

SENIOR https://ucsac.org

Windsor & Community Seniors, Inc.





Menu — Taco Salad, Chips & Salsa, Churro Bars. Sign up sheet available in community room. \$5 non-refundable fee, 50/50, and prizes.

| INSIDE THIS ISSUE | | | | | | | |
|-------------------------|-----|----------|----------------------|--------|--|--|--|
| 2025 Board of Trustees | 2 | | Volunteer Honor Roll | 7 | | | |
| Birthdays/Anniversaries | 3,4 | † | Puzzles & Games | 9,10 | | | |
| In Nursing Homes | 4 | | Menu | 14 | | | |
| Activity Info | 5 | | Activities Calendar | 15 | | | |
| Trip News | 6 | • | Upcoming Events | 17, 26 | | | |
| Friends of Windsor | 7 | | Policies | 27 | | | |
| | | | | | | | |

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



June Newsletter:

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

May 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.



Karen Blinn Charles & Marianna Hines Roy Wilkerson 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 <u>free</u> 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.











| 1 | 2 | 3 |
|---|---------------|---|
| | Bill Liebhart | |
| | | |
| | | |
| | | |
| | | |

Mae Valdez

| 4 Yvonne McGinnis Deborah Root | 5 Miriam Elliott | 6 Beth Sebring Michael Stover | 7 Tony Pfarr | 8 | 9 | 10 |
|---|---|-------------------------------------|--|------------------|--|--|
| 11 Mary Davidson Pamela Moore Judy Yoder | 12 | 13 Larry Amrine | 14 William Briggs Flora Kane | 15 Sue Brown | 16 Vicky McCauley Lorena Newcome | 17 |
| 18 Phyllis A.Calle Bill Neely | 19 Pat Edelman Peggy Henman Laurinda Caudill | 20 | 21 Colleen Erickson Darlene Barnes | 22 Linda Dean | 23 Ron Branom Bobbie Dienhart | 24 Charles Bridge |
| 25 Gary Payne Annie Giere | 26 | 27 Terry Moore | 28 Travis Vandran | 29 | 30 | 31 Denise Kanet Patricia Andrews |





Larry & Jeanne Amrine – May 3
Russell & Virginia Miller – May 4
Bob & Kay Paden – May 13

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.

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
- Delli Sebilily
- Brenda Hastings
- Doris Leistritz
- Walter Brynes
- Mary McNeal
- Judy Hill
- Gloria Bucklew



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

May God bless everyone who is mourning the loss of a loved one today. Be strong and cherish the moments of happiness.



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.

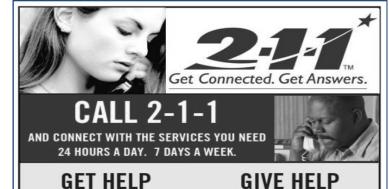
We:

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)



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**



TO YOU BY:

United

Local volunteer opportunities

Civic Organizations

 Youth Activities Community Services

2-1-1 IS YOUR NEW, FREE,

CONFIDENTIAL, 24/7 INFORMATION

AND REFERRAL HOTLINE BROUGHT

Donating food, clothing and

Connect with:





Sign up sheet available in community room. \$5 non-refundable fee, 50/50, and prizes.





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 May.

May 20 trip will be a Mystery Trip???. Leaving Windsor at 9:30 A.M. June trip will be to Farmer's Daughter and a mystery stop on the way home.

Please remember your File of Life/Emergency Contact Information.



Book Club News: The Book Club will meet on **May 8th** at **1:00** at Windsor Senior. This month's book is "*Murder Takes The Stage*", by author Collen Cambridge. 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!

BINGO STATE OF THE STATE OF THE

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 vear.



