



WACSI

Windsor and Community Seniors, Inc.

SENIOR EXPRESS

a Windsor & Community Seniors publication

NEWSLETTER—MAY 2026

<https://ucsac.org>

Thursday, May 14th

Kentucky Derby PARTY

**At the Windsor & Community Senior Center
376-C Rosehill Drive - Marysville, OH 43040**



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

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**

INSIDE THIS ISSUE....

2026 Board of Trustees.....	2	Volunteer Honor Roll.....	7
Birthdays/Anniversaries.....	3,4	Puzzles & Games.....	8, 9,18, 19, 24
In Nursing Homes.....	4	Menu	14
Activity Info.....	6	Activities Calendar	15
Trip News.....	6	Upcoming Events	1, 5, 10, 23, 25
Friends of Windsor.....	7	Policies	27

MISSION STATEMENT

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

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**

**Yolanda Woodward
Kathleen Whited
Nancy Gillispie
Jerry & Gaye Cline
Barb Snyder**



JUNE Newsletter:

Please submit all information, ads,
and articles no later than:
May 15th, 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.



May Birthdays

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



Happy Birthday

				1 		2 Jim Collins Bill Liebhart	
3 	4 Yvonne McGinnis Deborah Root	5 	6 Beth Sebring	7 Tony Pfarr	8 Sharon Martin	9 	
10 	11 Judy Yoder Mary Davidson Pamela Moore	12 	13 Larry Amrine	14 William Briggs Flora Kane	15 Sue Brown	16 Vicky McCauley Lorena Newcome	
17 Shirley Lattimore	18 Phyllis A. Calle	19 Laurinda Caudill Peggy Henman	20 	21 Colleen Erickson	22 Linda Dean	23 Bobbie Dienhart	
24 Chuck Bridge	25 Gar Payne Annie Giere	26 	27 	28 Karin Landon	29 Dan Hicks	30 	
31 Patricia Andrews Bob Kanet							



Happy Anniversary



Larry & Jeanne Amrine - May 3

Russell & Virginia Miller - May 4



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

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.

- Karla Rawlins
- Pam Moore
- Walter Wyse
- Carolyn Wyse
- Mike Arnold
- Karen Baker
- Joan Willbarger
- Brenda Hastings
- Deb Root
- Jim Lockwood
- Fred Bischoff
- Jim Scheiderer
- Roselyn Horney
- Joan Houk
- Bonnie Bracey
- Judy Castle



With our condolences and prayers:

Our condolences and pray's go to the
Family and Friends of **Anita Mae Smith**
who passed away April 6, 2026.



**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:




Upcoming

EVENTS June

Monday, JUNE 8th, 2026

ICE CREAM SOCIAL

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

**At the Windsor & Community Senior Center
376-C Rosehill Drive - Marysville, OH**

SPONSORED BY



**Chicken Salad Sandwiches,
Pasta Salad, Chips, Ice Cream,
Ice-tea, Lemonade, or water.
Cost is \$5.00 non-refundable**



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.

MAY Trip. - CANCELLED - Due to lack of transportation.

Please remember your File of Life/Emergency Contact Information.



Book Club News: The Book Club will meet on **MAY 14th** at **1:00 PM**. This month's book is **"The Only Woman In Her Last Flight"**, by author Beatriz Williams. 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.

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.



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



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



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
 Chris Fey



\$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
 Mrs. Renison's Donuts
 Wendy's (US 36)
 Boston's Pizza
 Dairy Queen
 Marysville Sports Pub

Arby's
 Buckeye Hospice & Palliative Care
 Taco Bell (Delaware Ave.)
 Pattie Reisz
 Huey Magoo's
 Suds Brothers
 Marco's Pizza
 Tim Horton's

Buffalo Wild Wings
 Bluebird Retirement
 Community
 Buckeye Family Pizzeria
 Giovanni's
 Monarch Skilled Nursing
 Laura Tall

Hold a Garage Sale

Fascinating things are displayed at some garage sales.
Browsers may find just the articles they are interested in buying.



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



You are looking for a 10-letter word.

