

CARNIVAL

Saturday, August 16TH

1:00 p.m. - 4:00 p.m.



\$5.00 non-refundable

Sign up sheet available in community area.

Play games like washer toss,
circus peanut toss, cake walk,
and bottle ring.



GAMES AND PRIZES—PLUS MORE!

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MISSION STATEMENT

1. To **PROVIDE** a wide range of social services, activities, education and entertainment for Windsor Manor and the surrounding area seniors.
2. To **PROMOTE** good fellowship and companionship among senior citizens of the Marysville and surrounding area who will be willing to participate.
3. To **PROMOTE** and **IMPROVE** the quality of life for all senior citizens.

UNION COUNTY SENIOR ACTIVITY CENTER

937-644-8464

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
Debbie Case

Board Sponsors

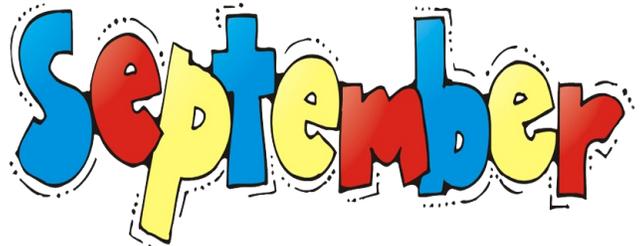
Sarah Dixon, Sponsor
Sarah Brown, Sponsor
Jennifer Zofkie, Sponsor
Jeananne Hess, Sponsor
Ashley Fischer, Sponsor

Grant/Project Coordinator

Susie Pfarr

Activity Coordinator

Deb Kelly



September Newsletter:

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

AUGUST 17th, 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



Ed & Nancy Hardin
Mary Smith
Polly Rainer
Sherry Fleming
Susy Bergandine

Lowell & Marilyn
Noland
Reggie Glassburn
Linda Raber

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.



August Birthdays

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



Happy Birthday

					1 Marilyn Lockwood Roy Wilkerson	2 Michael Donohue Ruth Ann Rausch
3 Al Davidson	4 Roger Wagner Patricia Reisz	5	6 	7 Mike Arnold	8 Roselyn Horney	9 Gary McDowell Diana Sanders
10 	11	12 Bob Dienhart Lisa Ward	13 Judy Blankenship Colleen Nicol	14 Rhonda Horney	15 Gloria Branom	16 
17 Joan Houk Joyce Sandy	18 Dick Brake	19 Rosemary Sparks	20 	21	22 	23 Richard Copas Donna Trudeau Ellen Speyer
24	25 	26 Rita Flory Viola Hill	27	28 Ned Rausch Greg Wilson	29	30 Jaye Rowley
31 Peggy Birt						



SINGERS NEEDED

Let your voice be heard!

We are looking for singers who are interested in helping revamp the Windsor Singers.

If you're interested, we have a sign-up sheet in the dining room. Meeting of those who are interested will follow.

Happy Anniversary



Carol Paver - August 3

Joe & Sandy Humphrey - August 8

Betty & Sherl Crowder - August 10

Bob & Denise Kanet - August 12

Don & Kathy Williams - August 12

Karol Strapp - August 27

Richard & Kathy Copas - August 31



Thinking of our Members in Nursing Homes and Assisted Living:

Bluebird: Mary Jo Finney
Wilma Reisz
Bill McCarthy

Heritage: Wanda Patterson

Walnut Crossing: Theda Clemans

Gables: Mary McNeal
Peggy Wells
Mike Feeley
Doris Leistriz

Friendship Village Rehab, Dublin:

Country Club, Delaware:

Monarch:

Prestige Gardens:

Please let the Activities Office know

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
- Gloria Bucklew
- Trudy Ladeforged
- Ruth Alexander
- Jim Lockwood
- **Travis Vandran**



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)



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

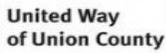
GIVE HELP

- Local volunteer opportunities
- Donating food, clothing and more
- Connect with:
 - Civic Organizations
 - Youth Activities
 - Community Services
 - Schools



2-1-1 **HelpLine**
Get Connected. Get Answers. Of Delaware and Monroe Counties, Inc.

