

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

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.**

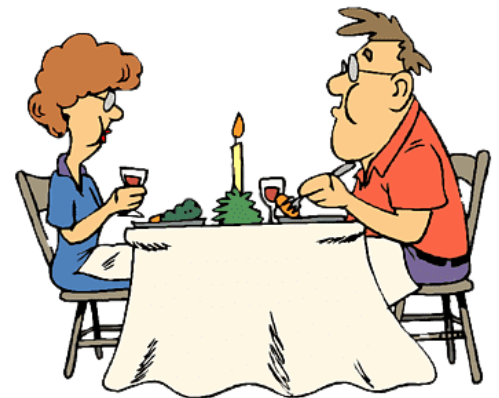


Suggested Donations
60 and over \$3.50
Guest 59 and under \$5.50
Children 10 and under \$3.50

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!



APRIL 2025 COMMUNITY MEAL MENU

Please make reservations by 9:30 a.m.

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

<p>TUESDAY, APRIL 1 Chicken Wings Baked Potato wedges Buttered Corn Strawberries/Angel Food cake Graham Crackers</p>	<p>WEDNESDAY, APRIL 2 Baked Spaghetti w/Meat Sauce Broccoli Casserole Buttered Lima beans Cinnamon Apples Garlic Bread</p>	<p>THURSDAY, APRIL 3 Orange Chicken over rice Stir Fry Veggies Au Gratin Potatoes Tropical Fruit Dinner Roll</p>	<p>FRIDAY, APRIL 4 Tuna Salad Whole Wheat Bread Crackers Veggie Platter w/Cottage Cheese Buttered Carrots Pears</p>
<p>MONDAY, APRIL 7 Salisbury Steak/Gravy Baked Potato/Sour Cream Green Beans Orange Jell-O Salad Spice Cake Whole Wheat Bread</p>	<p>TUESDAY, APRIL 8 Fish Sticks w/Dill Sauce Steamed Broccoli Scalloped Potatoes Fruit Cocktail 2 oz. Biscuit</p>	<p>WEDNESDAY, APRIL 9 Crispy Chicken Patty on Lg. Bun w/lettuce & tomato Fried Potatoes Steamed Green Beans Peaches</p>	<p>BIRTHDAY CELEBRATION THURSDAY, APRIL 10 Roast Beef Mashed Potatoes/Gravy Roasted Root Veggies Apricots Dinner Roll Cake and Ice cream</p>
<p>MONDAY, APRIL 14 Chicken Cordon Bleu Stuffing Cauliflower with Cheese Baby bakers Fruit with Vanilla Sauce</p>	<p>TUESDAY, APRIL 15 French Dip w/au Jus On Lg. Bun Au Gratin Potatoes Buttered Peas Scalloped Pineapple</p>	<p>WEDNESDAY, APRIL 16 Haystacks (2oz. beef, lettuce, tomato, cheese & 1 oz. of chips) Strawberry Fluff 2 in. Brownie V-8</p>	<p>THURSDAY, APRIL 17 Stuffed Pepper Casserole Buttered Lima beans Fried Potatoes Grape Salad Vanilla Wafers</p>
<p>MONDAY, APRIL 21 Chipped Beef Gravy Over 2 oz. Biscuit Fried Potatoes Mixed Veggies Peaches</p>	<p>TUESDAY, APRIL 22 Roast Pork Mashed Potatoes & Gravy Corn Casserole Pistachio Fruit Fluff 2 oz. Cranberry/Orange Scones</p>	<p>WEDNESDAY, APRIL 23 BBQ Ribs Scalloped Potatoes BBQ Baked Beans Peach Crisp 2 oz. Blueberry Muffin</p>	<p>THURSDAY, APRIL 24 Grilled Hot Dog on a Lg. Bun Steak House Potato Salad Baked Beans Watermelon</p>
<p>MONDAY, APRIL 28 Chicken & Noodles Red Beets Coleslaw Fruit w/Vanilla Sauce WW Bread</p>	<p>TUESDAY, APRIL 29 Meatloaf Baked Sweet Potato Spinach Bake Peaches 2 oz. Cornbread Muffin</p>	<p>TUESDAY, APRIL 30 Pizza Casserole Parmesan Brussels Sprouts Mandarin Oranges Tossed Salad/HB Egg Garlic Bread</p>	<p>FRIDAY, APRIL 25 Ham Salad on a 2 oz. Croissant Potato Soup Pea Salad Cantaloupe</p>

