UNION COUNTY
SENIOR ACTIVITY CENTER
Windsor & Community Seniors, Inc.

SENIOR EXPRESS
NEWSLETTER—SEPTEMBER 2025
https://ucsac.org

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.

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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
Vice President: Bill Brunskill
Secretary: Carol Sitz
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

OCTOBER Newsletter:
Please submit all information, ads, and articles no later than:
September 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.

Marti Sexton
Becky Ansley
Lisa Spyker
Tamara Buerger
David & Jody Watts
Linda & Dennis Simpson
David Raber
Donna Donohue
Dan & Jeanne Hicks

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.

September Birthdays

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

Happy Birthday

	1 Trudy Ladefoged Beverly Barnes Ed Roberts	2 Susan Van Ausdal Nancy Clevenger	3 Emma Steveson	4 Fred Smith	5 Shirley Bischoff	6
7	8 Neila McCarty Alice Byrnes	9	10	11 Holly Novak	12	13 Roger Paul
14	15 Nancy Cox Janice Bryant Virginia Miller	16	17	18 Robert Clevenger	19	20 Carolyn Wiehe
21 Delores (Dee) Sharp	22	23	24 Anna Swackhammer Mary Ellen Smith	25 Al Birt Don Williams Polly Rainer	26 Ted Travis Theresa Richardson Sue Sawyer	27 Kathy Prior
28	29	30 Jane Peterman Jan Oakley				

Celebrating 50 YEARS OF Marriage

Belated Anniversary Announcement Goes To:

Mick & Barb McCoy

50th Anniversary August 9th.

Happy Anniversary!!

Happy Anniversary

September

Kathy Prior - September 3
Pat Walter - September 7
Ronald & Eileen Vollrath - September 12
Fred & Arthena Smith - September 13
Jim & Marilyn Lockwood - September 17
William & Judy Brown - September 19
Greg & Susan Wilson - September 20
Jennie & Oscar Blankenship - September 22
Paul & Carolyn Wiehe - September 23
Gary & Penny Payne - September 24
Al & Peggy Birt - September 25

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

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
- Joan Willbarger
- Beth Sebring
- Brenda Hastings
- Walter Brynes
- Mary McNeal
- Trudy Ladeforged
- Ruth Alexander
- Jim Lockwood
- Fred Bischoff
- Jim Scheiderer
- Priscill McCoy

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

Passing of Donald F. Moore Sr. - July 1st

Passing of Mike Feeley - August 6th

Rita Flory's brother, Barry Bair passed

Passing of Mary Freeman - July 28th

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

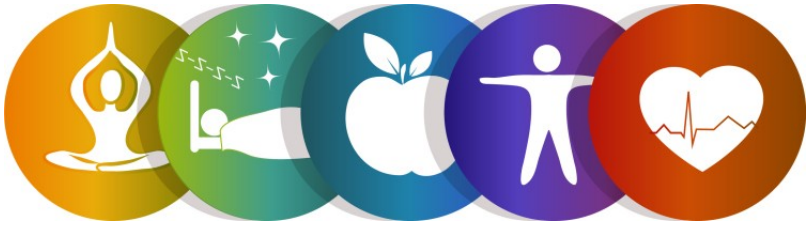
GIVE HELP

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

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

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

United Way of Union County — United Way



Upcoming OCTOBER EVENTS

Senior Wellness Fair

DOOR PRIZES

FREE SCREENINGS

FROM 12:30 PM - 3:00 PM

Thursday, October 2nd, 2025

FREE HANDOUTS

FREE INFORMATION

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

DAY TRIP NEWS

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 SEPTEMBER.

The September trip will be a MYSTERY TOUR followed by lunch at Schmidt's Sausage Haus on SEPTEMBER 23rd. Leaving at 9:30 a.m. and returning around 2-2:30 p.m.
Cost is *$10.00* to be paid by SEPTEMBER 19th.
Please remember your File of Life/Emergency Contact Information.

BoOK Club NEWS

Book Club News: The Book Club will meet on **SEPTEMBER 11th** at **1:00** at Windsor Senior. This month's book is ***"KILLS WELL WITH OTHERS"***, by author Deanna Raybourn. 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.*

GOLD

Becky Payne
Fred & Shirley Bischoff
Pat Laird
Anonymous

SILVER

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

BRONZE

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

GOLD **$76.00 to Above** SILVER **$51.00 to $75.00** BRONZE **$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
Gloria Cooper
Chris Fey
Rose Pack

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
Laura Tall

Pattie Reisz
Heritage Senior Living
Verizon Enhanced Communities
Chastidy's Beauty Salon
Huey Magoo's
Dairy Queen

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.