- 2-1-1 IS YOUR NEW, FREE, CONFIDENTIAL, 24/7 INFORMATION AND REFERRAL HOTLINE BROUGHT TO YOU BY:






Upcoming
OCTOBER EVENTS

Senior Wellness Fair

Thursday, October 2nd, 2025

SAVE THE DATE!

**Union County Building
940 London Ave. Marysville, Ohio**



**Make your appointment for your Flu, Covid, Shingles, etc..
Vaccines will be given from 1:00 p.m. – 3:00 p.m.
Thursday Oct. 2 - Call 937-645-2058**

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 AUGUST.

Christmas Barn August 16th

Please remember your File of Life/Emergency Contact Information.



Book Club News: The Book Club will meet on **AUGUST 14th** at **1:00** at Windsor Senior. This month's book is "*Miss Benson's Beetle*", by author Rachel Joyce. 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
Pat Laird
Anonymous



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
Joan Houk
Judy Hill
Tom & Deborah Ranney



\$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
Debbie Case

IN-KIND DONATIONS THANK YOU



Via Quest
PuroClean
Dutch Mill
Biggy Coffee
Mrs. Renison's
Monarch Skilled Nursing
Winans Chocolate & Coffee
Texas Roadhouse

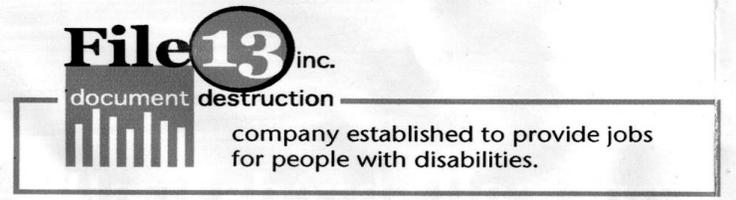
Bluebird Retirement Community
Ingram & Snyder Funeral Home
Giovanni's Pizza
Suds Bros.
Martinizing Cleaners
Jersey Mike's
Boston's
McAuliffe's Ace Hardware

Sue McClish
Judy Mahan
Dani Plank
Cindy Maxhimer
Pattie Reisz
Heritage Senior Living
Verizon Enhanced
Communities



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.



WORTH LISTENING TO

You must listen to certain people, such as your boss.
Where others are concerned, you may have a choice.

The letters left over will make a 10-letter phrase.

- Adviser
- Announcer
- Boss
- Clerk
- Coach
- Counselor
- Dentist
- Director
- Doctor
- Emcee
- Friend
- Guard
- Guide
- Guru
- Host
- Instructor
- Judge
- Lawyer
- Lecturer

- Manager
- Messenger
- Nurse
- Officer
- Parent
- Partner
- Teacher
- Trainer
- Tutor



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

Solution on page 16

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

NEW PROVIDER



Dylan Ekstrand, DO



Della Herzog, MD

NEW PROVIDER



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



Marla Kellermier, MD

19 W. Ottawa St., Richwood 740 943 2354

Memorial INTERNAL MEDICINE



Lisa Kearns, MD, MS



Prasanna Munjappa, 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-Pulfer, 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.



Spay Day 2025

A Rascal Charities, Inc event with services provided by the Rascal Unit

**FOR PETS OF LOW-INCOME SENIORS 60+
INCOME GUIDELINES APPLY****

Appointment Required

Call 614-266-3267

August 1 8:30am Check-In

Location:

6365 Old Avery Rd #9, Dublin, OH 43016

Brought to you by the generosity of:

Important Info!

- Pets must be on a leash or in a carrier
- No food after midnight
- Income guidelines verified**
- \$20 paid when registering
- No refunds after 7/25/25
- Dogs & Cats only
- Includes Rabies, DHPP & 1 dose flea prevention



From the Memorial Meals Kitchen



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

We offer Dine-in service only.

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



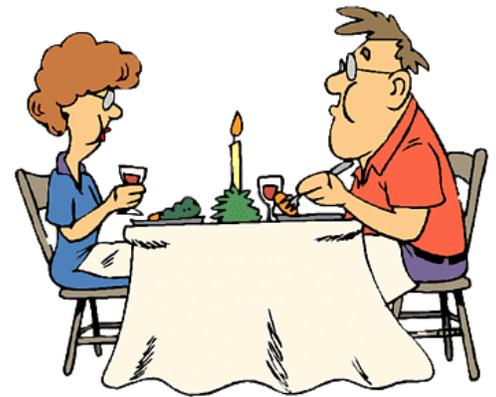
Suggested Donations
60 and over \$3.50
Guest 59 and under \$5.50
Children 10 and under \$3.50



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

DINING ROOM RULES

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



Please help to keep your facility clean, there is no full time housekeeping department here, so we all need to do our part.