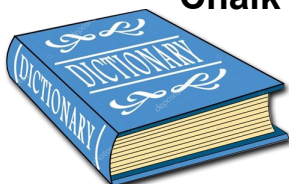


Basin
Beds
Blouse
Bookmark
Bridle
Cape
Chairs
Chalk

Chart
Churn
Copper
Desk
Dipper
Edger
Feeder
Grater

Grinder
Hatrack
Iron
Jack
Kettle
Key ring
Lantern
Lock

Nightcap
Rake
Record
Saddle
Scoop
Screen
Smock
Table
Timer



Solution on page 18

Happy Days Are Here!

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



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

You are looking for a 9-letter word.

Beam
Boost
Delight
Enjoy
Enliven
Exalt
Fancy

Flush
Funny
Gaiety
Glad
Glee
Good times
Grin


Happy
Hearty
Jolly
Kicks
Laughs
Levity
Like

Love
Merry
Mirth
Nice
Perk up
Proud
Rejoice

Romp
Smile
Sunny
Treat
Zestful

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

REALTOR®



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


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



Wilson

Funeral Homes & Monuments

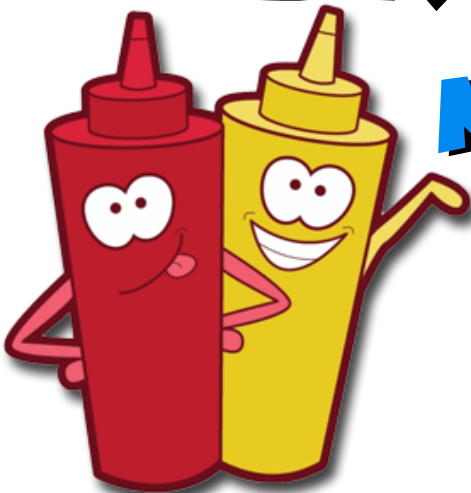
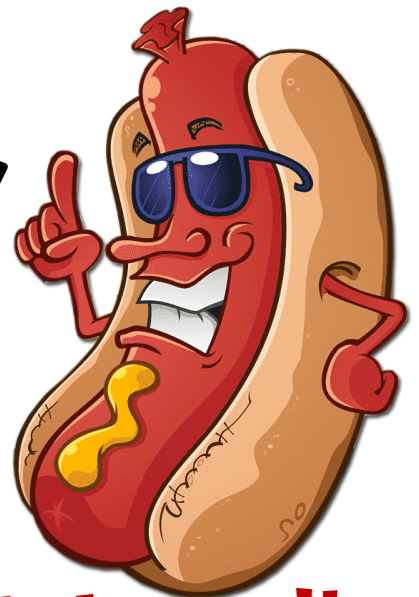
Mannasmith Chapel 621 W. Fifth St. Marysville, OH 43040
(937)642-1751

Schnurrenberger Chapel 222 W. Center St. West Mansfield, OH 43358
(937)355-3341

Woody Wilson, Funeral Director

Upcoming
EVENTS July

RED / WHITE /
AND
BRATS



Monday July 13th

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

WINDSOR SENIOR OF THE MONTH



Each month, a random member will be selected to win a \$25 gift card.

For Being Windsor Senior of the Month!

CONGRADULATIONS — Trudy

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.**



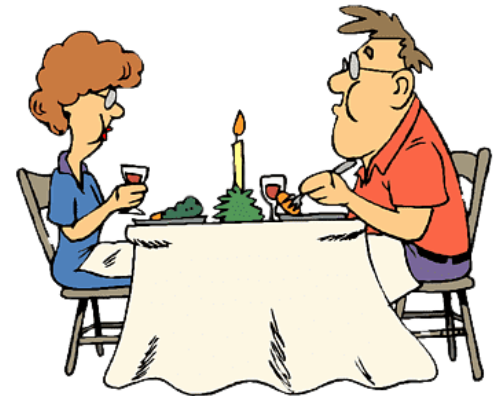
Suggested Donations
For ages 60 and over \$3.50
Guest Fee - 59 and under \$5.50
Children 10 and under \$3.50



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.

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><>><<

937-644-8464

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



Comprehensive ENT & Audiology Services



Hearing is so vital to our quality and enjoyment of life. Our Memorial Ear, Nose & Throat practice combines the medical expertise of our ENT providers and the diagnostic skills of our audiologists to provide the most comprehensive care possible.



