

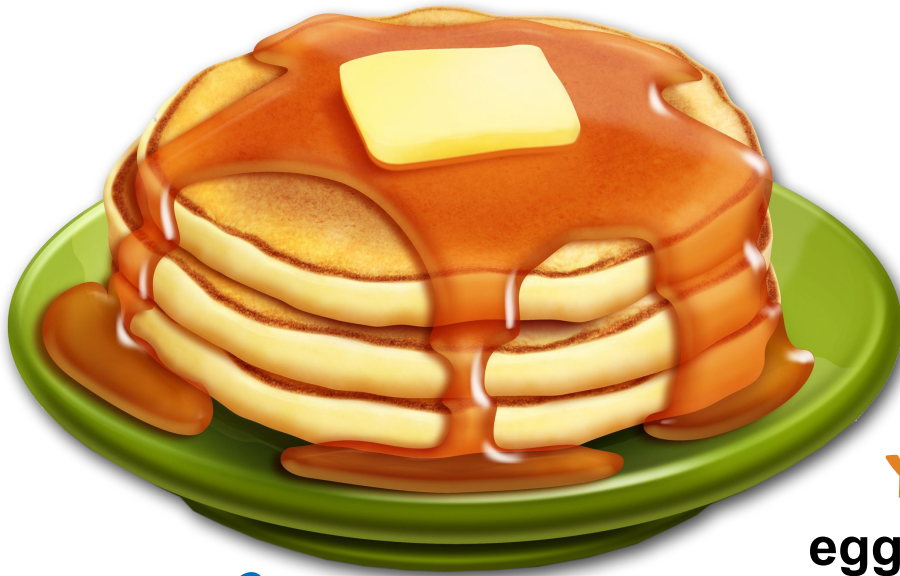


**WACSI**  
Windsor and Community Seniors, Inc.

*Ragtimes*  
a Windsor & Community Seniors publication  
**NEWSLETTER—APRIL 2026**  
<https://ucsac.org>

# SATURDAY APRIL 18<sup>th</sup> PANCAKE BREAKFAST

At the Windsor & Community Senior Center



**04/18/2026**

**8:30 AM - 11:00 AM**

**\$8/Adult, \$5/Kids**

**Raffle, and**

**50/50 Drawing**

Along with pancakes,

**YOU GET:** bacon, sausage, eggs, juice, coffee, and milk.

**50/50**

**OPEN TO THE PUBLIC**

**50/50**

Money raised helps support Windsor & Community Seniors.

## INSIDE THIS ISSUE....

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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.

**WINDSOR & COMMUNITY SENIORS Inc.**

**937-644-8464**

**2026 BOARD OF TRUSTEES AND OFFICERS**

**Executive Officers:**

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

**Board Members:**

**Term 2022-2026**

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

**Board Members:**

**Term 2026-2028**

Pattie Reisz  
Mick McCoy  
Holly Novak  
Debbie Case  
Karen Danner

**Board Sponsors**

Chelsie Miller, Sponsor  
Sarah Brown, Sponsor  
Jennifer Zofkie, Sponsor  
Jeananne Hess, Sponsor  
Ashley Fischer, Sponsor

**Grant/Project Coordinator**

**Susie Pfarr**

**Activity Coordinator**

**Deb Kelly**

**WELCOME  
NEW MEMBERS**

**Shirley Lattimore**



**MAY Newsletter:**

Please submit all information, ads,  
and articles no later than:  
**April 16<sup>th</sup>, 2026**

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.**

**NOTE: Our email is: windsorsen@gmail.com**

Check out our website: **https://ucsac.org**

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

We have **free** Wi-Fi in the Dining Room. If interested check  
with the Activities Office for login information.

We are now on Facebook. To find, search **Windsor Senior  
Activities Center** and “**Like**” us to receive periodic updates  
on upcoming events, activities and pictures.



# April Birthdays

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



# Happy Birthday

		1 Pat Walter Peg Eastman	2 Theresa Belg Susie Pfarr	3 Wilma Reisz	4 	5 Robyn Coviello Walter Byrnes
6 	7 Cathy Brunskill	8 Roger Freeman	9 Paul Wiehe Katy Kerr	10 	11 Henry Leistritz	12 
13 Dawn Bricker Jennifer Holland	14 	15 Donna Thompson	16 Jeannie Senediak	17 David Smith	18 Rebecca Ansley Tami Buerger Monika Kovach	19 Barb Ballmann Patti Phipps
20 	21 Deanna Cowan	22 Bea Vargo	23 	24 Mike Congrove	25 	26 Dixie Lewis
27 	28 Peggy Bunsold	29 	30 			