Please do not take any cups from the kitchen of Windsor Senior Center. Taking these items reduces our supply for events. Thank you.



Activities Office Open
Monday, Tuesday, Thursday, and Friday
9:00 a.m.— 2:00 p.m.

>>>><<

937-644-8464

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





August 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>

NATIONAL FALLS PREVENTION AWARENESS WEEK SEPT 22-26, 2025

9/22 - Monday

(Richwood Center) (10a-11a)

9/23 - Tuesday

(Memorial Hosp - Wellness Center**) (10a-11:30 a)

9/24 - Wednesday

(Logan County - Mary Rutan Cross Roads Business Center)

9/25 - Thursday

(Helen Evans Apartments), (11a-12p)

9/26 - Friday

(Bluebird Retirement Center) (10a-11a)

Activities

(*not* all activities will occur at all locations)

Matter of Balance & Bingocize demonstration/Discussion

Balance Screening & Blood Pressure Checks

PWR, Tia Chi, Silver sneaker (higher Level People)

**Special Prize @ Memorial Hospital Wellness Center

Information Sessions - Questions Contact Noel @ 937.645.2049

Each Activity will occur in 15-20 minute intervals.

Union County Senior Services receives a grant from Union County Health Department to conduct free home safety checks to identify fall risk hazards and provide needed durable medical equipment (DME). Common modifications include adding grab bars in the bathroom, adding handrails, providing shower chair, raised toilet seats, and walkers. To schedule a free home safety check or inquire about needed medical equipment, call 937.644.1010 option 5.

Happening Events:

August 20th, 1:30pm-3pm Stay WISE & Thrive wellness program by PASS at 648 Clymer Rd. #120 Marysville, Oh 43040. 6-week free wellness program to help older adults make healthy lifestyle choices. Call 937-303-2176 to RSVP.

August 29th, 12pm Richwood Independent Fair at Bokescreek Pavilion, Richwood, Oh. Joins us for lunch, Bingo, and entertainment. More information to come.

September 17th, 2025, 1:00pm-2:00pm Medicare Check-up at Union County Building conference room F, 940 London Ave Marysville, Oh Already on Medicare and want to know changes for 2026? To RSVP call 937-644-1010 option 5.

September 22-26 National Falls Prevention Week, week long of activities including Matter of Balance & Bingocize, Balance screenings, and Tia Chi. For more questions contact Noel Williams at 937-645-2049.

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

Respite Care Examples You've Never Thought Of Before

Caregiver Wellness & Support, Trualta

Caregiving comes with many responsibilities. The load can be heavy whether you're helping with personal care, daily tasks, preparing meals, or managing appointments. Caregiver stress and caregiver burnout can be significant if you're a family caregiver. That's where respite care comes in.

Respite care is available for caregivers who need some relief. Whether that relief is to give you the break you need to take a quiet moment to yourself, the chance to do something fun, or to manage other responsibilities, respite care is there to help.

Usually, respite means someone helps you with caregiving responsibilities while you're away or occupied. Respite can be set up in a variety of ways. In many cases, relief is provided directly at home, where another care provider, like a home health aide, comes to take on caregiving duties temporarily. In other cases, respite can mean taking your care recipient somewhere, like an adult day care center, where they can temporarily receive support, help, or engage in meaningful activities. Respite care can also mean someone informally coming over to help, like a family member or community member.

Respite Care Examples:

Personal Care Tasks: Helping your care recipient with personal care is a daily task. Many caregivers report that these tasks take up a lot of time and effort and can be challenging due to difficult transfers, resistance to the task, or even personal discomfort.

Meal Management: There is a lot that goes into meal management. As a primary caregiver, doing it daily can make it feel tiring. A respite caregiver can provide temporary relief by helping you with grocery shopping, meal planning, or feeding your care recipient.