Benjamin Bush, MD



Karen Smith, PA-C



Eryn Staats, AUD



Gretchen Waggoner, AUD

To find out more about our services or to schedule an appointment, please contact Memorial Ear, Nose & Throat at (937) 578-4300.

- 📍 **Memorial Gateway Medical Center**
140 Coleman's Crossing Blvd., 2nd Floor, Marysville
- 📍 **Memorial Jerome Medical Center**
11850 Sycamore Trace, 2nd Floor, Plain City
- 📍 **Memorial Urbana Medical Center**
1958 E US Hwy 36, 2nd Floor, Urbana

MemorialOhio.com

Our ENT team specializes in:

- Nasal and sinus issues
- Pediatric tonsil and ear disorders
- Tumors of the head and neck
- Sinus and nasal surgery
- Snoring and sleep apnea
- Diseases of the salivary glands
- Head and neck cancer
- Thyroid and parathyroid diseases
- Ear and hearing problems
- Voice and swallow dysfunctions

Our Audiology team specializes in:

- Hearing tests
- Tests and therapies for tinnitus (ringing in the ear)
- Vertigo
- Quality digital hearing aid fitting
- Expert hearing aid adjustment and service
- Assistive listening devices (ALDs)

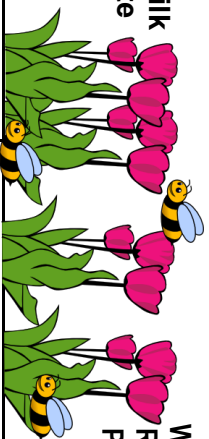
 **Memorial** EAR, NOSE & THROAT

Please make reservations
by 9:30 a.m.

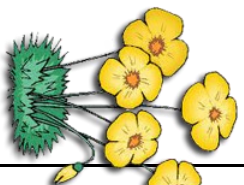
MAY 2026 COMMUNITY MEAL MENU

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, MAY 1
Salsbury Steak
Washed Potatoes & Gravy
Spinach Bake
Cranberry-Apple Jell-O
2 in. Brownie
WW Bread

MONDAY, MAY 4

Cheeseburger on Lg. Bun
Roasted Root Veggies
Veggie Plate w/Ranch
Apricots

TUESDAY, MAY 5

Baked Fish over Wild Rice
Au Gratin Potatoes
Buttered Lima Beans
Peaches
Gingersnap Cookie

WEDNESDAY, MAY 6

Turkey Tetrazzini
Tossed Salad
Seasoned Green Beans
Cranberry Fluff Salad
Garlic Bread

**BIRTHDAY CELEBRATION
THURSDAY, MAY 7**

BBQ Ribs
Washed Redskin Potatoes
Capri Vegetables
Creamy Fruit Salad
Dinner Roll
Cake & Ice Cream

FRIDAY, MAY 8

Chicken Fajitas on Tortilla
Mexican Street Corn
Spanish Rice
Creamy Coleslaw
Mandarin Oranges

MONDAY, MAY 11

Chef Salad
(Ham, Turkey, Cheese, HB
Egg)
Waldorf Salad
Club Crackers
Orange/Cranberry Scones

TUESDAY, MAY 12

Meatloaf
Sweet Potato Casserole
Seasoned Italian Beans
Strawberries over
Angel Food Cake
Dinner Roll

WEDNESDAY, MAY 13

Chicken Salad on Lg. Bun
Pea Salad
Tomato & Onion Salad
Fruited Jell-O
Apple Pie Day

THURSDAY, MAY 14

Spaghetti w/Meat Sauce
Roasted Butternut Squash
Caesar Salad
Cinnamon Applesauce
Garlic Bread

FRIDAY, MAY 15

Hot Ham & Amer. Cheese
on Lg. Bun
Maple Roasted Sweet
Potatoes
Broccoli Salad
Pineapple Salad

MONDAY, MAY 18

Chipped Beef Gravy
Over 2 oz. Biscuit
Fried Potatoes
Cold Beet Salad
Fruit Mix

TUESDAY, MAY 19

Honey BBQ Wings Creamy
Cucumber Salad
Cauliflower w/Cheese
Grapes
Hawaiian Roll
Animal Crackers