## 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!

# Happy Anniversary



**Jeff & Kandace Bayes - April 1**

**Charles & Gloria Calle - April 3**

**Richard & Mary Harrison - April 4**

**Jim & Laura Paluch - April 5**

**Catherine & Michael Stover Doran - April 13**

**Nikki & Michael Denihan Hall - April 17**

**Roger & Sharon Wagner - April 17**

**Del & Sharon Blevins - April 24**

**Bill & Cathy Brunskill - April 27**

**John Howard - April 28**

**Margaret Prunty - April 29**



## Thinking of our Members in Nursing Homes and Assisted Living:

**Bluebird:** Mary Jo Finney  
Wilma Reisz  
Bill McCarthy  
Trudy Ladefoged

**Heritage:** Wanda Patterson

**Walnut Crossing:** Theda Clemans  
Jane Blews

**Gables:** Mary McNeal  
Peggy Wells  
Charles & Marianna Hines  
Carolyn & Walter Wyse

**Friendship Village Rehab, Dublin:**

**Arbors of Delaware:**

**Monarch:**

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
- Walter Wyse
- Carolyn Wyse
- Mike Arnold
- Janice Lewis
- Hazel Maynard
- Rusty Maynard
- Karen Baker
- Joan Willbarger
- Brenda Hastings
- Mary McNeal
- Deb Root
- Jim Lockwood
- Fred Bischoff
- Jim Scheiderer
- Roselyn Horney
- Rita Carl
- Ryan Kiehle
- Joan Houk
- Bonnie Bracey
- Patty Turner



**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




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  
**EVENTS** May

**Thursday, May 14<sup>th</sup>**

**Kentucky Derby PARTY**

**At the Windsor & Community Senior Center**

**From 5:00 PM - 7:00 PM**

**Enter the Derby Hat Contest.**

**Make your best Derby Hat to wear for the event and win a GREAT Prize! Second and Third place winners will also receive prizes.**

**\$5.00 non-refundable.**

**BBQ Pulled Pork Sandwiches, Corn & Bean Salad, Carrots/Celery w/ranch, Dessert**



**50/50 RAFFLE  
GAMES/PRIZES  
SIGN UP SHEET**



## WINDSOR & COMMUNITY SENIORS Trips for 2026 "NO MEALS ARE COVERED"

Windsor Senior Trips for 2026 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.

### April Trip.

Tuesday, April 21st - Hollywood Casino. \$5 non-refundable but transferable. Must be paid by April 20th. Leave Windsor at 9:30 AM, depart Casino at 2:30 P.M.

Please remember your File of Life/Emergency Contact Information.



**Book Club News:** The Book Club will meet on **April 9<sup>th</sup>** at **1:00 PM**. This month's book is **"The Only Woman In The Room"**, by author Marie Benedict. You can pick up a copy from the Activities Office only. If you like to read, come join the group.

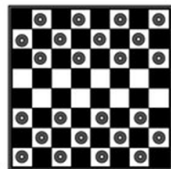
### Come Play Bingo...

- We have new classes
- Guest Callers
- more prizes

And always lots of fun!

Tuesdays at 1:30 pm in the Windsor Dining Room.

**Interested** in playing **Checkers** and **Yahtzee** please let the office know. We have some interest in



### 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.



**BUNCO card game.** Looking for interested parties to play Bunco. Sign-up sheet in dining room or contact Deb Kelly, Activities Director or Sue McClish.

# Friends of Windsor & Community Seniors

*“Friends of Windsor & Community Seniors” 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 Windsor & Community Seniors Inc.”**  
 for the calendar year.*



Anonymous Donor  
 Tom Congrove  
 Linda Dean  
 Fred & Shirley Bischoff  
 Anonymous Donor x 2



Pat Mathers  
 Rosella Renz  
 Walter & Carolyn Wyse  
 Roger & Sharon Wagner



Jan Brown  
 Duane Vanone  
 Larry & Jeanne Amrine  
 Rosalyn DeGood  
 Dick & Kathy Brake  
 Viola Hill  
 Richard & Mary Harrison

Russell & Virginia Miller  
 Inez Bayes  
 David & Patricia Smith  
 Judy Hill  
 Jeanette Fleck  
 Anonymous Donor



**\$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  
**WINDSOR & COMMUNITY SENIOR INC.***

Cindy Maxhimer  
 Bill Brunskill  
 Pattie Reisz  
 Carol Sitz  
 Janet Brown  
 Sue McClish  
 Mick McCoy  
 Holly Novak

Deb Kelly  
 Susie Pfarr  
 Marilyn Monroe  
 Rita Flory  
 Jim Scheiderer  
 Fred & Arthena Smith  
 Mary Kitsmiller

Deb Root  
 Judy Mahan  
 Donna Trudeau  
 Robert Trudeau  
 Travis Vandran  
 Judy Blankenship

Dave and Jennifer Holland  
 Debbie Case  
 Gloria Cooper  
 Chris Fey  
 Rose Pack  
 Idella Feeley