Household Tasks: Respite care services can even help you by crossing those household "to-do" tasks off your list such as doing laundry, vacuuming and mopping, cleaning dishes, and tidying up living spaces.

Meaningful Activities & Companionship: Many caregivers don't know that a respite provider can help simply by providing companionship for your care recipient or helping them engage in activities they enjoy or find rewarding. This can even allow opportunities for your care recipient to grow relationships with others and enjoy social interactions with people in their community. After all, studies show how important social participation is for improving health outcomes, especially for older adults.

Some activities someone can do with your loved one while providing respite care that promote engagement in meaningful activities and social participation include going for a walk, watching videos together, doing a puzzle or craft, reading a book, and looking through photo albums together.

Respite care can offer you the relief you need as a caregiver. Taking breaks and accepting help can be one of the most helpful ways to reduce caregiver stress and caregiver burnout.

Start with small breaks if you need them, accepting relief support for small tasks or while you're in another room of your home. Taking care of yourself is one of the best ways to ensure your care recipient receives the best care possible, too. You can't pour from an empty cup!

Fraud Alert
from Ohio Senior Medicare Patrol



Is that really your doctor calling?

Don't Trust Caller ID
Scammers continue to be sneaky. They can manipulate your caller ID to make it look like your doctor's office, pharmacy, a local hospital, or even Medicare is calling. This trick is called "spoofing" and it's designed to gain your trust and steal your personal information.

What A Scammer May Say

- "This is your doctor's office. You qualify for a free back brace. Please confirm your Medicare number so we can get it ordered for you."
- "Your test results are ready, but we need verify your Social Security number."
- "This is your pharmacy. We need your date of birth and Medicare number to refill your prescription."

How to Protect Yourself

- If you suspect a call is a "spoof" **HANG UP!** Then call back using a phone number you trust - like on your doctor's website, from your personal notes, or on your Medicare card.
- Remember that **Medicare will not call you.**
- **Check your Medicare Summary Notices** for suspicious claims like braces, diabetes supplies, or telehealth visits not received.
- **Call the Ohio Senior Medicare Patrol.** Our trained staff can help you detect and report suspicious activity on your Medicare account.

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



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.

Please make reservations
by 9:30 a.m.

AUGUST 2025 COMMUNITY MEAL MENU

Please make reservations
by 9:30 a.m.

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

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

FRIDAY, AUGUST 1
Homemade Salisbury Steak
Baked Potato w/Sour Cream
Creamy Spinach Bake
Cranberry-Apple Jell-O
2 in. Brownie
WW Bread

MONDAY, AUGUST 4
Spaghetti w/Meat Sauce
Tossed Salad
Buttered Green Beans
Peaches
Garlic Bread

TUESDAY, AUGUST 5
French Dip Sandwich on Lg. Bun
Loaded Potato Skins
Buttered Peas
Apple Salad

WEDNESDAY, AUGUST 6
Chicken Strips w/ dips
Baked Potato Wedges
Tomato & Red Onion Salad
Mandarin Oranges
5 Vanilla Wafers
Dinner Roll

THURSDAY, AUGUST 7
Chicken Salad on Lettuce
Cheese Cubes
Pea Salad
Grapes
2oz. Veggie Crackers
V-8 Juice

FRIDAY, AUGUST 8
Fried Chicken (white or dark)
Mashed Potatoes w/Gravy
Macaroni Salad
Buttered Corn
Fruited Jell-O
2 oz. Biscuit

MONDAY, AUGUST 11
Sweet & Sour Chicken
Over White Rice
Stir Fry Veggies
Creamy Coleslaw
Pineapple
WW Bread

TUESDAY, AUGUST 12
Homemade Meatloaf
Mashed Potatoes w/Gravy
Green Bean Casserole
Grape Salad
Animal Crackers
Dinner Roll

WEDNESDAY, AUGUST 13
Haystacks (2oz. beef, lettuce, tomato, cheese & 1 oz. of chips)
Refried Beans
Strawberry Fluff
2 in. Brownie

BIRTHDAY CELEBRATION THURSDAY, AUGUST 14
Ham Slice
Sweet Potato Casserole
Collard Greens
Pineapple Fluff
Hawaiian Dinner Roll
Cake & Ice Cream

