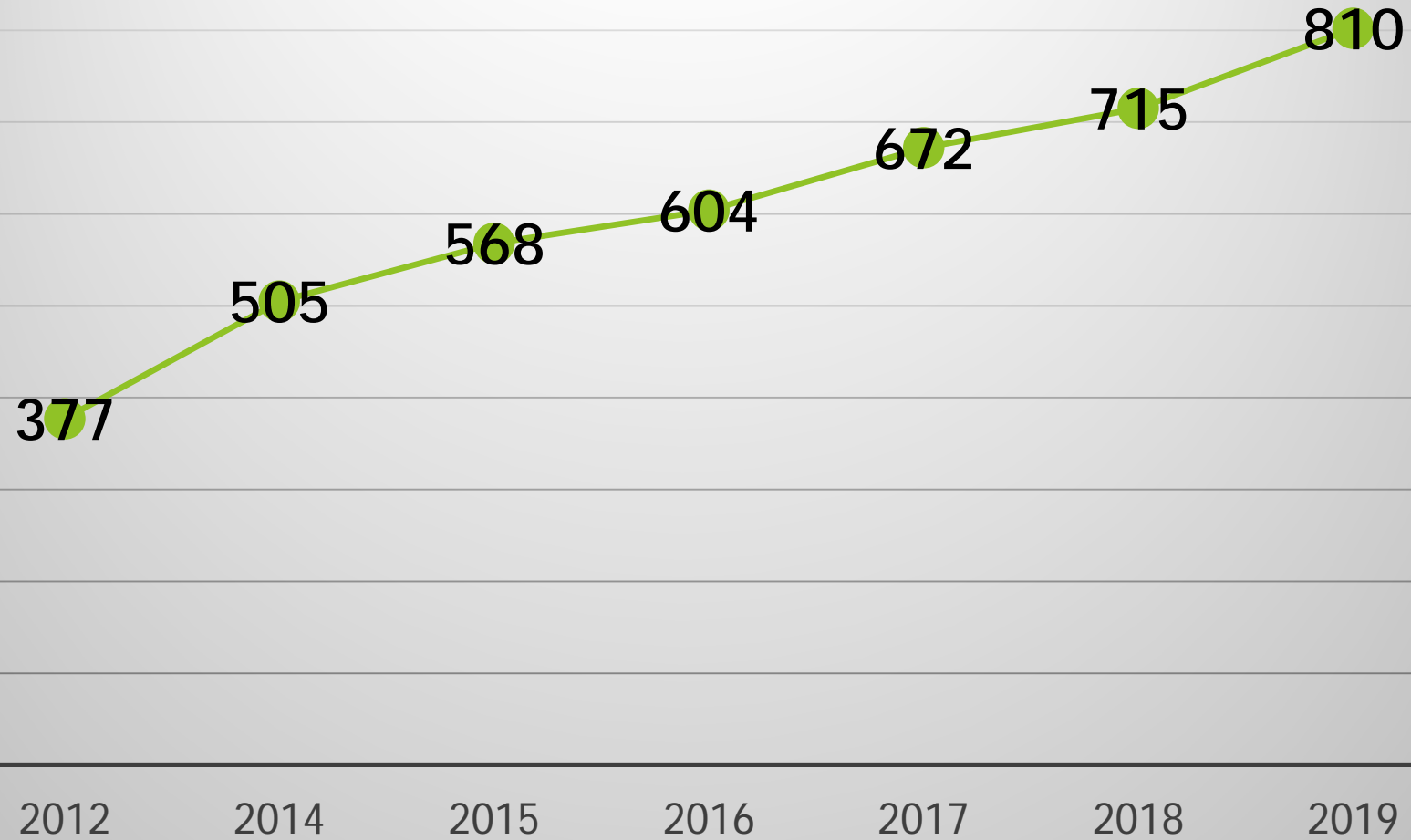


Memberships 2012-2019



Expansion

In 2018 we applied and received confirmation that we were awarded a Target of Opportunity grant for \$200,000.