File 13 inc.
document destruction
company established to provide jobs for people with disabilities.

ART'S TREASURE HOUSE

Museums aren't limited to masterpieces of fine arts. They also preserve samples of early technology, folk arts, even workaday ancient objects.

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

Cars
Caves
Ceramics
Cigar band
Costume
Craft
Customs
Cycles
Design
Forestry
Fossils
Geology
Iron
Locks
Machine
Minerals
Mining
Mugs
Nature
Pewter
Radios
Salt shaker
Scales
Shoes
Stamps
Stones
Stove
Tile

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

Solution on page 16

Sudoku Puzzles

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

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

Solution on page 21

MEMBERS ONLY

TUESDAY OCTOBER 28, 2023
FROM 5 P.M.-7 P.M.

HALLOWEEN PARTY

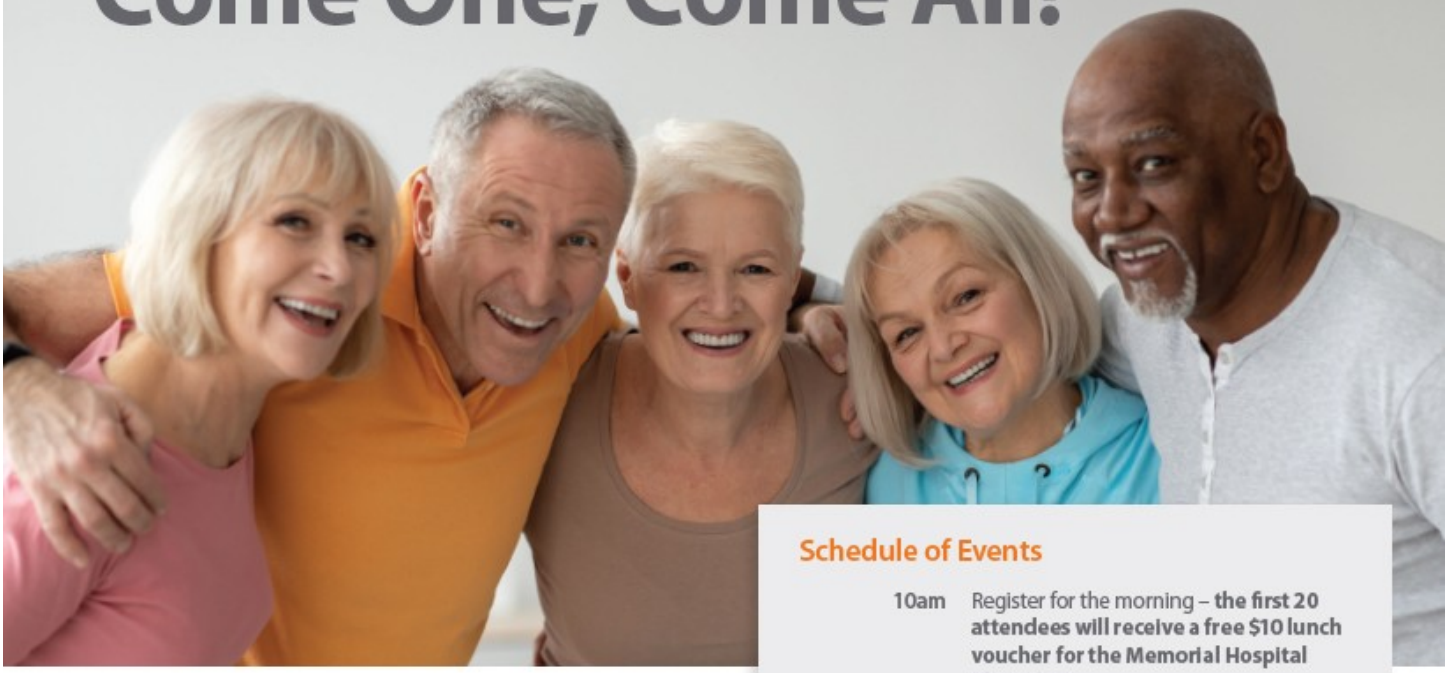
Tricks and Treats Prizes for best costumes

You Must Sign Up To Attend.