FRIDAY, AUGUST 15
Chicken Cordon Bleu
Roasted Sweet Potatoes
Cauliflower w/Cheese Sauce
Cherry Salad
2 oz. Blueberry Muffin

MONDAY, AUGUST 18
Sausage Gravy
Over 2 oz. Biscuit
Fried Potatoes
Buttered Mixed Veggies
Peaches

TUESDAY, AUGUST 19
Turkey Tetrazzini
Tossed Salad
Steamed Broccoli
Apricots
WW Bread

SENIOR CELEBRATION WEDNESDAY, AUGUST 20
Hotdog off the Grill
Baked Beans
Pea Salad
Watermelon
Poke Cake with Whip Cream
Vanilla Ice Cream

THURSDAY, AUGUST 21
BBQ Bacon Burger
On Lg. Bun
Baby Bakers
Creamy Cucumber Salad
Fruit w/Dressing

FRIDAY, AUGUST 22
Baked Fish w/Dill Sauce
Au Gratin Potatoes
Buttered Lima Beans
Warm Pear Slices
Gingersnap Cookie
WW Bread

MONDAY, AUGUST 25
Hot Shredded Chicken
On Lg. Bun
Hash brown Casserole
Buttered Carrots
Cherry Crisp

TUESDAY, AUGUST 26
BBQ Ribs
Steakhouse Potato Salad
Baked Beans
Watermelon
Cake
Dinner Roll

WEDNESDAY, AUGUST 27
Hamburger Stroganoff
Over Noodles
Buttered Lima Beans
Creamy Coleslaw
Cinnamon Applesauce
Dinner Roll

THURSDAY, AUGUST 28
Chef Salad (Turkey, Ham, Cheese & HB Egg)
Club Crackers
Strawberries over
Angel Food Cake

FRIDAY, AUGUST 29
Roast Pork
Mashed Potatoes & Gravy
Corn Casserole
Pistachio Fruit Fluff
2 oz. Cranberry/Orange
Scores