Expansion Opened July 2019



New Recreation Room



Social Room



Health & Wellness Room



Exercise Room



Weekly Exercise Classes

Tai Chi



Fitness Circuit



Line Dance



Travel Adventures Several Times Per Year

TRAVEL WITH SCENIC HILLS SENIOR CENTER 2020

BROCHURES AVAILABLE FOR EACH TRIP!

DIAMOND TOURS BUS TOUR TRIPS

APRIL 19—25, 7 DAYS & NIGHTS \$699.00 per person * Double Occupancy



Amelia Island, St. Augustine & Jacksonville, FL

PACKAGE INCLUDES:

♦ 6 Nights lodging including 4 consecutive nights in Florida.
10 meals: 6 breakfasts & 4 dinners, Visit: Fountain of Youth, Kingsley
Plantation, Narrated Cruise on St. John's River, Guided Tours of Amelia Island, St. Augustine and Jacksonville,
Fernandina Beach, Dinner Party, and more.



JUNE 13—20, 2020 8 Days—7 Nights \$875 per person * Double Occupancy

Montreal & Quebec City & Ottawa

Need valid U.S. Passport or U.S. Passport Card for this Tour.



♦ Guided Tours of Montreal, Quebec City & Canada's Capital
City—Ottawa. Visit to Notre Dame Basilica, Montreal's
Underground City, A network of boutiques and restaurants &
Ottawa's Parliament Hill. Narrated Cruise on the Stunning St.
Lawrence River, visit the 1000 Islands Tower and more.



SEPT. 19—25, 2020, 7 Days—6 Nights \$779 per person Double Occupancy

Atlantic City, New York City & Philadelphia

PACKAGE INCLUDES:

♦ 6 nights lodging including 3 nights at an Atlantic City Casino Hotel 11 meals,
guided tour of New York City, see Rockefeller Center, Times Square, Wall Street
Central Park and more!



♦ Luncheon Cruise aboard the Spirit of Philadelphia, Visit Atlantic City and receive a Casino
Bonus! Free time to see the Liberty Bell and Independence Hall. Dine at a New York City
Restaurant before heading to Atlantic City where you will check into a Casino Hotel for a 3 day
stay.



♦ Cruise in style and comfort aboard Spirit of Philadelphia. Free time in Philadelphia. Visit the Hershey's Chocolate
World in Hershey, PA and More!

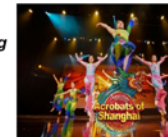
SEPT. 7-12, 2020 6 Days & 5 Nights \$599 per person* Double Occupancy



BRANSON SHOW EXTRAVAGANZA

PACKAGE INCLUDES: 5 nights lodging, 8 meals, 7 Fabulous Shows
including: New *Jersey Nights*, *Amazing Acrobats of Shanghai*, *Doug
Gabriel*, *Presley's Country Jubilee*, *The Dublin Tenors* & *The
Hughes Show*. Also includes special Dinner Show on the *Showboat*

Branson Belle. Visit Historic Downtown Branson with free time to browse and shop.



Our Partnerships are Important to Our Success

- Logan Care & Rehab
- Fairhope Hospice & Palliative Care
- Interim Healthcare
- Hocking Hills Banking Center
- Hocking Valley Community Hospital
- Merchant's National Bank
- SAM FM
- Home Instead
- The Laurels of Athens
- Home Helpers
- Maple Hills Skilled Nursing
- First Settlement Physical Therapy
- Hickory Creek
- Arbors of Carroll
- Carlin House



We Appreciate Our Donors!



Interim Healthcare generously donates \$5,000 each year to the Senior Center

We have several anonymous donors that donate \$ towards specific projects annually.



- ❖ Started in 2016
- ❖ Average of 3 sessions per year
- ❖ Classes are evidence based

A Matter of Balance classes get results!