WEDNESDAY, MAY 20

Grilled Chicken Salad
(Lettuce)
(Chicken, Cheese, HB Egg)
Mandarin Oranges
Vanilla Pudding
Club Crackers

THURSDAY, MAY 21

Johnny Marzetti
Tossed Salad
Seasoned Green Beans
Fruit Ambrosia
Garlic Bread

FRIDAY, MAY 22

Egg Salad on Croissant
Broccoli Slaw
Veggie Plate w/Ranch
Fresh Pineapple

MONDAY, MAY 25

CLOSED



TUESDAY, MAY 26

Chicken Parmesan
Tossed Salad
Creamy Coleslaw
Pears
Garlic Bread

WEDNESDAY, MAY 27

Haystacks (2oz. beef or
chicken, lettuce, tomato,
cheese & 1 oz. of chips)
Watergate Salad
2 in. Brownie
V-8

THURSDAY, MAY 28

Chicken Cordon Bleu
Loaded Baked Potato
Broccoli
Grape Salad
Gingersnap Cookie
WW Bread

FRIDAY, MAY 29

Grilled Hot Dog on Lg. Bun
American Potato Salad
Baked Beans
Watermelon



Kentucky Derby PARTY



Thursday, May 14th - From 5:00 PM - 7:00 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>10:00 — Chair Exercise 1:30 — Warm Up America/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong</p>	<p>5</p> <p>10:00 — Chair Volleyball 1:30 — BINGO</p> 	<p>6</p> <p>10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC</p>	<p>7</p> <p>10:00 — Wii Bowling 1:15 - Board Meeting 1:30 — Card Players 1:30 — Dominoes 2:30 - Windsor Singers</p>	<p>1</p> <p>10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 — Card Players</p>
<p>11</p> <p>10:00 — Chair Exercise 1:30 — Warm Up America/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong 12:00 — Pokeno</p>	<p>12</p> <p>10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>13</p> <p>10:00 — Chair Exercise 1:30 — Crochet Buddies 1:30 — Card Players 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC</p>	<p>14</p> <p>10:00 — Wii Bowling 1:30 — Card Players 1:30 — Dominoes ★ 1:00 - Book Club 2:30— Windsor Singers Kentucky Derby Party 5:00—7:00</p>	<p>15</p> <p>10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 — Card Players</p> <p>NEWSLETTER DEADLINE</p>
<p>18</p> <p>10:00 — Chair Exercise 1:30 — Warm Up America/ Charity Crochet 1:30 — Card Players 1:30 — Mahjong 1:30 Card Making</p>	<p>19</p> <p>10:00 — Chair Volleyball 1:30 — BINGO</p>	<p>20</p> <p>10:00 — Chair Exercise 1:30 — Card Players 1:30 — Crochet Buddies 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC</p>	<p>21</p> <p>10:00 — Wii Bowling 1:30 — Card Players 1:30 — Dominoes ★ 1:30 Craft Class 2:30— Windsor Singers</p>	<p>22</p> <p>10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 — Card Players</p>
<p>25</p> <p>MEMORIAL DAY</p> <p>CLOSED</p> 	<p>26</p> <p>10:00 — Chair Volleyball 1:30 — BINGO</p> <p>NEWSLETTER FOLDING</p>	<p>27</p> <p>10:00 — Chair Exercise 1:30 — Card Players 1:30 — Crochet Buddies 1:30 — Tri-Ominos 2:00 -Chair Volleyball @ WC</p>	<p>28</p> <p>10:00 — Wii Bowling 1:30 — Card Players 1:30 — Dominoes 2:00 — Bible study</p>	<p>29</p> <p>10:00 — Wii Bowling 1:30 — Dominoes 1:30 — Line Dancing 1:30 — Card Players</p>

The # 1 Exercise to Do as You Get Older—Squats

By Michelle Crouch, AARP

If you have challenging moments struggling to get up from that deep, old sofa, squats are one of the best overall exercise. They can protect your joints, improve your balance and prevent falls, says Denise Austin, who has spent more than 40 years as one of America's best-known fitness experts and authors. They strengthen the major muscles of the lower body we need to keep strong and also protect two joints we need help with on a regular basis — our knees and our hips."