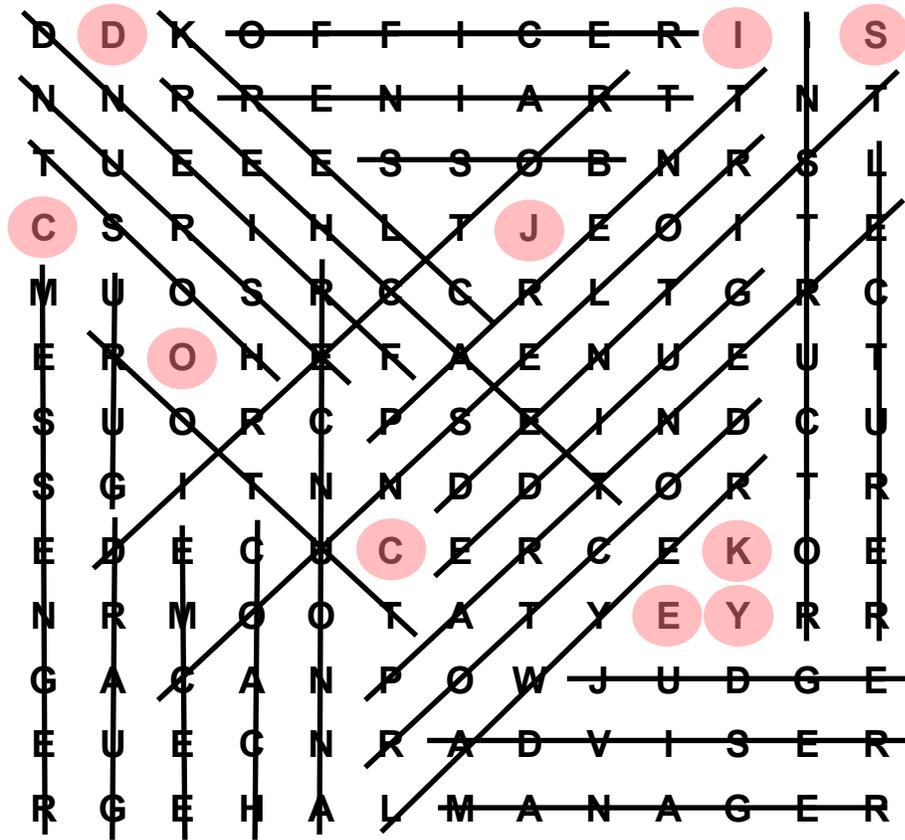
★ NO EARLY CARD PLAYERS IN BACK ROOM

AUGUST ACTIVITIES

★ NO EARLY CARD PLAYERS IN BACK ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>** Please NOTE: Chair volleyball at 2:00 pm location Walnut Crossing they will furnish bus if driver is available, otherwise Jim will transport also if available.</p>   <p>Activity Coordinator Windsor & Community Seniors, Inc. 376-C Rosehill Drive Marysville, Ohio 43040 937-644-8464</p>				
<p>4 10:00 — Chair Exercise ★ 1:30 — Warm Up America/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<p>5 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>6 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC</p>	<p>7 10:00 — Wii Bowling ★ 1:30 — Card Players 1:30 — Dominoes 1:15 — Windsor Board Meeting</p>	<p>1 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole</p>
<p>11 10:00 — Chair Exercise 12:30 - Pokeno 1:30 — Warm Up America/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<p>12 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>13 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC</p>	<p>14 10:00 — Wii Bowling ★ 1:00 — Book Club 1:30 — Card Players 1:30 — Dominoes</p>	<p>15 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole NEWSLETTER DEADLINE</p>
<p>18 10:00 — Chair Exercise 1:30 — Warm Up America/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<p>19 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>20 10:00 — Chair Exercise 1:30 — Card Players 1:30 — Crochet Buddies 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC</p>	<p>21 10:00 — Wii Bowling ★ 1:00 — Bible Study 1:00 — Craft Class 1:30 — Card Players 1:30 — Dominoes</p>	<p>22 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole</p>
<p>25 NEWSLETTER FOLDING 10:00 — Chair Exercise 1:30 — Warm Up America/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong ★ 1:30 Card making</p>	<p>26 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>27 10:00 — Chair Exercise 1:30 — Card Players 1:30 — Crochet Buddies 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC</p>	<p>28 10:00 — Wii Bowling 1:00—Bible Study 1:30 — Card Players 1:30 — Dominoes</p>	<p>29 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole</p>

Worth Listening To.



You are looking for a 10- letter phrase.

DISCJOCKEY

Sudoku Puzzles

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

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

Solution on page 21

IN A CATALOG

Mail order catalogs now contain nearly everything under the sun. Pick and choose and find all the goodies here.

Arbor
Bench vise
Eggbeater
Fan
Gauge
Igniter
Irons
Jeans
Lace
Lamp bulb
Lantern
Lawn cart
Lego sets
Marble
Nets

Oven
Safe
Stove
Strobe
Twin beds
Vent
Vinyl mat
Visor
Waders
Wallboard
Washer
Wedge
Wire
Woodchips

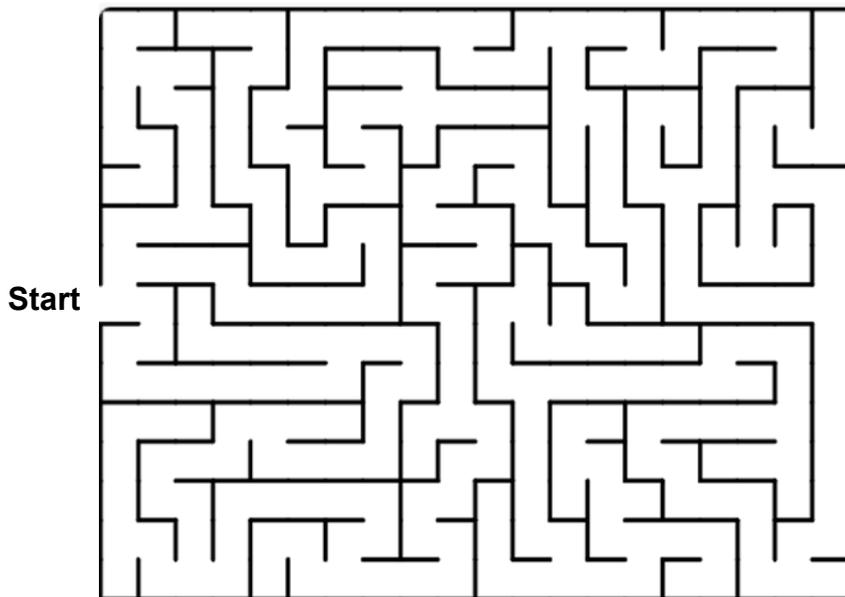
N I R O N S S R E D A W T
E V O T S D E B N I W T N
V S B E R I W M A R B L E
O P R L A M P B U L B G V
D I A R E T I N G I U E S
R H R L F S F W T A L G T
A C E C A L I A G A A G E
O D H E S W M V N L R B S
B O S L B L N T H O C E O
L O A N Y O E C S C G A G
L W W N A R R I A D N T E
A L I O N E V T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

