

Heartbeat of Delaware Run

APRIL 2023



Meet Your Neighbor - Don Davis



Don was born and raised in Zanesville, OH, where he graduated from Lash High school in 1947. Don was working in the kitchen at the YWCA (Young Women's Christian Association) when he met his future wife, Nelda. The pair would marry in 1948 in her parents' front yard in Morgan County. Don served in the U.S. Army during the Korean War Era from 1953-1955.

Don worked at Ohio Ball Bearing Company for over 25 years. Later, Don and his wife Nelda were the owners and operators of Davis Crafts for over 40 years. The pair would often travel out West (Wyoming, Colorado, Arizona and New Mexico) looking for crafts, gems and jewelry for their business. In his free time, Don enjoys woodworking and is a member of the Church of Christ here in Delaware.

Having moved into a Twin Single at Willow Brook at Delaware Run in 2006, Don is one of the "pioneer" homesteaders on campus. Don worked in the maintenance department on campus for several years. Today, Don resides in what he says is, "the best apartment at Delaware Run," where he has backyard access to the Water's Edge. Currently, Don is known on campus as the Colonel of Corn, serving delicious popcorn for movie nights for both Assisted and Independent living.

In 2018, Don met Trish Schaad and her family. Her daughter Leah, who was a server in the Water's Edge., introduced the two of them and they struck up such a close friendship. Don says they have "adopted" him and they are now his family. Trish talks to Don every day, ensuring he is okay and doing well. They often spend dinners, ballgames and some holidays together. If Don could give one piece of advice he says, "don't work all the time, enjoy fun with friends."

Thank you Don, for your kindness and love for everyone here at Willow Brook!. We are so happy to have you here!

TICK EXPOSURE (Spring and Summer)

Spring and summer are the season for tick exposure.

To avoid exposure to ticks:

- Avoid wooded, high grasses, and non-landscaped areas where wildlife has easy access.
- Walk in the center of paths to avoid brushing against overgrowth.
- Wear light colored long pants and cuffed shirt sleeves; tuck the pants into boots or socks.
- Spray exposed skin with an insect repellent containing 20-30% DEET – Read product's cautions.

Alternative all natural repellent recipes using vinegar and essential oils can be found online.

- Once you've returned home, remove clothing before entering, shower and wash all clothing.
- Treat your pets with a tick preventative that your vet can supply.
- Check pets for ticks before letting them return inside and consider a monthly tick preventative.

MOST ticks found in Ohio are still the common dog tick, which do NOT transmit Lyme disease. If you find a tick, remove it with fine tipped tweezers making sure you grab it close to the skin and pull up gently to get ALL parts of the tick.. Do not burn the tick off as it can cause it to regurgitate, increasing your chances of infection from the tick. Save the tick for identification purposes. Make sure you wash your hands afterwards with soap and water and clean the area with rubbing alcohol or soap and water. The tick can then be taken to your doctor or the health department for examination within the next 24 hours.

If you find a tick, it must be attached for several hours (sources say 36-48) to transmit the disease.

WILLOW BROOK SHUTTLE

For all residents who need local transportation to essential appointments, the Willow Brook

Shuttle is a free service that runs:

Tuesdays, Wednesdays, and Thursdays,
9:00 a.m. to 4:00 p.m.

PLEASE call at least one day before for all scheduled appointments.

APRIL

TRASH SCHEDULE

A reminder that trash is picked up from the *apartments* every Wednesday morning. Please put your trash out *after* 7:00 p.m. the night before.

Trash and recycling pick-up for the *twin singles* will be on:

April 5	April 19
April 12	April 26

BOLD date denotes a Thursday pick-up.

There is a schedule for the remainder of 2023 on the following page of *Heartbeat*.

WORSHIP SCHEDULE

TO EASTER AND BEYOND

Here's the line-up of Sunday Chapel leaders for April. All 2:00 services – except Easter (April 9) – will be in Chapel. That service will be in the Summit Room, enriched by the musical accompaniment of the OUTSIDERS.