## IN-KIND DONATIONS THANK YOU



**McAuliffs**  
**Jersey Mikes**  
**Bev Barnes**  
**Cindy Maxhimer**  
**Bill Brunskill**

**Sue McClish**  
**Deb Kelly**  
**Sherrie Coleman**  
**Karen Hanson**  
**Texas Roadhouse**

# JURY DUTY



Law Suit



Law



Law Enforcement



Attorney

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

**ANALYSES**

**ATTORNEY**

**CASE**

**CITIZEN**

**CIVIL SUIT**

**CLERK**

**CRIMINAL**

**DELIBERATE**

**DISCUSSIONS**

**EVALUATE**

**FACTS**

**FIND**

**FOREPERSON**

**HEARD**

**IMPARTIAL**

**ISSUE**

**JUROR**

**LEGAL**

**OATH**

**OPINIONS**

**PERSUASION**

**REASONING**

**REPORT**

**STAND**

**SERVE**

**UNANIMOUS**

**VENUE**

**WITNESSES**

Solution on page 18

# Concerning Courts



Lawyer



Legal Jury

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



Court

**ACCESSORY**

**AFFIDAVIT**

**ATTORNEY**

**BENCH**

**CASE**

**CHAMBERS**

**CONFERENCE**

**CONUNSEL**

**COURTHOUSE**

**CRIME**

**DISCOVERY**

**EYEWITNESS**

**FACTS**

**JUDGE**

**LAW**

**MISDEMEANOR**

**MOTION**

**OATH**

**ORDER**

**PLAINTIFF**

**REBUTTAL**

**REPORTER**

**ROBE**

**RULING**

**STAY**

**SUIT**


**VENUE**

**VERDICT**

**WRIT**

Solution on page 19

**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®**



**Laura Ingram,**  
Funeral Director  
Monument Specialist


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

975 North Maple Street, Marysville, Ohio, 43040


**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](http://www.facebook.com/unionrural)



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**

June

Monday June 8<sup>th</sup>, 2026

# ICE CREAM SOCIAL

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

**SPONSORED BY**

At the Windsor & Community Senior Center

Chicken Salad Sandwiches,  
Pasta Salad, Chips, Ice Cream,  
Ice-tea, Lemonade, or water.

Cost is \$5.00 non-refundable



# Sudoku Challenge

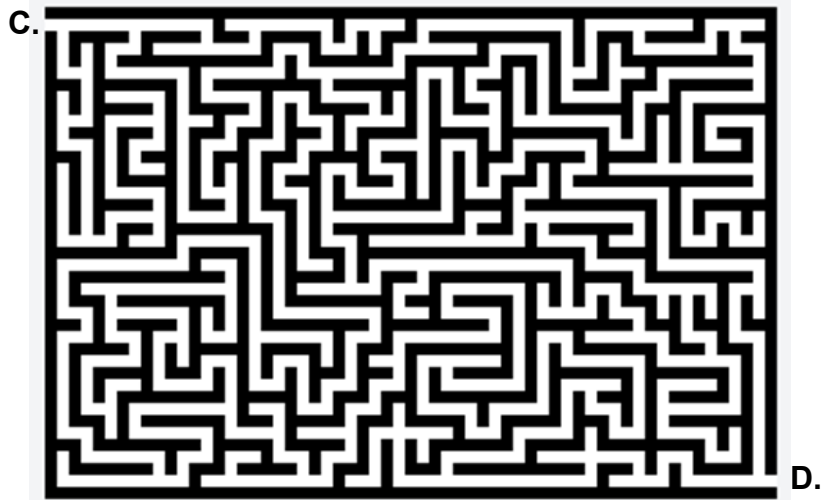
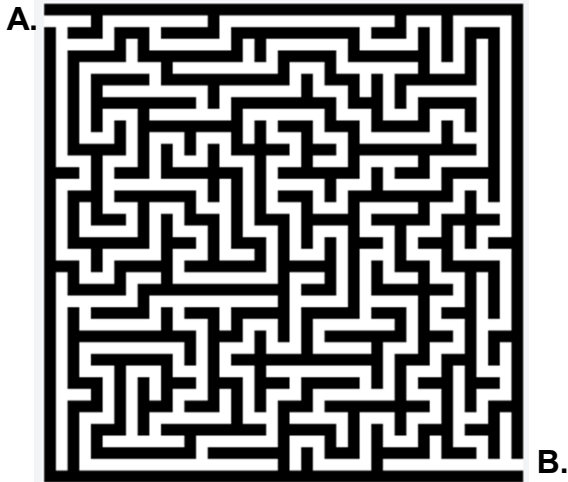
	1					7	5
4			6	3			
		5		2	9		
9						5	6
	8	1					
			4				
				9	3	4	
							7
	5		2	3	4		

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

SUDOKU SOLUTION ON PAGE 18

## AMAZEING!

Find the path through the mazes.



Submitted by Joe Humphrey

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



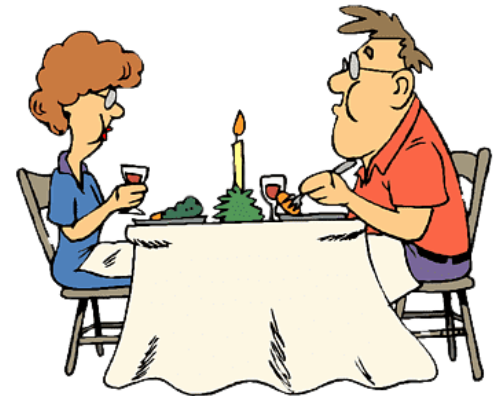
**Suggested Donations**  
**For ages 60 and over \$3.50**  
**Guest Fee - 59 and under \$5.50**  
**Children 10 and under \$3.50**



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 **937-644-8459** 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!



# Joint Replacement for Osteoarthritis



## Does this sound like you?

- Avoiding stairs?
- Waking up stiff or aching?
- Struggling to stand from a chair?

These are common signs of advanced joint damage. The good news: modern joint replacement can help many people return to walking, traveling, and enjoying everyday activities again.