Sign up sheet will be available or call the office at 937-642-8464

Costumes Welcome and Encouraged

Calling All Seniors – Come One, Come All!



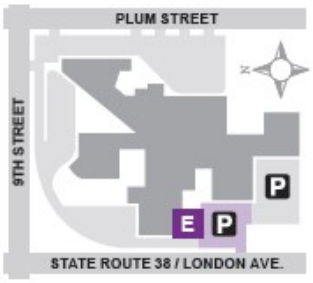
Healthy Seniors Day

Tuesday, September 23

10 – 11:30am

Memorial Hospital Wellness Center,
500 London Ave.,
Entrance E

(see map for parking instructions)



Join us for this free event, geared just for seniors!

Sponsored by the Union County Falls Coalition

Memorial

REGIONAL FALLS COALITION

UNION COUNTY HEALTH DEPARTMENT

Schedule of Events

10am Register for the morning – **the first 20 attendees will receive a free $10 lunch voucher for the Memorial Hospital Bistro '52!**

10 - 10:30am Speak with Memorial experts who can support your health goals!

- Talk 1:1 with a primary care physician
- Hear about how pelvic floor physical therapy can help men and women
- Test your balance and learn how to prevent falls
- Understand the benefits of vestibular and vision therapies
- Get the latest on Inspire sleep therapy for sleep apnea conditions
- Check your blood pressure

10:30 - 11:15am Check out 15-minute demonstrations on these classes!

- Tai Chai
- Moving with Purpose – perfect for those with balance issues or Parkinson's disease
- Silver Sneakers

11:15 - 11:30am Visit any of the stations – and get a tour of the Wellness Center!

COMPLETE 3 ACTIVITIES ON YOUR PASSPORT AND GET ENTERED FOR A FREE MASSAGE!

MemorialOhio.com

Memorial

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.

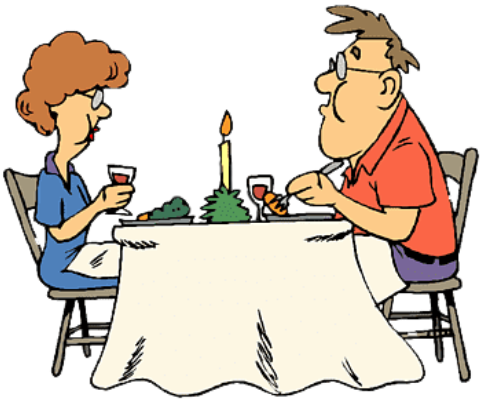
You may make a reservation by calling 937-644-8459 24/7. Reservations must be in by 9:30 a.m. daily.

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.

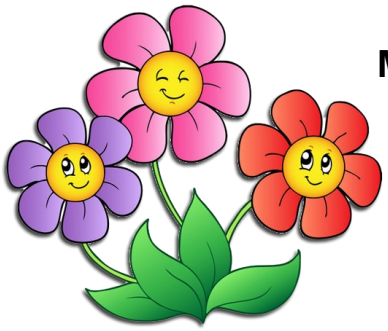
DINING ROOM RULES

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!

September 2025

UNION COUNTY SENIOR SERVICES

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

Emergency Management Agency
UNION COUNTY

Ohio Preparedness Month

Union County Emergency Management Agency

Emergency Preparedness Month is a great time to take a few simple steps to ensure your safety and peace of mind in case of unexpected emergencies or disasters. Being prepared doesn't have to be overwhelming. In just a few steps you can be prepared. For more information please feel free to contact Union County Emergency Management Agency Director, Brad Gilbert at 937-645-3174.