Prior to taking the class, attendees were asked if they were confident they could find a way to get up if they fell

44% were not sure at all

After taking the class:

100% were sure or very sure that they could get up



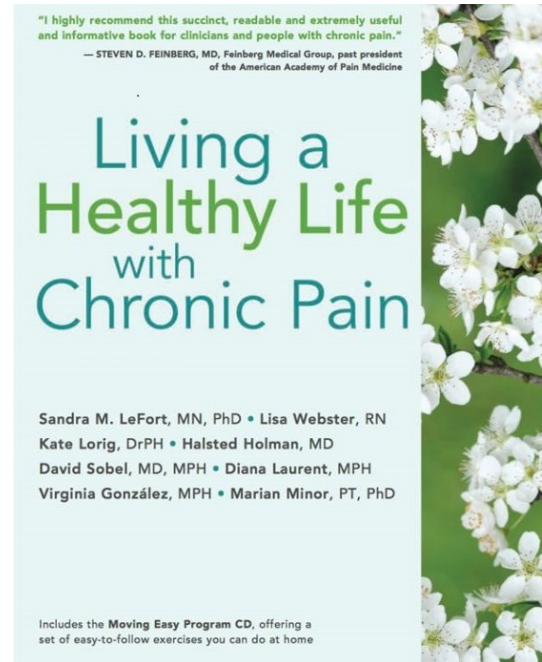
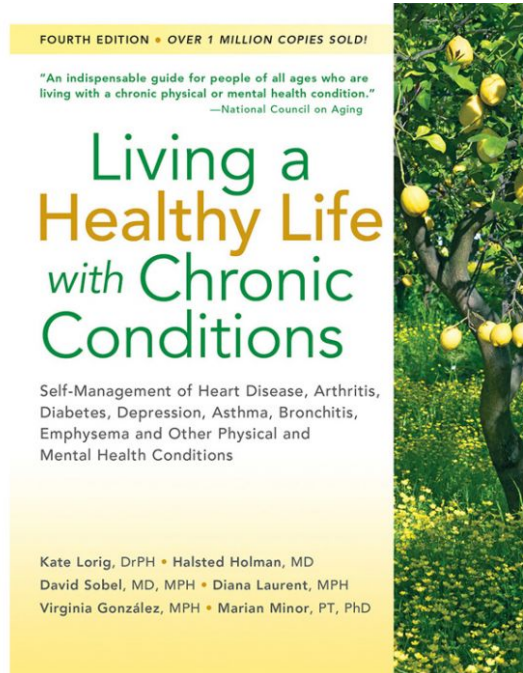


Chris Risch RN HVCH Retired

Denise Kiamy R.D., L.D., C.D.E. Director, Nutrition and
Food Services and Diabetes Self-Management Training HVCH



“Living Well” *With Chronic Conditions*



Delay the Disease

Certified
Instructor
Danielle
Arnett

We Now Offer the **#1** Program
For Fighting Parkinson's Disease

Delay the Disease

This evidence-based fitness program created by Ohio Health, led by certified Delay the Disease™ instructors is designed to empower people with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms.

Research in the area of Parkinson's disease indicates that exercise has been shown to improve self-confidence and independence, decrease the risk of falls, minimize fatigue, reduce rigidity and improve mobility. Classes are free but donations are welcome.



Mondays & Fridays
11:30-12:30 P.M.

Scenic Hills
Senior Center

187 S. Spring St.
740-385-6581

Online Training for Seniors




Presented by Hocking County 4 H Youth Group

Monthly Health Talks

LET'S TALK ABOUT IT

Cataracts
Brunch & Learn
With Dr. Tyler Oostra



Dr. Oostra is a Board-Eligible Ophthalmologist with extensive training in the evaluation and treatment of cataracts, dry eye, pterygium, corneal infections, and many ocular conditions

Thursday September 5th @ 10:00 am
Scenic Hills Senior Center
740-385-6581

Free Brunch Buffet Sponsored by
Hocking Valley Community Hospital

Please RSVP by Aug. 30th at Senior Center Office if you plan to enjoy the Brunch Buffet

Let's Talk About It

Chronic Pain Management
Jillian Kline R.N.
Hocking Valley Community Hospital

Many people live with pain everyday and the management of pain is a medical mandate. Find out the latest procedures and treatments for chronic pain.