You are looking for a nine letter phrase.

Solution on page 24

AMAZEING!

Ever wonder where you were, or how to get where you're going? Mazes have been a fun way to go from one place to another for years. This is the first of what we hope to be a series in Senior Express. Each is uniquely created for your enjoyment. Have at it!



You made it look so easy!

Submitted by Joe Humphrey

Senior Trying To Reset Password

Submitted by Deb Kelly

Windows: Please enter your new password

USER: cabbage

Windows: Must be more than 8 characters.

USER: boiled cabbage

Windows: Must contain a number.

USER: 1 boiled cabbage

Windows: No spaces.

USER: 50damnboiledcabbages

Windows: Needs an uppercase letter.

USER: 50DAMNboiledcabbages

Windows: No Consecutive uppercase letters.

USER: 50damnBoiledCabbagesShovedUpYourA\$\$!

Windows: No punctuation.

USER: ReallyPissedOff50DamnBoiledCabbages|

Windows: Already in use.



**HAPPY
SENIOR
CITIZEN
DAY**

THURSDAY, AUGUST 21, 2025



Stay WISE & Thrive!

Join us for a **FREE 6-week wellness program** designed for adults **55+**



New Session Begins



August 20th, 2025

1:30 PM – 3:00 PM



Arrive at 1pm for light refreshments and a game of BINGO!



Week 1	August 20	Understanding the Changes Associated with Aging
Week 2	August 27	Aging Sensitivity
Week 3	September 3	Valuing Cultural and Generational Diversity
Week 4	September 10	Medication and the Older Adult
Week 5	September 17	Substance Abuse, Addiction, and Older Adults
Week 6	September 24	An Enhanced Quality of Life

Weekly giveaways and for each lesson attended, your name will be entered in a drawing to win 1 of 3 gift baskets raffled off at the end.

The WISE program is designed to help older adults celebrate healthy aging, make healthy lifestyle choices and avoid substance abuse.

LOCATION

PASS Office
648 Clymer Rd., #120
Marysville, Ohio

To register, contact Tabbie Glass via text or phone at 937-303-2176 or email tglass@passaah.org.





NAMI Family Support Group is for family members, caregivers, and friends concerned about a loved one with a mental health condition.

2nd & 4th Thursdays
10:00 am - 11:30 am

Richwood Bank
250 East 5th Street
Marysville, Ohio



RICHWOOD
COFFEE

Coffee's on us!

All are Welcome -



Makayla Brashear

NAMI Union County
Coordinator

Support Group Facilitator

Makayla@NotAloneOhio.org
NotAloneOhio.org or
(937) 340-4144
for more information



Holly Novak

NAMI Mid-Ohio
Executive Director
Support Group Facilitator

NAMI Mid-Ohio receives funding from the Mental Health & Recovery Board of Union County.

SUDOKU SOLUTIONS

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

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

Things You Say After 50

Submitted by Deb Kelly

- Where the h*** is my phone?**
- How did I get this bruise?**
- That isn't my password either? WTH!?**
- How do they expect you to read this small print?**
- Where did I put my glasses?**
- I don't care if it doesn't look fashionable, it's comfortable!**
- Who the heck is calling at 9:30 pm??**
- Does anyone say please and thank you anymore?**
- Geez, how do you throw you body out of whack just sleeping wrong? WTH?**
- This scale can't be right!!**
- WTH is wrong with people nowadays??**
- Why did I come into this room?**



Hey, got a funny story or some good jokes to tell. Why not share them with everyone. Submit your funny story or jokes to the Activities Office.