Heel-raise squats—Perform a basic squat, but as you're returning to the standing position, keep lifting your heels off the floor as far as you can without losing your balance (even a centimeter off the floor counts!). Lower your heels back down to the floor and repeat 8 to 10 times.

Dumbbell-offset squats - Stand with your feet shoulder width apart and hold a lightweight dumbbell in each hand. Curl the weight in your left hand up and rest the dumbbell on your left shoulder — leave your right arm down at your side. Do one set of 8 to 10 repetitions of squats. Switch positions (resting the dumbbell in your right hand on your right shoulder, keeping your left arm straight) and perform a second set of 8 to 10 repetitions.

Side-kick squats—Perform a basic squat, but bring your hands up in front of your chest. As you push yourself back up into a standing position, shift your weight on to your right leg and gently lift your left leg out to the side, so you use only your right leg to push yourself back up. Alternate between your left and right legs for 8 to 10 repetitions. —*Myatt Murphy, certified strength and conditioning specialist*



Low Cost Pet Vaccine Clinic

Hospets will provide low cost vaccines for cats and dogs for Union County Seniors on **Sunday, May 17 from 12 noon to 3pm** at Union County Services Center, 940 London Avenue, Marysville.

Vaccines for dogs: DHLPP: \$10, Bordetella: \$10, Rabies: \$10, Lyme: \$35, Influenza: \$45

Vaccines for cats: FVRCP: \$15, FeLV (Leukemia): \$20, Rabies:\$10

No appointment needed, CASH OR CREDIT CARD

All pets must be on a leash or in a carrier. Contact Hospets with questions 614-266-3267.



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

Things to do!

Each month we will review one of the Union County Senior activity centers. This month is about **Richwood Civic Center (RCC)**, who's mission is to be a vital community based non-profit organization committed to providing for the well-being and growth of families and individuals through activities, education and resources. Address: 235 Grove St. Business Hours: M 10-2, T 10-3, W & TH 10-4, F 10-2:30. 740-943-2310 or 740-268-0112. Membership fee: Single \$20.00, Couple \$25.00.

The RCC offers a breakfast club, GeriFit exercise, library day, sewing class, Alzheimer's support and education, book club meetings, crocheting, free health checks, mobile market day, personal needs pantry pick up day, bible study, fellowship dinners, line dancing, mystery trips, and bus trips all around the county.

Upcoming Events: Savanna, GA trip May 11-May 16, Richwood Farmers Market starts June 11, Members appreciation dinner, Senior Fair Day in Union County July 27th, Summerfest Bingo Run: August 8th, Senior Day Richwood Independent Fair September 4th, Ruth Woods Fun Run September 5th.



Trualta is a free online website that offers quick videos, articles, tip-sheets, and professional-level trainings that are tailored to meet the caregiver's learning style. Central Ohio Area Agency on Aging (COAAA) is partnering with Trualta to offer this resource at no cost to central Ohio caregivers who live in COAAA's eight-county area (Delaware, Fairfield, Fayette, Fairfield, Franklin, Licking, Madison, Pickaway, and Union).

- Offers practical caregiving tips and techniques
- Covers many topics caregivers face including personal care, brain health, safety, self-care, managing challenging behaviors, and more
- Connects caregivers to local resources
- Provides opportunities to connect with other caregivers
- Can be accessed from any computer or mobile device connected to the internet



Registration is required to access the platform. To learn more about [Trualta](#) and how to register, contact Daniel Seltzer at (614) 724-7007; or Stephanie Andrews at 614-645-7460

Annual Community Rabies Vaccination Clinic

Sunday, May 17th, 1-4 pm

- \$12 Rabies shots available for cats and dogs 4 mths of age or older
- Cash only
- No RSVP required
- All dogs must be leashed and under the control of an adult
- Please limit one adult per pet

Locations include:

- Marysville—OSU Large Animal Clinic, 16410 County Home Rd.
- Milford Center 0 Union Township Fire Dept. 47 Railroad St.
- Raymond— TBD