Becky Payne Fred & Shirley Bischoff



Rosella Renz Jeanette Fleck Patricia Mathers Arthena & Fred Smith Carolyn & Walter Wyse



Vi Hill Jan Brown 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 Kellv Susie Pfarr

Marilyn Monroe Janice Bryant Rita Florv 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



Via Quest PuroClean Dutch Mill Biggby Coffee Mrs. Renison's **Monarch Skilled Nursing** Winans Chocolate & Coffee

Texas Roadhouse Bluebird Retirement Community 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 Pattie Reisz**







By Appointment Only

* A Department of Arthur G. James Cancer Hospital and Research Institute

Memorial and Hope's Boutique are collaborating for patient-focused cancer care closer to home!

New services now include fittings for mastectomy bras and protheses.

Hope's Boutique services will be located at Journeys, our cancer patient-inspired Giftery within the Memorial Hospital Cancer Center!

First Thursday of every month, by appointment only. Call (614) 293-9393 to schedule.

"These Things Got Names!"

How many of them do you already know?

- 1. The wire cage holding in a champagne cork is called an agraffe.
- 2. "na na na" or "la la la"; which have no meaning are called vocables.
- 3. When you combine an exclamation point and a question mark (like this ?) it is called **interrobang**.(?)
- 4. The space between your nostrils is called **columella nasi**.
- 5. The armhole in clothes, where the sleeves are sewn, is called armscye.
- 6. Finding it hard to get out of bed in the morning is called dysania.
- 7. Illegible handwriting is called **griffonage**.
- 8. The dot over an 'j' or an 'i' is called a **tittle**.
- 9. The utter sick feeling you get after eating and drinking too much is called **crapulence**.
- 10. The metallic device used to measure your feet at the shoe store is called **Bannock** device.





Sudoku Puzzles

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

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

Solution on page 16

HAPPY DAYS ARE HERE!

And the skies above are clear again. Let's ditch the blahs and be glad again.

| Р | Е | R | K | U | Р | Υ | Н | Т | R | I | M | Ε | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|--|
| Υ | T | I | ٧ | Ε | L | Ε | L | Н | A | Р | Р | Y | |
| Z | Ε | S | T | F | U | L | X | L | G | R | I | N | |
| N | Ε | V | I | L | N | Ε | 0 | A | 0 | X | G | N | |
| D | U | 0 | R | P | G | R | U | ٧ | L | J | 0 | U | |
| T | S | M | I | L | Ε | K | I | L | Ε | T | 0 | S | |
| R | F | В | Ε | J | F | N | I | С | Ε | Н | D | G | |
| E | A | Ε | 0 | R | G | U | P | Ε | S | G | T | A | |
| A | N | I | T | L | R | M | N | U | Ε | I | I | I | |
| T | С | R | A | S | 0 | Y | L | N | M | L | M | Ε | |
| E | Y | D | A | R | 0 | F | J | A | Υ | Ε | Ε | T | |
| L | Α | U | G | Н | S | 0 | Ε | N | T | D | S | Y | |
| Н | Е | Α | R | Т | Υ | В | В | Κ | 1 | С | Κ | S | |

Beam Boost Delight **Enjoy Enliven** Exalt **Fancy** Flush **Funny** Gaiety Glad Glee **Good times** Grin Нарру **Hearty**

Jolly

M

Kicks Laughs Levity Like Love Merry Mirth Nice Perk up Proud Rejoice Romp Smile Sunny **Treat** Zestful

MEANS OF BARTER

Long before national governments standardized money, other things were used as mediums of exchange. We'd rather carry coins than fish in our pockets!

The leftover letters will let you know a 13-letter phrase.

| Animals | Coal | Paper |
|---------|-----------------|------------|
| Barley | Codfish | Salt |
| Beads | Coins | Seeds |
| Beans | Feathers | Silver |
| Beer | Gold | Soap |
| Bones | Iron | Stones |
| Bread | Knife | Sugar |
| Cacao | Labor | Tea leaves |
| Candy | Metal | Tobacco |
| Cattle | Nails | |

Υ D Ν Α C P Ρ Ε Ρ P Ε R Α C В Т 0 Α L Ε Α S Α V Ν I C Ε T T Α C Ρ T Ρ Α L 0 L Α L Α T Ε M Υ Н Ε S Ε В S Α G U S Ε S R Ε N R L Α В D 0 0 L R S ı Α S Α C 0 F C S E Α R S Т 0 В L E Ν S S Α C 0 C D D R Ε Т Ε 0 0 T R S D В Ν Α Α 0 Ν Α Ε Ε Ε Ε C C Ε L Α В Ε 0 D Т Ε S R Ρ F Ε 0 Α K Ν R S S Н В G L S L V Ε R В I

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Solution on page 20

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From the Memorial Meals Kitchen



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

We offer Dine-in service only.