### Memorial Orthopedics offers:

- Robotic-assisted surgeries
- Same-day discharge for most patients
- Harvard-trained orthopedic surgeon

*Schedule a consultation with Memorial Orthopedics at (937) 578-4200 to learn your options.*



Forrest Schwartz, MD

[MemorialOhio.com](http://MemorialOhio.com)

 **Memorial** ORTHOPEDICS

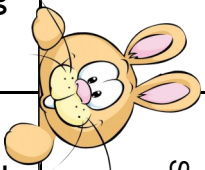
Please make reservations  
by 9:30 a.m.

# APRIL 2026 COMMUNITY MEAL MENU



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

<p><b>MONDAY, APRIL 6</b></p> <p>4 Fish Sticks w/Dill Sauce Scalloped Potatoes Collard Greens Peaches Blueberry Scone</p>	<p><b>COFFEE CAKE DAY</b> <b>TUESDAY, APRIL 7</b></p> <p>Philly Cheesesteak w/ Red Peppers and Onions on 3 oz. Hoagie Bun Roasted Red Skin Potatoes Creamy Coleslaw Baked Cinnamon Apples</p>	<p><b>WEDNESDAY, APRIL 8</b></p> <p>Chef Salad (Ham, Turkey, Cheese and HB Egg) Grapes Angel Food Cake Club Crackers</p>	<p><b>BIRTHDAY CELEBRATION</b> <b>THURSDAY, APRIL 9</b></p> <p>Beef Brisket Burnt Ends Fondant Potatoes Braised Carrots Waldorf Salad Dinner Roll Cake and Ice Cream</p>	<p><b>FRIDAY, APRIL 10</b></p> <p>Cherry Blossom Chicken Over White Rice Buttered Lima Beans Pickled Beets Oranges Dinner Roll</p>
<p><b>MONDAY, APRIL 13</b></p> <p>BQ Ribbs Fried Potatoes Buttered Corn Grape salad Banana Pudding Vanilla Wafers</p>	<p><b>TUESDAY, APRIL 14</b></p> <p>Baked Spaghetti Roasted Zucchini Steamed Cauliflower Pineapple Garlic Bread</p>	<p><b>WEDNESDAY, APRIL 15</b></p> <p>Chicken &amp; Cheese Burrito Fajita Veggies 1/2c. Corn and Bean Salsa Mexican fruit salad</p>	<p><b>THURSDAY, APRIL 16</b></p> <p>French Dip Sandwich on Lg. Bun Maple Roasted Sweet Potatoes Steamed Peas Pears</p>	<p><b>FRIDAY, APRIL 17</b></p> <p>Tuna Salad on Lettuce Carrots Sticks w/Ranch ½ c. Tomato Wedges Orange/Pineapple Salad 10 Ritz Crackers Whole Wheat Bread</p>
<p><b>MONDAY, APRIL 20</b></p> <p>Meatloaf Baked Potato/Sour Cream Creamy Spinach Bake Peaches 2 oz. Lemon Bread</p>	<p><b>TUESDAY, APRIL 21</b></p> <p>KFC Bowls (Popcorn Chicken, Corn, Mashed Potatoes Gravy &amp; Cheese) Mixed Fruit 2 oz. Biscuit</p>	<p><b>WEDNESDAY, APRIL 22</b></p> <p>Grilled Hot dog on a Lg. Bun Baked Beans Tater Tots Fresh Pineapple</p>	<p><b>THURSDAY, APRIL 23</b></p> <p>Egg and Cheese Omelet Hash Brown Casserole Sautéed Mushrooms Applesauce 2 oz. Biscuit</p>	<p><b>FRIDAY, APRIL 24</b></p> <p>Crispy Chicken Patty &amp; Gravy Mashed Potatoes &amp; Gravy Italian Green Beans Warm Diced Pears 2 oz. Blueberry Muffin</p>
<p><b>MONDAY, APRIL 27</b></p> <p>2 Cheeseburger Sliders on Buns Roasted Potato Wedges Creamy Coleslaw Oranges</p>	<p><b>TUESDAY, APRIL 28</b></p> <p>Teriyaki Beef and Broccoli Fried Rice w/Carrots and Peas Tropical Fruit mix Animal Crackers</p>	<p><b>WEDNESDAY, APRIL 29</b></p> <p>Baked Fish over Wild Rice Seasoned Green Beans Roasted Potatoes Curried Fruit Bake Gingersnap Cookie</p>	<p><b>THURSDAY, APRIL 30</b></p> <p>Chicken Pot Pie over 2 oz. Biscuit Creamed Corn Warm Mango (fruit)</p>	<p><b>Windsor: 937-644-8459</b> <b>Richwood: 614-949-4382</b> <b>Plain City: 614-873-8870</b></p> <p><i>Please make reservations by 9:30 a.m.</i></p>