- ***Create a Plan*** - Make sure you have a clear plan for how to contact family, neighbors, and other important people in your life in the event of an emergency. Keep a list of important phone numbers in a safe place.
- ***Build or refresh your emergency kit*** - Pack a small bag with essentials like medications (with a list of medications and dosages), a flashlight, extra batteries, bottled water, non-perishable snacks and food, a first aid kit, extra clothes, blankets, and extra eyeglasses. Don't forget copies of any important documents like insurance cards, medical records, etc. If you already have an emergency kit, Fall is a great time to rotate your supplies. This way everything in your kit remains fresh and the clothes and blankets are appropriate for the season. For a full list of items to include in an emergency kit please go to https://www.ready.gov/kit
- ***Stay informed*** - Sign up for Nixle and the Sheriff's app at https://www.unioncountyohio.gov/Sheriff. It is also a good idea to have a battery powered radio and a weather radio tuned to the National Oceanic and Atmospheric Administration (NOAA) Weather Radio All Hazards (NWR). The NWR is a nationwide network of radio stations broadcasting continuous weather information directly from the nearest National Weather Service office. NWR broadcasts official Weather Service warnings, watches, forecasts and other hazard information 24 hours a day, 7 days a week. Union County is within the **radio frequency of 162.550**.
- ***Plan for your pets*** **-** If you have a pet, make sure you include pet food, a leash or crate, and any medications in your emergency kit.
- ***Check in regularly*** **-** As part of your plan let the people in your life know your plans and ask someone to check on you during emergencies.

Happening Events:

September 2nd, 2025, 10am Caregiver Support Group at Richwood Civic Center, 235 Grove Street, Richwood OH. Call 800-272-3900 to register. Occurs monthly on the first Tuesday.

September 17th, 2025, 1:00pm-2:00pm Medicare Check-up at Union County Services Building, Room F, 940 London Ave, Room F, Marysville. 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.

September 25th, 2025, 11:00am-2:00pm Car Fit at Richwood Civic Center. To RSVP call Jenni Fauber, Mobility Manager at 937-645-2063. The 20 minute checkup helps drivers improve comfort and safety.

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

Appointments Required

Call Jenni Fauber, Mobility Manager, at (937) 645-2063. The 20 minute checkup helps drivers improve the "fit" of their vehicle to improve comfort & safety!

Union Co. MOVES Coalition

UNION COUNTY HEALTH DEPARTMENT

Ohio Department of Aging

The Ohio Department of Aging built Ohio's Long-Term Care Quality Navigator as an accessible, user-friendly dashboard that aims to help Ohioans find a nursing home or assisted living facility for themselves or their loved ones. For more information, check out this website: http://aging.ohio.gov/navigator

Did someone send you to a Bitcoin ATM? It's a scam

Is there a legit reason for someone to send you to a Bitcoin ATM? The short answer is NO. Will someone from the government send you to a Bitcoin ATM? NEVER. Scammers succeed because they're good at what they do — which is lying. So, if someone calls and says you have to act now because your money is at risk, you might listen if they're convincing. They'll scare you into keeping it a secret — even from your closest loved ones. Once they have you alarmed and alone, they'll give you the solution to the problem they just created: "protect your money by moving it." And that's when they'll send you to a Bitcoin ATM to "secure" your money. " If you get a call like this, remember:

- **Never move or transfer your money to "protect it."** Your money is fine where it is, no matter what they say or how urgently they say it.
- **Call your real bank, broker, or investment advisor**. Use the number you find on your account statements. Don't use the number the caller gives you. That'll take you to the scammer.
- **Report it.** Tell your bank or fund right away. Especially if you moved money. Then tell your local law enforcement.

PRIME TIME is published monthly and mailed to Union County seniors and community members. If you would like to be added to the mailing list please contact Union County Senior Services at 937-644-1010 **Option 5**. If you would like to receive an electronic copy via email contact Samantha.Meaige@jfs.ohio.gov.

Please make reservations by 9:30 a.m.

SEPTEMBER 2025 COMMUNITY MEAL MENU

Please make reservations by 9:30 a.m.