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



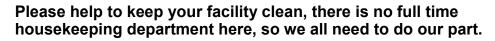
Suggested Donations 60 and over \$3.50 Guest 59 and under \$5.50 Children 10 and under \$3.50



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

DINING ROOM RULES

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





Please 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!





May 2025

PRIME



940 London Avenue, Suite 1800 Marysville, OH

Voice: 937-644-1010 Option 5

Fax: 937-644-8700

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

Bridges Community Action

Union County Senior Services provides grant funding to Bridges Community Action specifically to seniors for project safe heat and elderly home repair. Elderly Home Repair program focuses on critical repairs to ensure home safety and health, allowing seniors to live securely in their homes. The program addresses plumbing, electrical, and roof repairs. Bridges Community Action also has a Home Weatherization Assistance program that provides a free service to make homes more energy efficient. They may replace light bulbs, shower heads, smoke detectors, hot water tanks and install insulation. Both of these programs aim to help seniors live longer, healthier lives in their own homes. For more information on either of these programs contact Bridges Community Action Partnership at 937-642-4986.



No Wrong Door community training on senior services.





Happening Events:

May, Farmer's Market Online Enrollment, Senior Services will announce once more information is obtained. 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 14th 6pm-7pm Communicating Effectively by Alzheimer's Association at Marysville Public Library 231 S. Plum St. Marysville, Oh. Call 800-272-3900 to register. Teaches how dementia affects communication. Tips for communicating well with family, friends, and health care professionals.

May 18th 1pm Rabies Shot Clinic for Cats & Dogs at Union County Health Department 940 London Ave Marysville, Oh 43040. \$12 cost per shot, no RSVP required.

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

Asked to pay to claim a million-dollar prize? Don't bet on it

Federal Trade Commission

Scammers sometimes make you think you've hit a stroke of good luck. But if your million-dollar cash prize letter comes with instructions to pay a small fee — maybe for taxes, reporting, or handling — it's not luck. It's a scam. If you pay, you'll lose your money and find out there's no prize. Can you spot a prize scam?

Scammers use the promise of a prize to steal your money or your personal information. They might say they're from a well-known company like Publishers Clearing House and call, text, email, or message you on social media to say you're eligible for prize money. But they'll say you have to send them money first — maybe to pay a fee to release unclaimed money, for example. No real company will make you pay to claim a prize. Only a scammer will. Before responding, slow down and ask yourself these questions:

- What do others say? Search online and see what you find. Type the name with terms like "review," "complaint," or "scam."
- Did anyone else get this message? If you got the offer by mail, look at the postmark on the envelope or postcard.
 A bulk rate means other people got the same offer.
- Did they ask me to pay or give sensitive personal information? If so, it's a scam. There's no reason to give your bank account or Social Security number to claim a prize. And only a scammer will insist you pay by wiring money through a company like Western Union or MoneyGram, using a payment app like Apple Pay, CashApp, PayPal, or Zelle, sending cash, or paying with gift cards or cryptocurrency to get your prize.

Share this alert with family and friends to help them avoid prize scams too. If you spot one, tell the FTC at ReportFraud.ftc.gov.

TROUBLE PAYING UTILITY BILLS?

Percentage of Income Payment Plan (PIPP Plus) is an extended payment plan to help eligible customers pay electric and/or natural gas bills for households at or below 175% of the federal income guidelines and served by a utility regulated by the Public Utilities Commission of Ohio (PUCO). Payments based on income rather than usage.