# APRIL ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 10:00 — Chair Exercise 1:30 — Warm Up America/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<p>3 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>1 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC</p>	<p>2 10:00 — Wii Bowling 1:30 — Card Players 1:30 — Dominoes <b>1:15 - Windsor Board Meeting</b> <b>2:30 - Windsor Singers meet</b> at Windsor Senior</p>	<p>3 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 — Card Players</p>
<p>6 10:00 — Chair Exercise ★ 12:00 — Pokeno 1:30 — Warm Up America/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<p>7 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>8 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC</p>	<p>9 10:00 — Wii Bowling 1:30 — Card Players ★ 1:30 — Dominoes 1:00 - Book Club <b>2:30 - Windsor Singers meet</b> at Windsor Senior</p>	<p>10 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 — Card Players 12:00 - 5 Crowns</p>
<p>13 10:00 — Chair Exercise 1:30 — Warm Up America/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<p>14 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>15 <b>NEWSLETTER DEADLINE</b> 10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC</p>	<p>16 10:00 — Wii Bowling 1:30 — Card Players 1:30 — Dominoes ★ 1:30 Craft Class <b>2:30 - Windsor Singers meet</b> at Windsor Senior</p>	<p>17 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 — Card Players <b>PANCAKE BREAKFAST</b> <b>SATURDAY, APRIL 18<sup>th</sup></b></p>
<p>20 10:00 — Chair Exercise 1:30 — Warm Up America/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<p>21 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>22 10:00 — Chair Exercise 1:30 — Card Players 1:30 — Crochet Buddies 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC</p>	<p>23 10:00 — Wii Bowling 1:30 — Card Players 1:30 — Dominoes ★ 2:00 — Bible study <b>2:30 - Windsor Singers meet</b> at Windsor Senior</p>	<p>24 10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 — Card Players</p>
<p>27 <b>NEWSLETTER FOLDING</b> 10:00 — Chair Exercise 1:30 — Warm Up America/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong 1:30 Card Making</p>	<p>28 10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>29 10:00 — Chair Exercise 1:30 — Card Players 1:30 — Crochet Buddies 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC</p>	<p>30 10:00 — Wii Bowling 1:30 — Card Players 1:30 — Dominoes <b>2:30 - Windsor Singers meet</b> at Windsor Senior</p>	<p><b>PANCAKE BREAKFAST</b> <b>APRIL 18<sup>th</sup></b> <b>8:30 AM — 11:00 AM</b> <b>OPEN TO PUBLIC</b></p>

## Eat this to Reduce Pain Levels, Managing Chronic Pain

By Kara Peters, Agile Physical Therapy

Living with chronic pain can feel overwhelming, but the good news is that small, intentional changes to your diet can make a big difference. The food you eat not only fuels your body but can also influence your pain levels and inflammation. By focusing on nutrition for pain management, you can take an empowering step toward improving your well-being. Let's explore how thoughtful dietary choices can help reduce pain and support a healthier, happier life.

- ◆ Omega-3s are a powerhouse nutrient known for their ability to reduce inflammation. Fatty fish such as salmon, mackerel, and sardines are excellent sources.
- ◆ Plant-based options like flaxseeds, chia seeds, and walnuts are also great for fighting inflammation. Including these in your diet a few times a week can help ease chronic pain.
- ◆ Spinach, kale, broccoli, and brightly colored vegetables like bell peppers and carrots are rich in antioxidants. These nutrients combat oxidative stress in the body, which is a major contributor to inflammation and pain. Adding a variety of these vegetables to your meals ensures you're getting a range of nutrients.
- ◆ Whole-wheat bread, quinoa, lentils, and chickpeas are excellent sources of fiber, which helps regulate blood sugar levels and reduce systemic inflammation. Swapping out refined carbs for whole grains can make a noticeable difference in your pain management journey.
- ◆ Extra virgin olive oil, avocado, and flaxseed oil are rich in healthy fats that promote anti-inflammatory responses. These fats are a staple of the Mediterranean diet, which has been praised for its benefits in reducing chronic inflammation and pain.
- ◆ A study by the American College of Sports Medicine showed that tart cherry (TC) juice has many antioxidant and anti-inflammatory compounds. Research has found that 8-12 ounces of non-concentrate TC (1 ounce if in concentrate form) twice a day is good.



Replace processed foods with whole grains. Include fatty fish like salmon or sardines in your meals twice a week. Add a handful of leafy greens to your daily routine. Remember, you don't have to overhaul your diet overnight. Small, consistent changes can build lasting habits.

### 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

### Adult Vaccinations

- Vaccines aren't just for kids—adults need protection too. Immunity can fade over time, and adults may be at risk for diseases like shingles, pneumonia, and flu.
- Staying up to date on vaccines helps prevent serious illness. Routine vaccines like Tdap, flu, and COVID-19 boosters help protect you and those around you, especially if you have underlying health conditions. Talk to your healthcare provider about which vaccines are right for you. Age, job, travel, and health conditions can all affect which vaccines you may need as an adult.

### Primary Care & Sick Bay

Feeling yucky? We'll see you here.  
 Don't have a family doctor? We'll see you here.  
 Have a family doctor, but can't get in? We'll see you here.  
 Not sure if we're a good fit for you? Give us a call and we'll walk you thru it.  
 We accept most insurances, including Medicaid and Medicare.  
 And if you don't have insurance, give us a call and we'll talk.

Contact the Union County Health Department:

937-645-2058

Address: 940 London Ave., Suite 1100, Marysville, OH  
 43040

### Primary Care



### New Supervisor at Union County Senior Services



Tonya Brooks has been with Union County for over thirty years and Senior Services for twelve years. She was born and raised in Union County, her and her husband continue to reside here. Tonya is a licensed social worker and enjoys working with the seniors and their families. She treasures listening to their stories and has come to realized that you can learn a lot from the senior population if you just take the time to listen. Tonya has four grown children and three grandchildren. Her daughter is getting ready to graduate with a master's degree and is getting married in July. Tonya's youngest son is a freshman in college and is playing baseball. Tonya enjoys reading books, watching baseball and spending time with her family.