Menu subject to change based on availability and weather. Available Milk Choices: 2% Milk, Low Fat Chocolate
 Please make reservations by 9:30 a.m.

APRIL ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Activity Coordinator Windsor & Community Seniors, Inc. 376-C Rosehill Drive Mansville, Ohio 43040 937-644-8464</p>	<p>1 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>2 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC</p>	<p>3 10:00 — Wii Bowling 1:30 — Card Players 1:30 — Dominoes Windsor Board Meeting</p>	<p>4 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 5th Pancake Breakfast 8:30 AM— 11:00 AM</p>
<p>7 10:00 — Chair Exercise 1:30 — Warm Up America/Charity Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<p>8 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>9 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC</p>	<p>10 10:00 — Wii Bowling 1:30 — Card Players 1:30 — Dominoes 1:00 — Book Club</p>	<p>11 10:00 — Wii Bowling 11:00 — 1:00 — Senior Svc ★ 12:00 — 5 CROWNS 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 12th Special Event (Crafts, Candy, Card Making) 1-4</p>
<p>14 10:00 — Chair Exercise 12:00 — Pokeno 1:30 — Warm Up America/Charity Crochet 1:30 — Card Players 1:30 — Mahjong NEWSLETTER DEADLINE</p>	<p>15 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>16 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC</p>	<p>17 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Card Players 1:00 — Craft Class</p>	<p>18 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players</p>
<p>21 10:00 — Chair Exercise 1:30 — Warm Up America/Charity Crochet 1:30 — Card Players 1:30 — Mahjong NEWSLETTER FOLDING</p>	<p>22 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>23 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC</p>	<p>24 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Card Players 1:00 — Bible Study</p>	<p>25 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players</p>
<p>28 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>29 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>30 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC</p>	<p>24 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Card Players 1:00 — Bible Study</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.

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



April 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>

Improving Your Balance TO BE STEADY CLASSES

Many factors are involved with decreased balance, but the most common is a lack of physical activity or exercise.

Balance exercises, medication control, and creating a safe home environment can all improve balance and stability.

To Be Steady fall risk reduction classes are **FREE** to community members. We encourage you to receive a free To Be Steady screening prior to a class to maximize your efforts in gaining stability and control.

Class Highlights:

- ⇒ Home safety and community resources
- ⇒ Medication risk explanation
- ⇒ Benefits of exercise and a Tia Chi demonstration from exercise physiologist.

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

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,
 2025 at 2pm

Where: Union County
 Services Building, 940
 London Ave,
 Marysville, Oh 43040
 Conference Room A
 To **RSVP** call 937.644.1010 option 5

UNDERSTANDING

Medicare



Happening Events:

April 9th 6pm-7pm **The Empowered Caregiver, Supporting Independence** at Marysville Public Library 231 S. Plum St. Marysville, Oh. Call 800-272-3900 to register. Focus on helping the person living with dementia take part in daily activities and balancing safety and independence while managing expectations.

April 30th 2pm-3pm **Welcome to Medicare** at Human Services Building 940 London Ave Marysville, Oh Conference RM A. RSVP to Senior Services 937-644-1010 option 5.

May, **Farmer's Market Online Enrollment**, More information to come!

May 4th, 12pm-3pm **FREE Pet Vaccine Clinic** at 940 London Ave Marysville, Oh 43040 parking lot. No appointment required, all pets must be on a leash or carrier. Please bring any vet records you have. Contact Hospets for questions, 614-266-3267.

May 20th, 10am **Improving Your Balance** class at Memorial Wellness Center, Horizon RM 500 London Ave Marysville, OH. No RSVP required.