Thursday August 29th @ 11:30 am
Scenic Hills Senior Center
740-385-6581

Free and Open to the Public

Let's Talk About It

Diabetes Maintenance



Denise Kiamy, R.D., L.D., C.D.E. Is Director of Nutrition and Food Services and Diabetes Self-Management Training, with Hocking Valley Community Hospital.

Thursday September 26th @ 11:30 am
Scenic Hills Senior Center

Free and Open to the Public

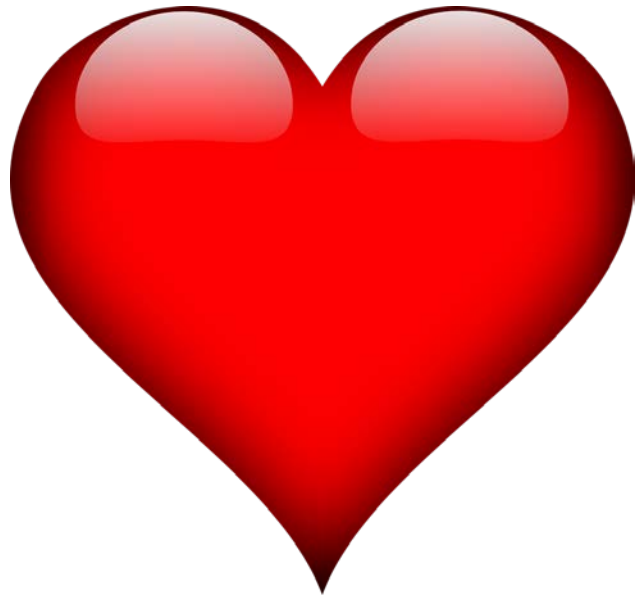
Let's Talk About It

Hepatitis
What Is It and How To Treat It
Hocking County Health Dept.

Hepatitis is on the rise in the U.S. Learn everything you need to know about the disease, symptoms, diagnosis and treatments.

Thursday August 22nd @ 11:30 am
Scenic Hills Senior Center
740-385-6581

Free and Open to the Public



"Good Grief"
A Support Group for
Widows

2nd & 4th Wednesdays
12:00 noon to 12:45

A place for women to share
their grief, sympathy and
support for each other.

Some of Our Major Events/Fundraisers

Scenic Hills Senior Center
187 S Spring St.

Annual Health Fair

Wednesday October 9th
9:00 am to 12:00 noon

Many Vendors

*Health Screenings including:

- Free Glucose and Blood Pressure
- *Hearing Screening
- *Flu Vaccines- Bring Medicare Card
- Shingles-Pneumonia Vaccines- Bring Insurance Info
- Mobile Mammo
- *Open to the Public

Brunch Menu:
Sandwiches* Fruit Salad
*Soup * Cheesecake
*Casseroles * Rolls
And more!
Ala Carte Pricing

Door Prizes Giveaways

Girls Night In

Friday February 7th
5:00 p.m. ~ 8:00 p.m.
Admission: \$5.00
Scenic Hills Senior Center
187 S. Spring St. Logan, Oh.

Bring your girlfriends & daughters to join the fun. We will be celebrating the evening with refreshments, gift giveaways and one night only sales!

Some of the vendors on hand will be:
Mary Kay, Scentsy, Thirty-One, Crafty Sisters Designs, Tastefully Simple, Around The World Treasures, Kathy North's Soaps, Norwex, Tupperware, Origami Owl, Keep, NYR Organics, Pink Zebra, The Hocking House, Premier Designs, Your Best Candle, Quilts & Things, Paparazzi, , and more...