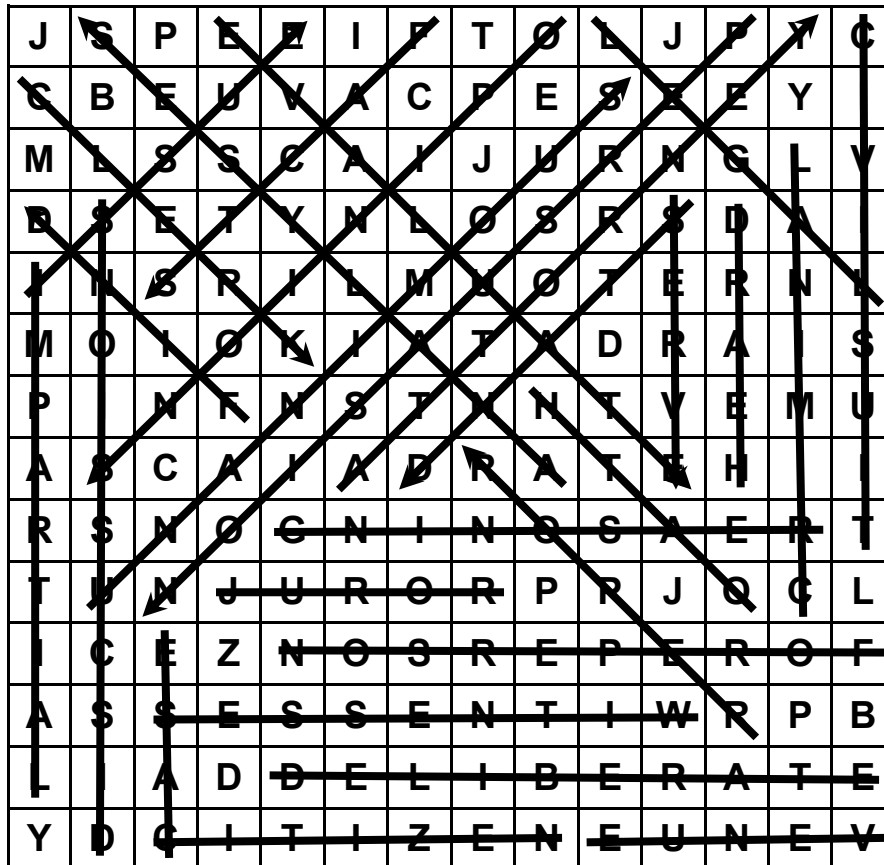
Welcome Tonya as our new Supervisor!

**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 [Tonya.brooks@jfs.ohio.gov](mailto:Tonya.brooks@jfs.ohio.gov).

# JURY DUTY

## (Solution)



Word Search on page 8

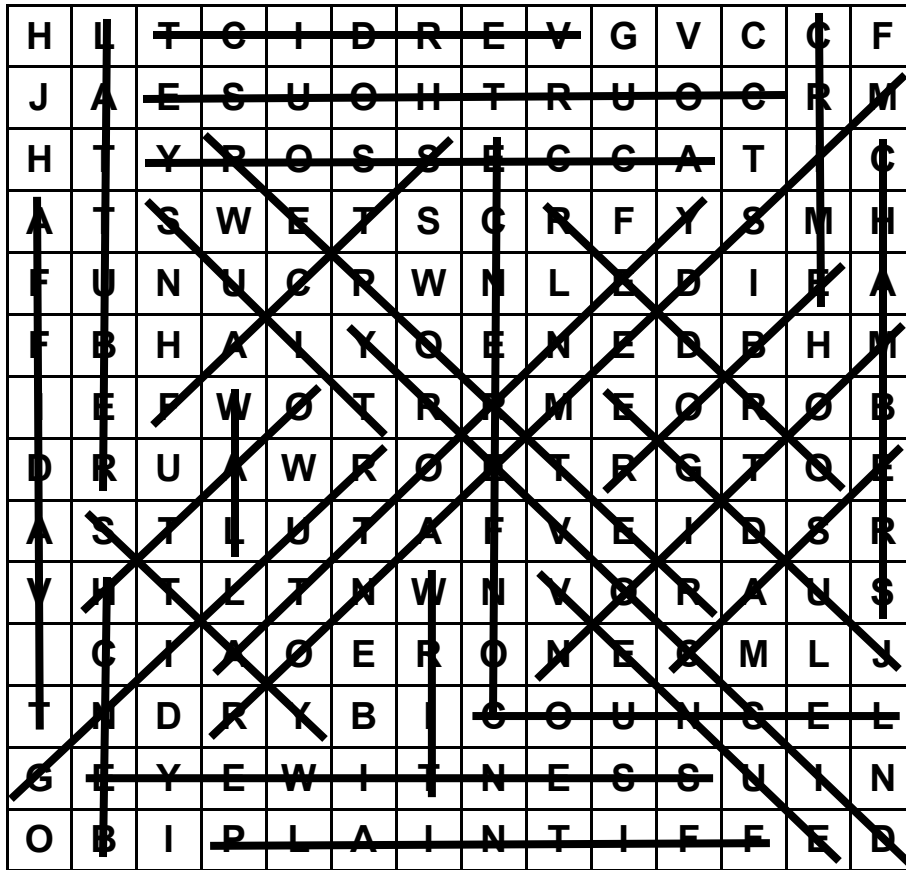
## Sudoku Challenge Solution



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

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

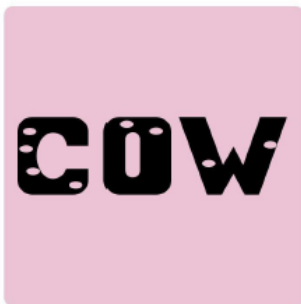
# Concerning Courts (Solution)