MONDAY, SEPTEMBER 1 **NO MEAL TODAY** 	**TUESDAY, SEPTEMBER 2** 2 Cheeseburger Sliders On 2-1 oz. Buns Fried Potatoes & Onions Mixed Vegetables Cinnamon Applesauce	**WEDNESDAY,SEPTEMBER 3** Baked Cranberry Chicken Baked Potato with Broccoli & Cheese Fruited Jell-O Gingersnap Cookie Dinner Roll	**THURSDAY, SEPTEMBER 4** Haystacks (2oz.beef, lettuce, tomato, cheese & 1 oz. of chips) Mexican Rice Oranges Tomato Juice	**FRIDAY, SEPTEMBER 5** Meat Lasagna Peas Tossed Salad Fruit Ambrosia Garlic Bread
MONDAY, SEPTEMBER 8 Macaroni & Cheese Italian Green Beans Coleslaw Scallop Pineapple WW Bread	**TUESDAY, SEPTEMBER 9** Pepperoni Pizza Casserole Brussels Sprouts Tossed Salad Warm Pears Garlic Breadstick	**WEDNESDAY,SEPTEMBER 10** Sloppy Joe on a Lg. Bun Homemade Potato Salad Brown Sugar Baked Beans Peaches	**BIRTHDAY CELEBRATION THURSDAY, SEPTEMBER 11** Turkey/Stuffing Mashed Potatoes/Gravy Glazed Baby Carrots Watergate Salad Cake & Ice Cream	**FRIDAY, SEPTEMBER 12** Grilled Bratwurst on Lg. Bun Warm German Potato Salad Fried Cabbage & Onions Pineapple Fluff
MONDAY, SEPTEMBER 15 Breaded Chicken Breast Mashed Potatoes & Gravy Broccoli Casserole Cinnamon Applesauce 2 oz. Banana muffin	**TUESDAY, SEPTEMBER 16** Chipped Beef Gravy Over 2 oz. Biscuit Fried Potatoes Mixed Veggies Oranges	**WEDNESDAY,SEPTEMBER 17** Baked Fish Au Gratin Potatoes Lima Beans Peaches Gingersnap Cookie WW Bread	**THURSDAY, SEPTEMBER 18** Sweet & Sour Cherry Blossom Chicken over White Rice Teriyaki Stir Fry Veggies Creamy Coleslaw Pineapple WW Bread	**FRIDAY, SEPTEMBER 19** Meatloaf Mashed Red Potatoes & Gravy Sautéed Mushrooms Fruit w/Vanilla Sauce 2 oz. Blueberry Scone
MONDAY, SEPTEMBER 22 Stuffed Red Bell Pepper Casserole Green Beans Tossed Salad Warm Pears Dinner Roll	**TUESDAY, SEPTEMBER 23** Honey BBQ Wings Potato Skins w/Cheese Broccoli Salad Grapes Brownie Dinner Roll	**WEDNESDAY, SEPTEMBER 24** Beef Pot Roast Potatoes, Carrots, Onions Fruit w/Dressing 2 oz. Cornbread Muffin	**THURSDAY, SEPTEMBER 25** Hot Ham & Cheese on Lg. Bun Hash Brown Casserole Sugar Snap Peas Waldorf Salad	**FRIDAY, SEPTEMBER 26** Salmon Patties Parsley Potatoes Creamed Peas Fruit Mix 2 oz. Orange Cranberry Scones
MONDAY, SEPTEMBER 29 Country Fried Steak Mashed Potatoes & Gravy Carrot Slices Cranberry Salad Vanilla Pudding 5 Vanilla Wafers	**TUESDAY, SEPTEMBER 30** BBQ Ribs Scalloped Potatoes Spinach Bake Strawberries over Angel Food Cake Dinner Roll			

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

★ NO EARLY CARD PLAYERS IN BACK ROOM

SEPTEMBER ACTIVITIES

★ NO EARLY CARD PLAYERS IN BACK ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED FOR	2 10:00 — Chair Volleyball 1:30 — BINGO	3 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 1:30— Tri-Ominos 2:00 -Chair Volleyball @ WC	4 10:00 — Wii Bowling 1:30 — Card Players 1:30 — Dominoes 1:15 — Windsor Board Meeting 2:00 - Windsor Singers meet at Moose Lodge	5 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole
8 10:00 — Chair Exercise ★ 1:30 — Warm Up America/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong 12:30 - Pokeno	9 10:00 — Chair Volleyball 1:30 — BINGO	10 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 1:30— Tri-Ominos 2:00 -Chair Volleyball @ WC	11 10:00 — Wii Bowling 1:30 — Card Players ★ 1:30 — Dominoes 1:00 Book Club 2:00 - Windsor Singers meet at Moose Lodge	12 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 12:00 - 5 Crowns
15 10:00 — Chair Exercise 1:30 — Warm Up America/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong	16 10:00 — Chair Volleyball 1:30 — BINGO	17 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 1:30— Tri-Ominos 2:00 -Chair Volleyball @ WC NEWSLETTER DEADLINE	18 10:00 — Wii Bowling ★ 1:00 — Book Club 1:00 — Craft Class 1:30 — Dominoes 2:00 - Windsor Singers meet at Moose Lodge	19 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole SAT 20 - 8:30 PANCAKE BREAKFAST
22 10:00 — Chair Exercise 1:30 — Warm Up America/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong	23 10:00 — Chair Volleyball 1:30 — BINGO 9:30 MYSTERY TRIP	24 10:00 — Chair Exercise 1:30 — Card Players 1:30 — Crochet Buddies 1:30— Tri-Ominos 2:00 -Chair Volleyball @ WC	25 10:00 — Wii Bowling ★ 1:00 —- Bible Study 1:30 — Card Players 1:30 — Dominoes 2:00 - Windsor Singers meet at Moose Lodge	26 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 —Card Players 1:30—Corn Hole
29 NEWSLETTER FOLDING 10:00 — Chair Exercise 1:30 — Warm Up America/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong ★ 1:30 Card making	30 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.		Activity Coordinator Windsor & Community Seniors, Inc. 376-C Rosehill Drive Marysville, Ohio 43040 937-644-8464