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

NUTRITION AND HEALTHY AGING

Ohio Department of Aging

Eating a well-balanced diet is an important part of staying healthy as you age. Eating well helps you maintain a healthy weight and have the energy and nutrients your body needs to stay active and engaged. Healthy eating also can reduce the risk of certain chronic conditions or lessen their symptoms. Further, eating nutritious foods protects bones, joints and muscles which can reduce the risk of falls and related injury.

What it means to eat well does change a little as you age. For example, your body may need more of certain nutrients than you did when you were younger. Your metabolism may also slow down, so you need fewer calories than before. A diet that focuses on fresh fruits, vegetables, lean meats and proteins in the right portions will give you the best nutritional value.

Five keys to healthy eating, from the National Council on Aging:

- Know what a healthy plate looks like - The USDA's MyPlate guide shows you which types of foods to eat and in what amounts. Visit MyPlate.gov to learn how to make MyPlate work for you.
- Look for important nutrients - To get all the nutrients you need, you should eat a variety of foods. Generally, choose natural (unprocessed) foods with bright colors.
- Read the Nutrition Facts label - When you do eat packaged foods, read the labels to find items that are lower in fat, added sugars, and sodium.
- Use recommended servings - To maintain your weight, you must eat the right amount of food for your age and body.
- Stay hydrated - Drink small amounts of fluids consistently throughout the day. Tea, coffee, and water are your best choices.

9 DECLUTTERING TIPS FOR SENIORS

Right at Home In Home Care & Associates

Clutter can be a challenge for many older adults after a lifetime of collecting cherished belongings. However, too much clutter isn't just inconvenient—it can create serious safety risks, such as tripping hazards, pest infestations, poor air quality, and even fire dangers. Blocked entrances and exits can also make it difficult to escape or receive help in an emergency. To create a safer, more comfortable home, here are nine practical decluttering tips to help seniors clear out excess while keeping what matters most.

1. **Make a plan.** Identify the specific areas of the home to be decluttered and prioritize them. Make the goals realistic and attainable.
2. **Start Small.** Begin with a single area, room, or even a single shelf or drawer. To boost confidence, consider starting an achievable goal that can be completed quickly.
3. **Be Collective.** Respect your loved one's choices and feelings and make sure they have a final say on decisions made during the decluttering process.
4. **Listen and Support.** Truly hear your loved one's feelings about their possessions and be respectful and nonjudgmental.
5. **Categorize items.** Create clear categories of "keep, donate, recycle, and discard" to use when deciding the fate of a belonging.
6. **Show empathy.** Your words matter. Referring to your loved one's belongings as junk or trash can be hurtful and cause them to feel disrespected and misunderstood.
7. **Focus on Safety.** Instead of a total cleanout, focus on decluttering tasks toward improvements to preserve safety and dignity.
8. **Recognize setbacks.** Progress may not be linear. Identify setbacks adjust the plan accordingly.
9. **Ask for help.** In cases of severe clutter or hoarding, consider working with a professional organizer. Consulting a mental health professional may also help understand underlying issues and coping techniques.

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



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

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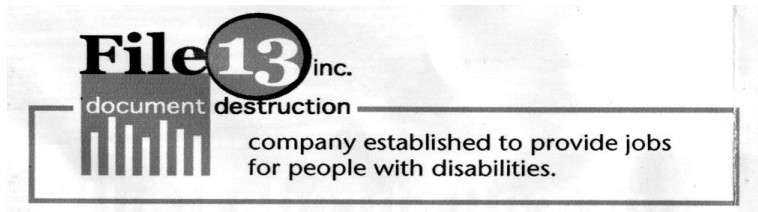
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7	9	5	1	4	6	8	2	3
2	4	6	7	8	3	9	5	1
4	5	2	3	7	9	6	1	8
8	3	1	4	6	5	2	9	7
9	6	7	2	1	8	3	4	5

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
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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:

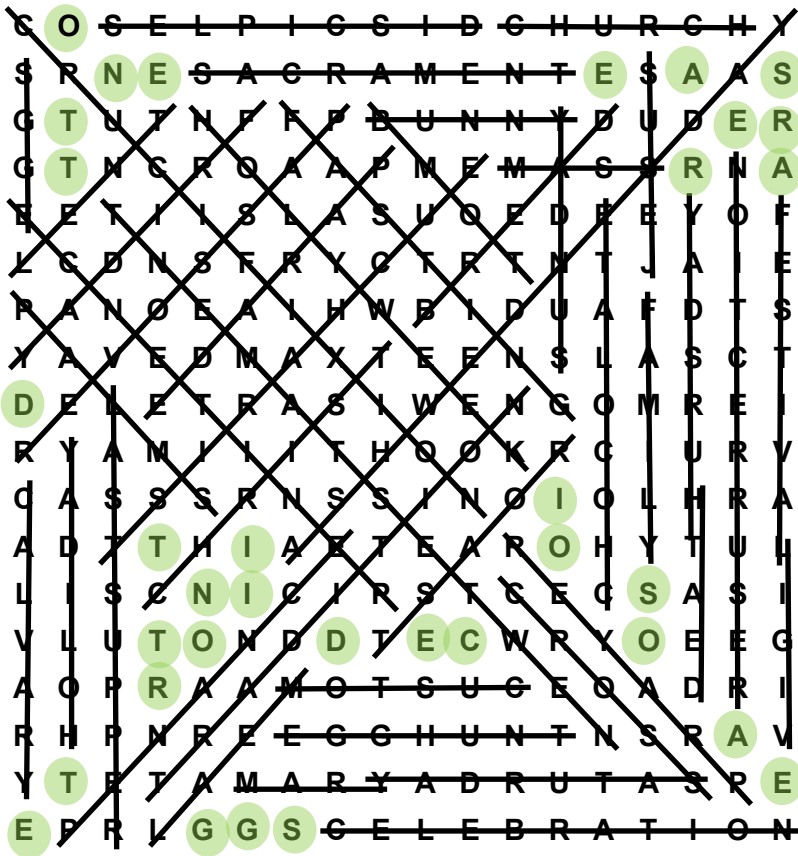
- Spacious, private rehabilitation rooms with private showers
- Updated, spacious and private long term care rooms
- Seven days a week physical, occupational and speech therapies
- Wound certified nurses providing skilled nursing services
- Trilogy non-invasive ventilator care services
- Respite stays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