Word Search on page 9

**REBUS TIME: Try to figure out what the words are saying**

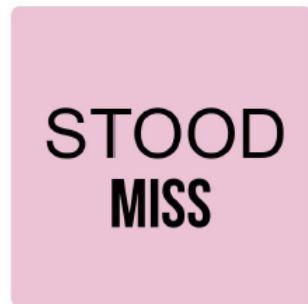
A **Rebus** is a representation of words or syllables by pictures of objects or by symbols whose names resemble the intended words or syllables in sound.



Answer: Holy Cow



Answer: Pretty Please



Answer: Miss Under Stood

Five Star Quality  
Measures Rating  
from Centers for  
Medicare and  
Medicaid Services



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730 Milcrest Dr. Marysville, OH 43040 [www.monarchskilledrehab.com](http://www.monarchskilledrehab.com)

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**NAMI Mid-Ohio**  
National Alliance on Mental Illness



**Union County MOVES Coalition**

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

**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.**

## Marysville Library Book Mobile

will be coming to Windsor Senior Center on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of every month at 12:00 P.M. STOP BY AND PICK UP A BOOK! **COLD WEATHER INFO:** If the weather is too dangerous for visits inside the bus, they will bring a cart and a laptop inside to facilitate mobile checkouts. Additionally, if the library needs to delay its opening or close completely, bookmobile service may also be suspended.



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](mailto: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



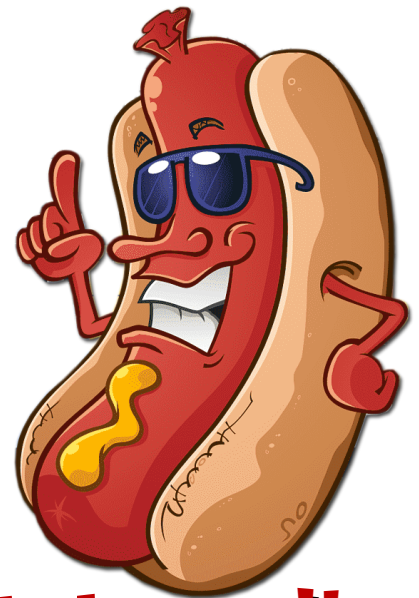
## WE ARE WARM-UP AMERICA

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.



# RED / WHITE / AND BRATS



**Monday July 13<sup>th</sup>**



**FROM: 5:00 P.M. - 7:00 P.M.**

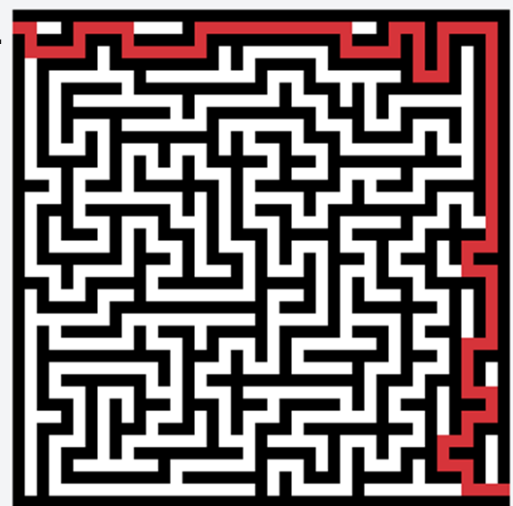
**At the Windsor &  
Community Senior Center**

**Brats/hotdogs, cowboy baked beans, fruit  
salad, dessert, Ice-tea, Lemonade, or water.**

**Cost is \$5.00 non-refundable**

Solution to AMAZEING!

A.



B.

C.



D.

Submitted by Joe Humphrey

## Dr. Geezer

A retired doctor became very bored in retirement and decided to open a medical clinic.

He put a sign up outside that said: “**Dr. Geezer’s Clinic. Get your treatment for \$500. If not cured, get back \$1,000.**”

Doctor Young, who was positive that this old geezer didn’t know beans about medicine, thought this would be a great opportunity to get \$\$\$.

So he went to Dr. Geezer’s clinic.

**Dr. Young:** “Dr. Geezer, I have lost all taste in my mouth. Can you please help me?”

**Dr. Geezer:** “Nurse, please bring medicine from box 22 and put 3 drops in Dr. Young’s mouth.”

**Dr. Young:** “Aaagh! — This is gasoline!”

**Dr. Geezer:** “Congratulations! You’ve got your taste back. That will be \$500.”

Dr. Young gets annoyed and goes back after a couple of days figuring to recover his money.