Art's Treasure House

Cars
Caves
Ceramics
Cigar band
Costume
Craft
Customs
Cycles
Design
Forestry
Fossils
Geology
Iron
Locks
Machine
Minerals
Mining
Mugs
Nature
Pewter
Radios
Salt shaker
Scales
Shoes
Stamps
Stones
Stove
Tile
Tin signs
Wine

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

You are looking for a 10- letter word.
BLACKSMITH

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

“Mother” May I?

All the entries in this puzzle can follow the word “mother.”
What do you think of when you think of “mother”?

Board
Cell
Church
Country
Culture
Dear
Earth
Figure
Goddess
Goose
Hen
Hubbard
In-law
Land
Language
Liquor
Lode
Love
Nature
Of invention
Of-pearl
Of vinegar
Seton
Ship
Superior
Teresa
Tongue
Wit

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 13-letter phrase.

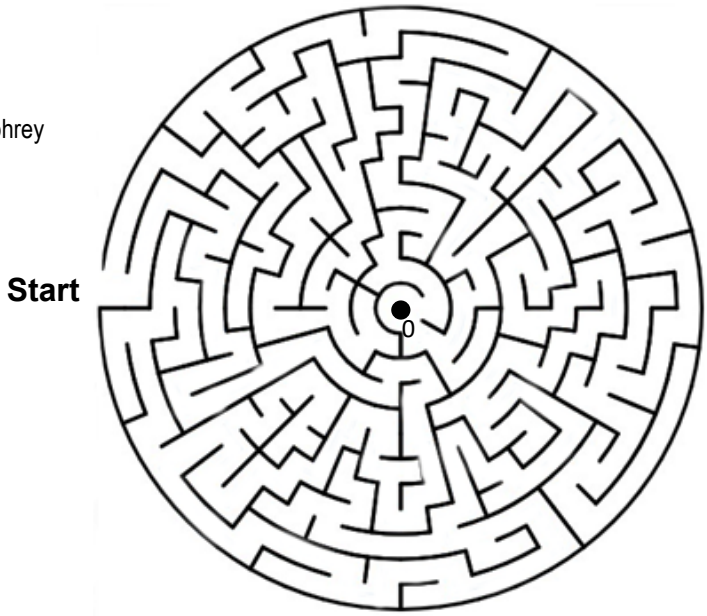
_____

Solution on page 24

AMAZEING!

Yeah, I sometimes run around in circles, too.
At least here you can get somewhere.

Submitted by Joe Humphrey



Solution on page 24

SINGERS NEEDED

Let your voice be heard!

We are looking for singers who are interested in helping revamp the Windsor Singers.
Meetings every **Thursday** at the **Moose Lodge** @ **2:00 P.M.**
We are also looking for a **piano player** for the group.
If interested, use the sign-up sheet in the dining room and indicate ***"Piano"***.

There is a NO SMOKING policy here at WINDSOR SENIOR CENTER. Please Do Not Smoke in the car port area. If you must smoke, please smoke out past the Dumpster or at least 50 feet from the building entrance. Please Do Not Throw Butts On Ground or in the Dumpster.

SEPTEMBER 1st

WISE
Wellness Initiative for Senior Education

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.

mental health & recovery board UNION COUNTY

MENTAL HEALTH & ADDICTION SERVICES Ohio

PASS

NAMI Family Support Group

National Alliance on Mental Illness

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

Holly Novak
NAMI Mid-Ohio Executive Director
Support Group Facilitator

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

NAMI National Alliance on Mental Illness Mid-Ohio

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

Upcoming

OCTOBER EVENTS

Senior Wellness Fair

FROM 12:30 PM - 3:00 PM

Thursday, October 2nd, 2025

IT'S FREE!