- Pay 5% of monthly income for electric and/or natural gas service, 10% for all electric homes (\$10 minimum payment)
- Pay on time and in full to receive PIPP credits
- Keep payments current & reverify as needed
- Apply at local Energy Assistant Providers/ community action agencies.

| | 24-2025 Guidelines |
|--------------------|---|
| Size of household* | 175% of Total Gross Annual Household Income |
| 1 | \$26,355 |
| 2 | \$35,770 |
| 3 | \$45,185 |
| 4 | \$54,600 |
| 5 | \$64,015 |

For more utility assistance information visit: www.occ.ohio.gov/utilityassistance



AD-ASSIST-0214

Medicare will NOT call you!







NOT about a new card

These are common scams designed to obtain your personal information.

Our advice?

Hang Up!

Contact the Ohio Senior Medicare Patrol if you've received a call, text or email from someone claiming to be from Medicare. We can help you check your account for suspicious activity.



800-293-4767 www.proseniors.org/ohio-smp

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.

MAY 2025 COMMUNITY MEAL MENU

reservations by 9:30 a.m. Please make

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

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

Please make reservations by 9:30 a.m.



THURSDAY, MAY 1

Haystacks (2oz.beef, lettuce tomato, cheese and Mandarin Oranges Spanish Rice 1 oz. of chips) Tomato Juice

FRIDAY, MAY 2

Baked Potato/sour cream Salisbury Steak w/Gravy Cranberry-Apple Jell-O 2 in. Brownie Spinach Bake WW Bread

MONDAY, MAY 5

Mashed Potatoes & Gravy **Breaded Chicken Breast** 2 oz. Banana muffin Italian Green Beans

TUESDAY, MAY 6

Baked Fish w/Dill Sauce Gingersnap Cookie WW Bread Au Gratin Potatoes Lima Beans Peaches

WEDNESDAY, MAY 7

2 Whole Wheat Bread Slices Tomato, Onion & Cucumbers Waldorf Salad Egg Salad Sandwich on

BIRTHDAY CELEBRATION THURSDAY, MAY 8

Prince Charles Vegetables Mashed Potatoes & Gravy Creamy Fruit Salad Cake & Ice Cream Turkey & Stuffing

FRIDAY, MAY 9

Grilled Bratwurst on Lg. Bun Scalloped Potatoes Fried Cabbage Mixed Fruit

TUESDAY, MAY 13

Sweet Potato Casserole Angel Food Cake **Buttered Corn Dinner Roll** Peaches Meatloaf

Scalloped Pineapple 2 oz. Apple Cinnamon Muffin

Steamed Green Beans

Creamy Coleslaw

Macaroni & Cheese

MONDAY, MAY 12

WEDNESDAY, MAY 14

Chicken Fajitas w/Tortillas Grilled Peppers & Onions Teriyaki Vegetables Sunshine Salad Fried Rice

Cheeseburger on Lg. Bun w/lettuce, tomato, pickle, Broccoli Salad onion

THURSDAY, MAY 15

Seasoned Potato Wedges Apple Crisp w/Ice Cream

FRIDAY, MAY 16

BBQ Chicken Breast Fried Potatoes & Onions Vanilla Pudding with 5 Vanilla Wafers **Buttered Peas** Watermelon

WEDNESDAY, MAY 21

Haystacks (2oz. beef, lettuce

tomato, cheese & 1 oz. of Strawberry Fluff 2 in. Brownie chips)

Buttered Carrot Slices

Casserole

2 oz. Butter Biscuit

Fruit with Dressing

Cheesy Hash brown

Brussel Sprout Salad

Vegetable Plate

2 oz. Croissant

Mandarin Oranges

MONDAY, MAY 26

TUESDAY, MAY 27

Johnny Marzetti

Chef Salad (Ham, Turkey,

TUESDAY, MAY 28

Cheese and HB Egg)