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.*)



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**



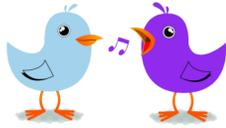
Call today for more information! (937) 642-1026

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

Rehabilitation • Skilled Nursing • Long Term Care

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.



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.

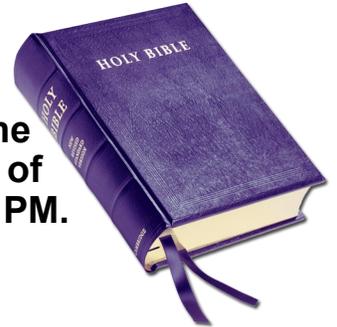


for more weekly tips follow us on www.facebook.com/unionrural

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

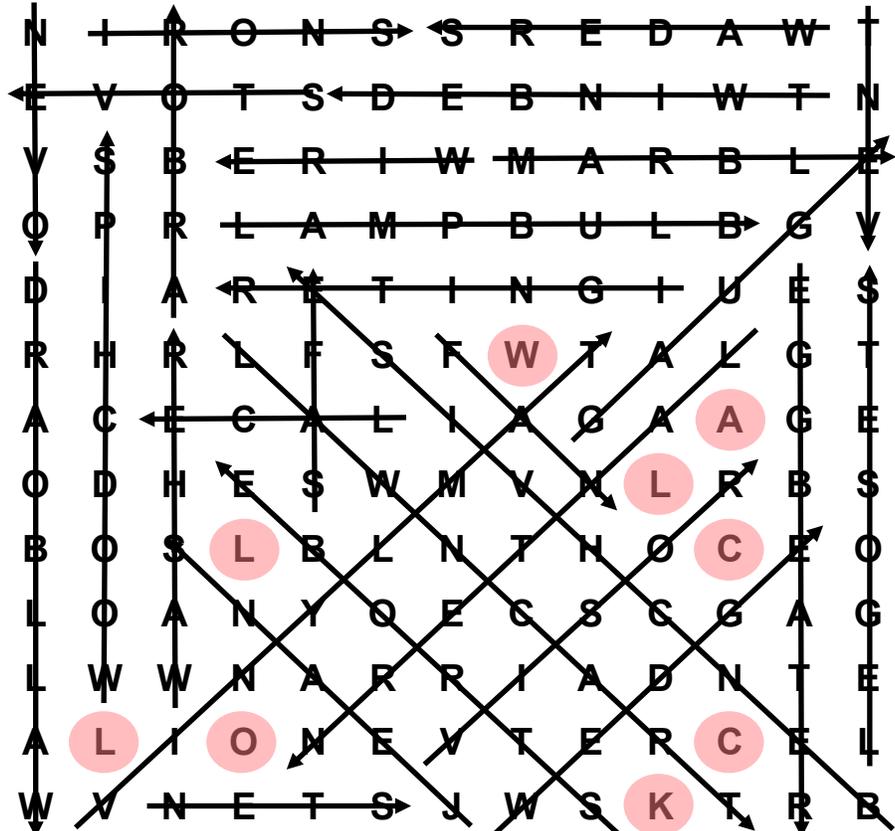
Will start up again on the fourth Thursday of the month at 1:00 PM.



IN A CATALOG

Solution from Page 17

The hidden word is:
WALL CLOCK



COOK
REAL ESTATE

937-644-9105

A Full-Service Office For All Your Real Estate Needs



DAVID E. COOK, Realtor — GRI
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Residential - Acreages - Farms - Commercial

123 West Fifth Street
Marysville, Ohio 43040-0091
davecookrealestae@gmail.com

REALTOR®



YURASEK & OWENS-RUFF LLC
ATTORNEYS AT LAW

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



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

Upcoming
EVENTS October



OCTOBER 18, 2023

From 5:30 P.M. To 7:30 P.M.

SEATING IS LIMITED. SIGN UP SHEET WILL BE AVAILBLE IN OCTOBER.

Potluck or Pizza and drinks TBD.

SATURDAY September 20th



PANCAKE BREAKFAST

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.

Money raised helps support Union County Senior Activities Center.



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.

Union County MOVES Coalition

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

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

Non-Profit
U.S. Postage
PAID
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

AUGUST 2025



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.