**Dr. Young:** “I have lost my memory; I cannot remember anything.”

**Dr. Geezer:** “Nurse, please bring medicine from box 22 and put 3 drops in the patient’s mouth.”

**Dr. Young:** “Oh, no you don’t ... that is gasoline!”

**Dr. Geezer:** “Congratulations! You’ve got your memory back. That will be \$500.”

Dr. Young (after having lost \$1000) leaves angrily and comes back after several more days.

**Dr. Young:** “My eyesight has become weak; I can hardly see anything!”

**Dr. Geezer:** “Well, I don’t have any medicine for that so, here’s your \$1000 back” (giving him a \$10 bill).

**Dr. Young:** “But this is only \$10!”

**Dr. Geezer:** “Congratulations! You got your vision back! That will be \$500.”

Moral of story: Just because you’re “young” doesn’t mean that you can outsmart an “old Geezer.”



Got an idea for a event that you think everyone would enjoy in 2026? Submit your ideas to Sue McClish or Deb Kelly or any Windsor Board Member.

**January 17th, Saturday - Game Day - 1-3. Bring own snacks and drink**

**February 17th, Tuesday - Mardi Gras - 5-7 - 50/50 - Karaoke & Raffle**

**March 18th, Wednesday - Basketball event?? - 5-7 - BBQ Sandwiches, Cole slaw, chips, dessert.**

**April 18th, Saturday, Pancake Breakfast - 8:30-11:00 - \$8/adult, \$5/kids, raffle, 50/50 - TBD**

**May 14th, Thursday, Kentucky Derby Party - BBQ Pulled Pork Sandwiches, Corn & Bean Salad, Carrots/Celery w/ranch, Dessert — 5-7**

**June 8th, Monday, - Ice Cream Social - Chicken Salad Sandwiches, Pasta Salad, Chips, Ice Cream w/Neighbor-to-Neighbor - 5-7**

**July 13th, Monday - Red/White/Blue - Brats/hotdogs, cowboy baked beans, fruit salad, dessert. Entertainment by Betty Londergan - 5-7**

**August 13th, Thursday - Luau - BBQ meatballs, Hawaiian potato salad, rolls/butter, Pineapple/Mandarin Orange cake, Hawaiian Punch - 5-7**

**Sept. 14th, Monday - Tailgate/Football Party - Ham/Cheese Sliders/subs, Ranch Roasted potatoes, dessert - 5-7**

**Oct. 19th, Monday - Annual Meeting - 5-7 - PIZZA ?**

**Oct. 28th, Wednesday - Halloween Party - Sloppy joes, green bean casserole, pistachio salad, dessert - 5-7**

**Nov. 24 - Pastry and Puppets - 6-7? not sure of time - assorted pastries. Entertainment by Cornerstone Methodist Puppets**

**Nov. TBD?, Saturday, - Gingerbread House Making (Judy, Cindy, Sue)**

**Dec. 5th, Saturday, - Christmas Party, 12-2 Catered**

**DATES AND MENUS ARE SUBJECT TO CHANGE**

## Singers Needed

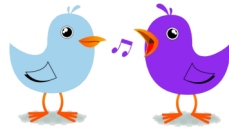
Singers - The newly formed Traveling Windsor Singers are looking to add new members. We would be delighted to welcome some male voices, as well. Come and be a part of this group.

We meet every **Thursday at 2:30 P.M.** in Windsor Dining Room. Join us on Thursday or contact Deb Kelly, Activities Director, Margaret Prunty, Musical Direct or Sue McClish. A sign-up sheet is also available on table in dining room.



## BECOME A FRIEND OF WINDSOR

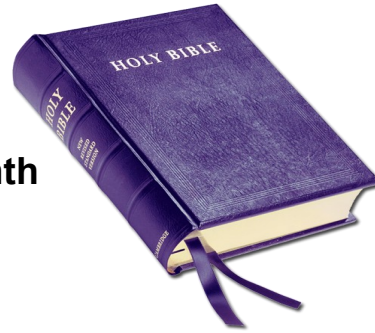
It is a good time to become a “**Friend of Windsor**”. To become a friend of Windsor, a donation of \$25.00 or more entitles you to have your name listed in the newsletter for a calendar year. This money is used to support Windsor and our activities.



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

## Bible Study Group

**New start time 2:00pm  
Fourth Thursday of the month**



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.



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.

# Policies - Members and Non-Members

## Membership

Annual membership dues for ages 50+ 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 1<sup>st</sup> 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 "Ragtimes" newsletter, 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.

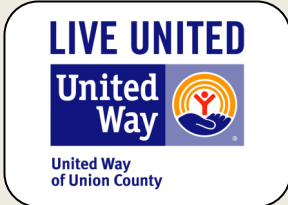
## Refund Policy

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.

**Windsor & Community Seniors Inc.**  
376-C Rosehill Drive  
Marysville, OH 43040

Non-Profit  
U.S. Postage  
**PAID**  
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MARYSVILLE, OHIO  
ZIP CODE 43040

Activities Office 937-644-8464  
(Hours: 9:00 - 2:00 (M,T,T,F))  
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.



**APRIL 2026**

Windsor & Community Seniors Inc. | **Ragtimes**  
a Windsor & Community Seniors, Inc. publication

**2026 New Membership Subscription**  
**\$15 Singles - \$20 Couples**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Birthday: \_\_\_\_\_

Anniversary: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

376-C Rosehill Drive  
Marysville, OH 43040

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 2026.