Fruit Ambrosia

Crackers

Dinner Rol

Tossed Salad

CLOSED

Steamed Green Beans

Mixed Fruit

Garlic Bread

Chicken Salad on a

MONDAY, MAY 19

TUESDAY, MAY 20

THURSDAY, MAY 22

Over Mashed Potatoes Mixed Vegetables Beef & Noodles Applesauce Dinner Roll

Philly Cheesesteak on With Peppers/onions Scalloped Potatoes Creamy Coleslaw Fruited Jell-O

FRIDAY, MAY 23

Grilled Hotdog (Chili) on American Potato Salad **BBQ Baked Beans** Grape Salad Pie Slice

FRIDAY, MAY 30

THURSDAY, MAY 29

Mashed Potatoes & Gravy Apple Salad 2 oz. Butter Biscuit **Buttered Corn**

Fried Chicken



MAY ACTIVITIES

| NO ACTIVITIES MEMORIAL DAY | 19 10:00 — Chair Exercise 12:00 — Card Players 1:30—Card Making Class 1:30 — Warm Up America/Charity Crochet 1:30 — Mahjong | 12 10:00 — Chair Exercise 12:00 — Pokeno 12:00 — Card Players 1:30 — Warm Up America/Charity Crochet 1:30 — Mahjong | 5 10:00 — Chair Exercise 12:00 — Card Players 1:30 — Warm Up America/Charity Crochet 1:30 — Mahjong | Activity Coordinator Windsor & Community Seniors, Inc. 376-C Rosehill Drive Marysville, Ohio 43040 937-644-8464 Ac | MONDAY |
|---|---|---|--|--|-----------|
| 27 TBD—NEWSLETTER FOLDING 10:00 — Chair Volleyball 1:30 — BINGO | 20 10:00 — Chair Volleyball 1:30 — BINGO | 13 10:00 — Chair Volleyball 1:30 — BINGO | 6 10:00 — Chair Volleyball 1:30 — BINGO | ** 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 | TUESDAY |
| 28 10:00 — Chair Exercise 12:00 — Card Players 1:30 — Crochet Buddies 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC | 21 10:00 — Chair Exercise 12:00 — Card Players 1:30 — Crochet Buddies 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC | 14 10:00 — Chair Exercise 12:00 — Card Players 1:30 — Crochet Buddies 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC | 7 10:00 — Chair Exercise 12:00 — Card Players 1:30 — Crochet Buddies 1:30— Tri-Ominos 2:00 -Chair Volleyball @ WC | OTE: ation Walnut Crossing ailable, otherwise Jim will vailable. ather or needs of Activity Events. | WEDNESDAY |
| 29 10:00 — Wii Bowling 12:00 — Card Players 1:30 — Dominoes | 10:00 — Wii Bowling 10:00 — Card Players 1:30 — Dominoes 1:00 — Bible Study | 15 10:00 — Wii Bowling 1:30 — Dominoes 1:2:00 — Card Players 1:00 — Craft Class | 8 10:00 — Wii Bowling 12:00 — Card Players 1:30 — Dominoes 1:00 — Book Club | 1 Windsor Board Meeting 10:00 — Wii Bowling 12:00 — Card Players 1:30 — Dominoes | THURSDAY |
| 30 10:00 — Wii Bowling 12:00 — Card Players 1:30 — Dominoes 1:30 Line Dancing | 23 10:00 — Wii Bowling 12:00 —Card Players 1:30 — Dominoes 1:30 — Line Dancing | 16 10:00 — Wii Bowling 12:00 —Card Players 1:30 — Dominoes 1:30 — Line Dancing | 9 10:00 — Wii Bowling 11:00 — 1:00 — Senior Svc 12:00 — 5 CROWNS 12:00 —Card Players 1:30 — Dominoes 1:30 — Line Dancing | 2 10:00 — Wii Bowling 12:00 —Card Players 1:30 — Dominoes 1:30 — Line Dancing | FRIDAY |

DOUGHBOY PASSES



Sad News from Minnesota.