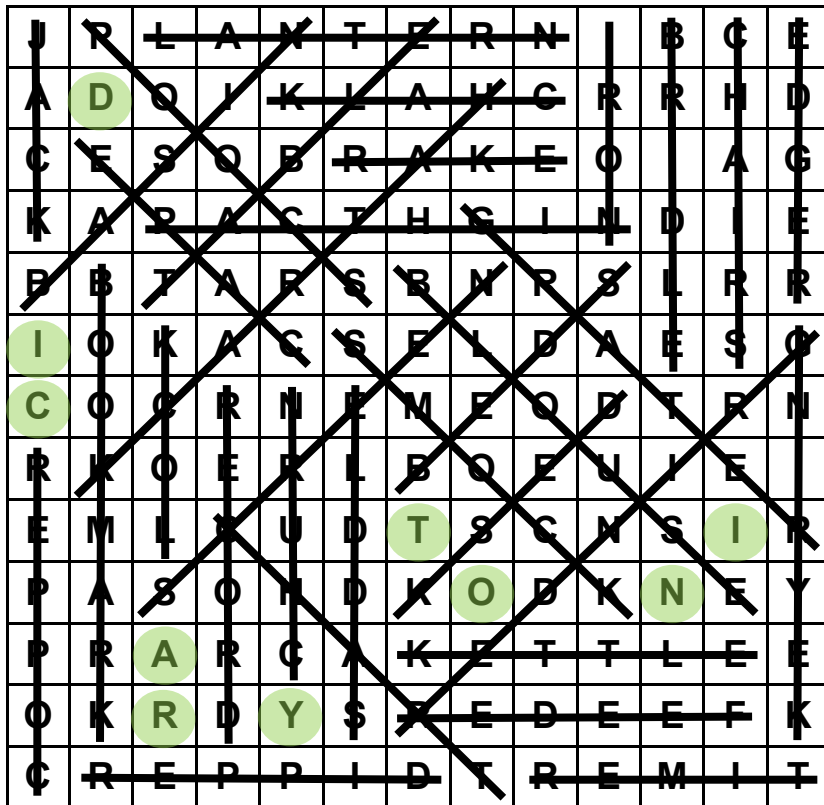
Clinics are made possible by the partnership of local OSU veterinarians, Union County Humane Society staff and volunteers and the Union County Health Department. This is an annual event aimed at making sure as many pets as possible are vaccinated against rabies in our community.



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.

Hold a Garage Sale (Solution)



You are looking for a 10-letter word (DICTIONARY).

Word Search on page 8

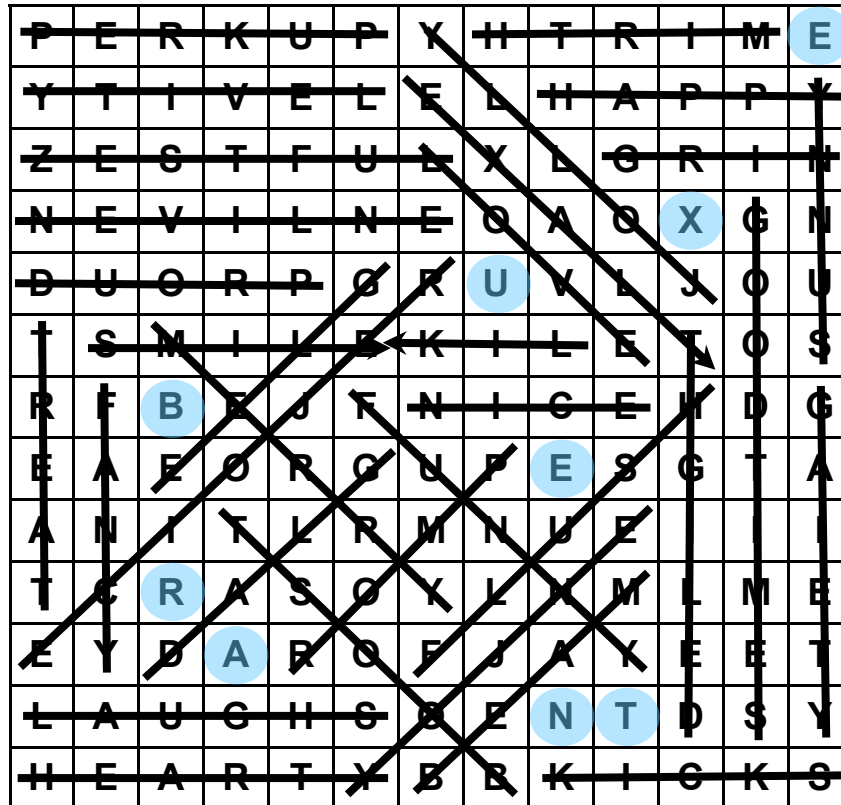
Sudoku Challenge

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

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

SUDOKU SOLUTION ON PAGE 24

Happy Days Are Here! (Solution)



You are looking for a 9-letter word. (EXUBERANT)



Word Search on page 9

Spill the beans

Idioms are phrases which do not mean what the words say, but rather have taken on another meaning, such as **Spill the Beans**. Here is a list common to the house. How many of these phrases do you use?