Union County Building
940 London Ave. Marysville, Ohio

DOOR PRIZES

FREE SCREENINGS

FREE HANDOUTS

FREE INFORMATION

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

SUDOKU SOLUTIONS

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

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

Sudoku on page 9

COMMODITY SUPPLEMENTAL FOOD PROGRAM

The Community Food Box Program has a few spaces available. If you need this
30 lb. box each month, call Dorothy (Dottie) Gordon at 937-210-0577 for more information.

If you know of someone in need or need more information please leave a message if the call isn't answered.
contact the
Activities Office, 937-644-8464
or call CASC at 937-644-9801

DO YOU WANT TO DO SOMETHING THAT COUNTS?

Become a Hospice Volunteer

Loving Care would like volunteers to become a bedside vigil. Someone to just be there, hold a hand, read scripture or just pray for them.
If this is something you would like to do, call Loving Care at **937-644-1928**.

OHIO'S Hospice Loving Care

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

WINGS Transportation
Call: 937-642-9555

Legends Lift & Transport
Call: 937-358-2024

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**

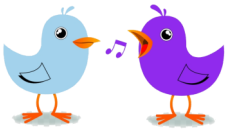
Call today for more information! (937) 642-1026

730 Milcrest Dr. Marysville, OH 43040 wwww.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.

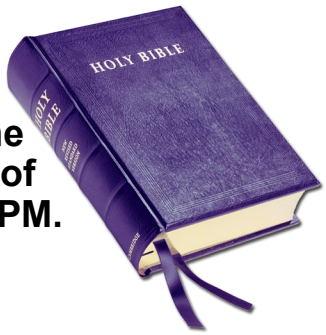
URE

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.

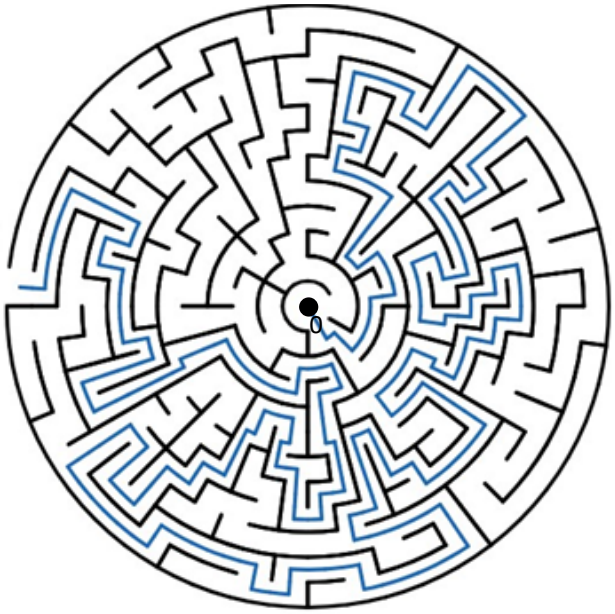
Bible Study Group

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



AMAZEING!

Solution



"Mother" May I?

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

The hidden phrase is:
CAREY'S CHICKEN

From page 17

COOK REAL ESTATE
937-644-9105
A Full-Service Office For All Your Real Estate Needs
DAVID E. COOK, Realtor — GRI
Office 644-9105 (area 937) Cell 243-5025
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

INGRAM Funeral Home
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 16, 2023

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

SEATING WILL BE LIMITED. SIGN UP SHEET WILL BE AVALIBLE IN LATE SEPTEMBER.

Potluck or Pizza and drinks TBD.

Marysville Library
Book Mobile

Starting in September the Book Mobile will be coming to Windsor Senior Center on the 2nd and 4th Thursday of the month at 10:00 A.M.

BOOKMOBILE

What is the bookmobile?

The Bookmobile is our brand new library on wheels! It offers a wide variety of new, popular, and classic titles available for checkout with your library card.
No library card, no worries - you can create one on-site.

How can I get the bookmobile to visit my organization?

To be added to the Bookmobile schedule, please contact our Community Engagement Manager, Ali Parthemore at aparthemore@marysvillelib.org.

Check out our current schedule!