Scenic Hills Senior Center
2019 EIGHTEENTH ANNUAL CRUISE-IN
MAY 18, 2019 @ Walmart 12910 St Rt 664 S. Logan, Ohio

Car/Truck/Motorcycle Cruise-In to Benefit Scenic Hills Senior Center

Dash Plaques For First 40 Participants
Registration 9:-11:00 am
Judging Begins 11:30 am
50/50 & Raffles
Wal-Mart Food Booth Benefits the Children's Miracle Network
20+ Trophies, Cash Awards for Best of Show. 1st, 2nd & 3rd Place
DJ John Judson ~ Playing the oldies

Contacts:
Scenic Hills: 740-385-6581
Email: lkemper@co.hocking.oh.us
Email: tkoska@co.hocking.oh.us

May 18

Come Enjoy a Weekend with us in the Beautiful Hocking Hills

SPECIAL SPONSOR: Walmart of Logan , Interim Healthcare Of Logan

spring flower sale

Friday May 10th
9:00 am to 5:00 pm
in front of the Senior Center

<p>Hanging Baskets and Ferns \$15.00</p> <p>Vegetables or Annuals \$1.25 ea or \$13.50 per flat</p> <p>Geraniums, Impatiens, Petunias, or Sweet Potato Plants</p> <p>4 1/2 Pots \$2.50 per pot or \$36.00 per flat</p>	<p>Cook Out 10:30 am to 2:00 pm</p> <p>Grilled Hamburgers, Hot Dogs and Sides for sale</p> <p>Flowers by Webb Perennials</p>
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Partnership with OSU Extension for Senior Nutrition

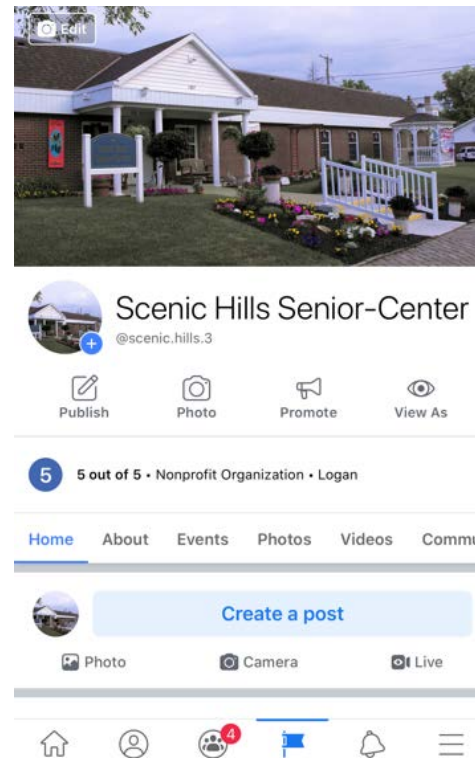


Stay Informed About Our Progress

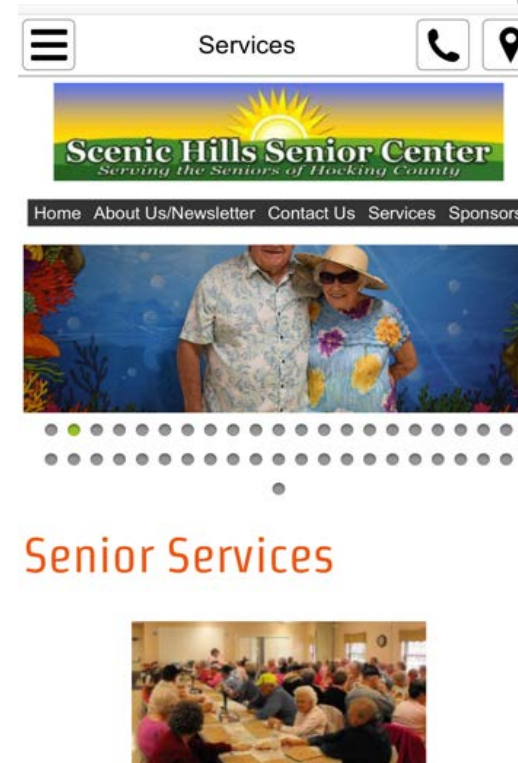
Newsletter Bi-Monthly



Like Us on Facebook



Visit Our Website



Preparing for More Growth ... Purchase of Lee's Banquet Haus

- Expanded Exercise Classes
- More Education Opportunities
- Continued Rentals



- Diabetes Management Classes Led by a Nutritionist
- Basic Computer Classes for Seniors
- New Community Council for Senior Center
- Alzheimer's Support Group and Education
- New Exercise Class Opportunities

vision
2020