1. Break the ice
2. Hit the nail on the head
3. Let the cat out of the bag
4. Bite the bullet
5. Under the weather
6. Cost an arm and a leg
7. Once in a blue moon
8. Spill the beans
9. The ball is in your court
10. Burn the midnight oil
11. Kick the bucket
12. Piece of cake
13. When pigs fly
14. Let sleeping dogs lie
15. Hit the sack
16. Pull someone's leg
17. Sit on the fence
18. It takes two to tango
19. Add fuel to the fire
20. Back to the drawing board
21. Don't cry over spilled milk
22. Get cold feet
23. Throw in the towel
24. Bend over backwards
25. In hot water

How about it? Do you have other idioms you use or are acquainted with?

Jot them down and send them in to the Senior Express. If we get enough in a reasonable time, we will publish a list of your selections!

Submitted by Joe Humphrey

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



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*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!



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- Updated, spacious and private long term care rooms
- Seven days a week physical, occupational and speech therapies
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 **NAMI Mid-Ohio**
National Alliance on Mental Illness

Marysville Library Book Mobile

will be coming to Windsor Senior Center
on the 2nd and 4th 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

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.



Upcoming

EVENTS

August

50/50



THURSDAY, AUGUST 13TH

FROM 5:00 P M TO 7:00 P M

At the Windsor & Community Senior Center

376-C Rosehill Drive - Marysville, OH 43040



Entertainment by

SHEILA HOLBROOK



BBQ meatballs, Hawaiian potato salad, rolls/butter, Pineapple/
Mandarin Orange cake, Hawaiian Punch, Water, Tea, and Lemonade.

\$5.00 non-refundable.

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!

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.



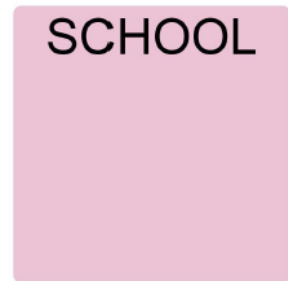
Answer: Sweet Tooth



Answer: Double Booked



Answer: Cross Roads



Answer: High School

Sudoku Challenge Solution



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

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

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

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 - Entertainment by Sheila Holbrook

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

Oct 8th, Thursday - the Wellness Fair at the Union County Building / London Ave. - 12:30-3:00

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. 14, Saturday - the Gingerbread House Making (Judy, Cindy, Sue)

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

DATES AND MENUS ARE SUBJECT TO CHANGE

Singers Needed

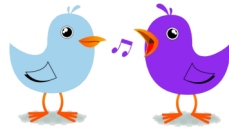
Singers - The newly formed Traveling Windsor Singers are looking to add new members. We would be delighted to welcome some male voices, as well. Come and be a part of this group.

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

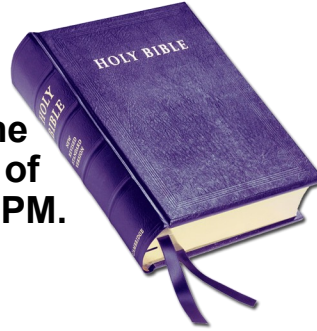
It is a good time to become a “**Friend of Windsor**”. To become a friend of Windsor, a donation of \$25.00 or more entitles you to have your name listed in the newsletter for a calendar year. This money is used to support Windsor and our activities.



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

Will start up again on the fourth Thursday of the month at 2:00 PM.



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 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 "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 Senior Inc.
 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>



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MAY 2026

Windsor & Community Senior Inc. | **SENIOR EXPRESS**
 a Windsor & Community Seniors, Inc. publication

2026 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 2026.