Weeks 1 & 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM Stop (10:00)	World of Wonders Childcare	Methodist Creative Preschool	Methodist Creative Preschool	Memorial Health	YMCA
PM Stop (1:00)	Mini Monarch Academy		Methodist Creative Preschool	Bluebird Retirement Community	

Weeks 2 & 4	Monday	Tuesday	Wednesday	Thursday	Friday
AM Stop (10:00)	Walnut Crossing	Origins Preschool	Health Department	Windsor Senior Center	Primrose
PM Stop (1:00)		LEADS Headstart			

Policies - Members and Non-Members

Membership

Annual membership dues for ages 55+ are $15.00 for a single and $20.00 for a couple. As a member you will receive the newsletter "Senior Express", which showcases current information about the wide variety of free and fee-based programs available. Membership dues are for one year, starting on January 1st of each year.

Photos Taken by Staff

During programs or activities, participants may be photographed by a staff member of Windsor & Community Seniors, Inc. for publicity purposes. These photos may appear in "Senior Express", on the WACSI web site, or in other publications. If you do not want to have your photo taken and/or published, please tell the photographer. You may also contact the Activities Office at 937-644-8464.

Trip Policy

A reservation for all trips must be made in advance. The reservation must be paid in full by the advertised cutoff date in order to be able to pay the discounted amount. After the cutoff date, there will be a $10.00 additional fee added to your reservation. If you find you must cancel a trip, please let the Activities Office know as soon as possible. Please see Refund Policy if you need to cancel your trip and remember we have to pre-pay for all trips.

All travelers MUST submit a File of Life to the Trip Coordinator upon entering the bus. Files of Life will be kept in a locked container and returned to their owners upon arrival back in Marysville. If you don't have this form, stop by the Activities Office and pick one up prior to the trip. In addition, if we are going on a gambling trip, you **MUST** bring a valid Driver's License or State Photo ID with you or you will not be able to gamble.
In the event of illness or injury that cannot be resolved by basic first aid procedures, the emergency squad will be called. Depending on the recommendation of the EMT, the traveler will be allowed to continue on the trip or be transferred to the nearest hospital by the squad. For those who are able to continue the trip safely, either the designated driver or the emergency squad will be called when the bus approaches Marysville. Who is called will be at the discretion of the Trip Coordinator with input from the traveler. In case of illness or injury which involves medical intervention at a hospital, WACSI will not be responsible for the traveler's transportation back to Marysville. The traveler will have two options:

1) Bring the name and phone number of a person whom the traveler contacted **prior** to the trip to ensure the contact person will be available to transport the traveler; **OR 2)** use the driver designated by WACSI. The traveler must pay the driver for the round trip (from WACSI to the traveler's home and from their home back to WACSI) using the standard mileage defined by Union County.

A lift bus will be reserved when possible for the accommodation of travelers using a wheelchair or walker. Travelers in a wheelchair will be required to bring an aide of the same sex or a spouse/significant other to assist them during the trip. If a spouse or significant other is used as the assistant, the traveler must have another designated traveler of the same sex to assist him/her in the restroom. If an aide is used rather than a spouse, the traveler will pay the same amount for the aide's trip fee as they have paid for their own fee (regardless of the aide's membership status). If a traveler is able to transfer safely to a seat, they may do so.

Non-Member Fee

Non-members will pay an additional $5.00 per trip. No refunds will be given to non-members for cancellations that they initiate. No exceptions.

Refund Policy

If a participant cancels a trip or activity, his or her seat may possibly be filled from a waiting list (if we have one). In addition, the participant can find a replacement for their seat in order to qualify for a refund. Because our fees are based on minimum participation numbers and are paid to the travel company in advance, refunds must be requested at least 30 days prior to the trip. Consideration will be given to written requests for refunds in cases where there has been an injury or unforeseen problem not within your control. If your written request is approved we will refund as much as possible for the trip after all bills are paid, minus a $10.00 processing fee. If Windsor & Community Seniors, Inc. cancels a trip, everyone who has signed up and paid will receive a full refund.

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

Activities Office 937-644-8464
(Hours: 9:00 - 2:00)
Beauty Shop— 937-642-9390
Community Meals - 937-644-8459
Housing Office - 937-644-2905
https://ucsac.org

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

SEPTEMBER 2025

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.

UNION COUNTY
SENIOR ACTIVITY CENTER

376-C Rosehill Drive
Marysville, OH 43040

Please make check payable to: ***Windsor & Community Seniors*** — *Thank you!*
Membership renewal – don't forget to renew your subscription for 2025.