The Pillsbury Doughboy died yesterday of a yeast infection and trauma complications from repeated pokes in the belly. He was 75.

Doughboy was buried in a lightly greased coffin.

Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, the Hostess Twinkies, and Captain Crunch. The grave site was piled high with many flours.

Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded.

Born and bread in Minnesota. Doughboy rose quickly in show business but his later life was filled with turnovers. He was not considered a very smart cookie, wasting much of his dough on half-baked schemes.

Despite being a little flaky at times, he still was a crusty old man and was considered a positive roll model for millions.

Doughboy is survived by his wife Play Dough, three children: John Dough, Jane Dough, and Dosey Dough, plus they have one in the oven. He is also survived by his elderly father, Pop Tart.

The Funeral was held at 3:50 for about 20 minutes.

If you smiled while reading this, please rise to the occasion and pass it on to someone having a crumby day and kneading a lift.



More of "These Things Got Names!"

How many of them do you already know?

- 1. The spaces between your eyebrows is called a glabella.
- 2. The way it smells after a rain is called **petrichor**.
- 3. The coating on the end of a shoelace is an aglet.
- 4. The rumbling of a stomach is actually a borborygmus.
- 5. The cry of a newborn baby is called a vagitus.
- 6. The prong on a fork is called a **tine**.
- 7. The light you see when you close your eyes and press your hands on them is called **phosphenes**.
- 8. The tiny plastic table in you pizza box is called a **box tent**.
- 9. The day after tomorrow is called **overmorrow**.
- 10. The tiny toe or finger is called minimus.











From 5:00 P.M.- 7:00 P.M.



Hot Dogs/Brats, Pasta Salad, Drinks and chose of Pie.

HOP ON THE MARYSVILLE



MARY-GO-ROUND!

A FREE SHUTTLE SERVICE FOR ADULTS AGE 50+ EVERY <u>THURSDAY</u> 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

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

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

Sudoku on page 9

Share your story of kindness

We invite you to share a brief story (just a few sentences or a paragraph) about someone who went out of their way to brighten your day or help you when you needed it most? Examples could be as small as a kind word from a stranger or as big as a life gesture.

Stories that are chosen will be included in a collection of personal vignettes on how kindness can be contagious. You will also receive a coupon for treats from your local ice cream parlor.

We are so excited to hear from you. You can either email your story through email togoodnessmatters@yahoo.com.

If you prefer to mail the story, please mail to Marci Van P.O. Box 311 Oakwood, Ohio 45409. Please include your first name and contact information.

HELP US CELEBRATE THE POWER OF KINDNESS.

Thank you for sharing the gift of kindness, one story at a time!

Marci V.



DID YOU KNOW?

...you may qualify for additional medical care in your home through hospice services? The care is covered 100% by Medicare! Join us for more information:

WHEN: Wednesday, May 21st at 12pm

WHERE: Residences at Maple Glen 201 Professional Parkway Marysville, 0H 43040

RSVP: Jill Johnson, 937-303-0593





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

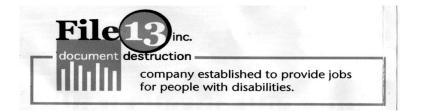
Union County MOVES Coalition

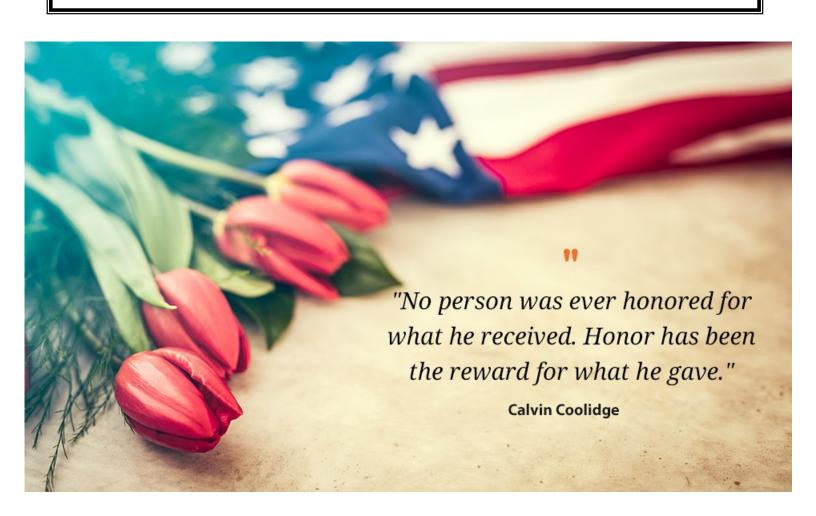
940 London Ave., Suite 1100 Marysville, OH 43040 PH: (937) 645-2063