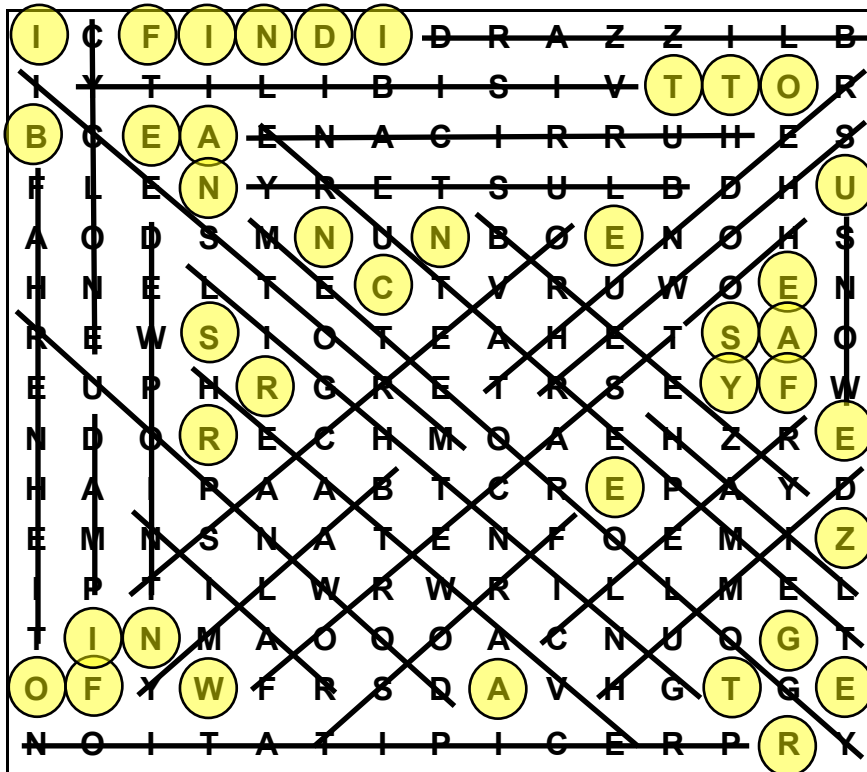


EASTER

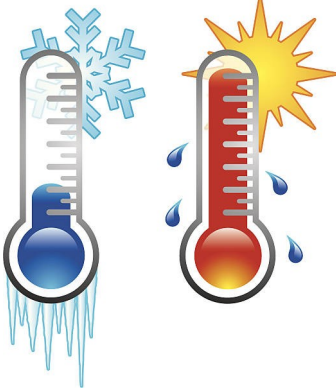
The hidden message is: ONE EASTER TRADITION IS TO DECOATE EGGS.



WEATHER REPORT



Hidden Message: I find it to be an unnecessary freezing of water.



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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

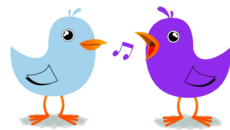
Wilson
Funeral Homes & Monuments

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.

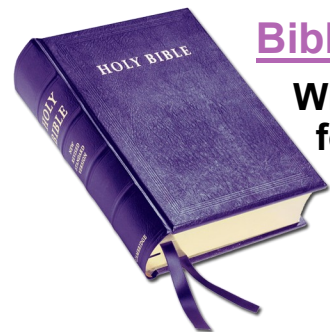


PROJECT SAFE HEAT: A Grant from Union County Seniors Services was awarded to Bridges Community Action to assist Union County Seniors with furnace cleaning and tune-up. For help, contact **Community Action** at 937-642-4986.

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



Bible Study Group

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



2025 Tentative Activities

April 5 (Saturday) - **PANCAKE BREAKFAST** 8:30 AM - 11:00 AM \$8/Adult, \$5/Kids
Raffle, and 50/50 Drawing

April 12th **SPECIAL EVENT** - 1-4 — Easter cards, craft, candy - Sign-up sheet \$5 non-refundable

May 5th (Monday) (M) - Cinco de Mayo— 5-7—\$5 non-refundable
Menu: Taco Bar (Soft and Crunchy Taco's), Corn Salad, Chips/Salsa, Churro Bars

June 10 (Tuesday) (M) - 5-7 - **Ice Cream Social**—sponsored by Neighbor-to-Neighbor

July 10 (Thursday) (M) - **Red/White/Cookout** Menu: Hot Dogs/Brats, Pasta Salad, Brownies

August 16 1-4 **Carnival** \$5 non-refundable

September 13 (Saturday) - **PANCAKE BREAKFAST** 8:30 AM - 11:00 AM \$8/Adult, \$5/Kids
Raffle, and 50/50 Drawing

October 2 **WELLNESS FAIR**

October 16 (Thursday) - **ANNUAL MEETING** - Pot Luck or Pizza (TBD)

October 28 (Tuesday) - **HALLOWEEN PARTY** \$5 non-refundable, games, 50/50 (TBD)

November 8 (Saturday) - **GAME DAY OR STAMP CAMP** (TBD)

November 19 (Wednesday) **SOUP SUPPER WITH MUSIC BINGO**— 5-7

December 2 (Tuesday) - **CHRISTMAS PARTY**— 5-7

December 16 (Tuesday) - **HOT COCOA/COOKIES**— 6:00-7:00

PLEASE NOTE: All dates and times are tentative and are subject to change



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

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PERMIT NO. 55
MARYSVILLE, OHIO
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.



Union County Senior Activity Center | **SENIOR EXPRESS**
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.