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.





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.

(To the right is Marilyn, who is holding up a throw that they made for hospice patients.)





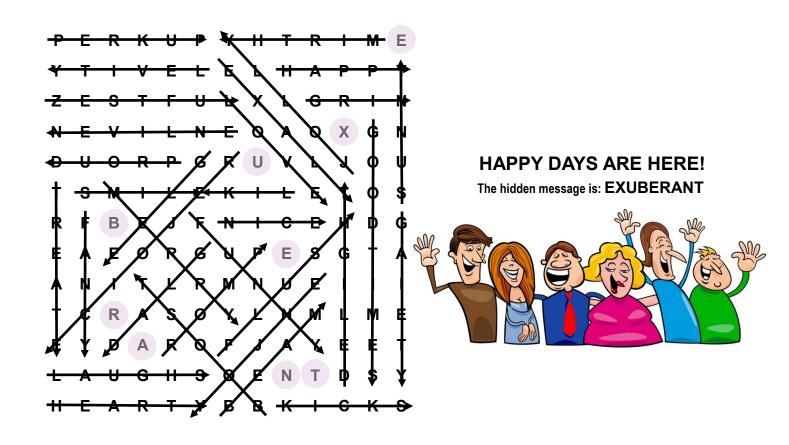
- Wound certified nurses providing skilled nursing services
- · Trilogy non-invasive ventilator care services
- · Respite stays available
- Ohio based owner and operator



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

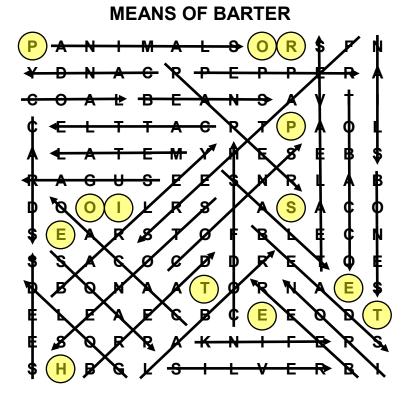
730 Milcrest Dr. Marysville, OH 43040 wwww.monarchskilledrehab.com

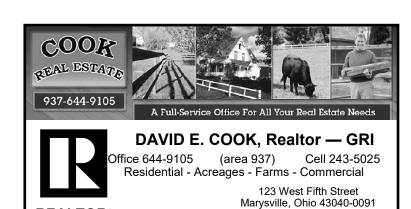
Rehabilitation • Skilled Nursing • Long Term Care















Laura Ingram,

davecookrealestae@gmail.com

Funeral Director Monument Specialist (937) 642-4861

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

975 North Maple Street, Marysville, Ohio, 43040



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



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





2025 Tentative Activities

May 22nd (Thrusday) (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 (*Thrusday*) (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 <u>prior</u> to the trip to ensure the contact person will be available to transport the traveler; <u>OR</u> 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



Non-Profit U.S. Postage **PAID** PERMIT NO. 55 MARYSVILLE, OHIO ZIP CODE 43040

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

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





376-C Rosehill Drive Marysville, OH 43040

| Name: | | |
|--------------------|---------|--|
| Address: | | |
| | | |
| Phone: | E-Mail: | |
| Birthday: | | |
| Anniversary: | | |
| Emergency Contact: | | |
| | | |

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.