April 2:	Chaplain Slider
April 9:	Rev. Dr. Bill McCartney
April 16:	Chaplain Will Verhoff
April 23:	Chaplain Adam Metz
April 30:	Rev. Dr. Mark Allison

*And now these three remain:
Faith, Hope, and Love
But the greatest of these is
Love.*

Happy Birthday to:

03/01	Norma Johnson (AL)
	Linda Hartlaub
03/07	JoAnn Swonger (AL)
03/10	Karen Borst
03/11	Sylvia Hack (AL)
03/17	Julia Slonecker
	Bill Daniels
03/18	Celeste Rape (MC)
03/20	Nola Chaddock (AL)
03/21	Jean Hummel
03/22	Joan Yazel (AL)
	Mardis Vaughn (AL)
03/30	Sheila Murphy (AL)
04/01	Ann Hopkins (AL)
	Wayne Moore
04/02	Mary Holm
04/04	Doris Kreager (AL)
04/05	Ann Tyler
04/06	Charlotte Carleton
04/07	Betty Jean Gray
04/14	Agnes Work
04/20	Don Davis
	Eric Geissler (AL)
04/23	Paul Swartzentruber
	Jack Kohler (AL)
	Patricia Crowley
	Arlene Latta
	Rosemary Graves (TL)
04/26	Sara Beaber
	Veronica DiGenova
04/27	Frank Rundio
04/28	Lois Dale



A “Lost and Found” box is located in the Water’s Edge Coat Closet and in the Residents’ Mailbox area on 1st Floor.

For Your Information ...

If someone calls requesting a resident’s phone number, we **do not** give out a phone number, but we do offer to transfer the call to your extension. You can give the caller(s) your number if you wish for them to have it.

2023 REFUSE PICK-UP SCHEDULE

(See previous page for
March/April)

May	3	July	26	October	18
May	10	August	2	October	25
May	17	August	9	November	1
May	24	August	16	November	8
June	1	August	23	November	15
June	7	August	30	November	22
June	14	September	7	November	29
June	22	September	13	December	6
June	28	September	20	December	13
July	6	September	27	December	20
July	12	October	4	December	28
July	19	October	11		

CALLING ON YOUR PHONES:

- ♦ To call staff or residents at Delaware Run, The Village, or The Home (except for twins residents at The Village), dial their 4 digit extensions.
- ♦ To call outside of Willow Brook, dial: 7-1-(AAA)-XXX-XXXX
(where A = area code and
X = phone number)
regardless of local or long distance
(Your U.S. long-distance calls are now free!)



DIALING 911

(with our phone system)

There is some confusion about dialing 911 in the case of a fire, police, or medical emergency. There is **NO NEED** to dial a 7-1 for an outside line when dialing 911.

SAFETY AT WBDR!

Please abide by the various signs throughout WBDR!



STOP

at ALL STOP signs!
And be sure other drivers are stopping.



SPEED LIMIT

is 20 MPH!



If anyone is going door-to-door, during office hours call **5640**; after hours, call (740) 203-1111, (Delaware Police).

GROCERY TRIP



Melinda Hornsby is making grocery runs on Tuesdays.

Bring list and payment and meet Melinda in the Harris Lobby at 10:00 a.m. with her departure at 10:30 a.m.

VOICEMAIL/ANSWERING MACHINES

Having an answering machine or voicemail set up is greatly appreciated. Please be aware, if you do not have voicemail or an answering machine, it can be very difficult for the front office to connect with you especially concerning packages.

Thank you - Rebecca and Lorie



The Willow Brook IT staff is here to address your issues with WIFI connectivity.

If you need assistance using, fixing, or replacing your computer equipment, stop at the Front Desk for contact info.

If you have Spectrum equipment issues, stop at the Front Desk for phone numbers.

Thank you!

STREET LIGHTS

If street lights are out, please notify Rebecca/Lorie at 5640 of the outage and location.

March 2023...Hello WBDR neighbors...

Golly, the first three months of 2023 have just whizzed by. Winter this year has so far been a non-event in my book; in a way perhaps we should be thankful, based on all the news of weather in other parts of our nation. My only fear is what will April bring?

Since I last wrote, we've lost a few long time WBDR residents plus one newer one. We've said good-bye to Judy McCarthy, Beth Mansperger, Johnnie Hoopes, Lloyd Baker and George Spradling. Now if I've missed mentioning others, please forgive me. These came to mind first this morning...perhaps only because I've been more closely associated with them.

This brings me to another subject. About three years ago I chanced upon an article in the **Delaware Gazette**. It was a letter to **Dear Annie** regarding dealing with the social media accounts of the deceased. The writer stated "...I'm adding my passwords to my file of things that need to be done upon my passing. What are your thoughts?" Perhaps now would be a good time to share how **Annie** responded to the query from **Live Profile**. Below I quote her answer....

"Dear Live Profile: You're wise to set aside your login information, and I encourage you to document your wishes for all your digital assets after your death. AARP has a helpful article available on their website titled "Prepare a Digital Estate Plan for Future Caregivers."

"Regarding your friends' profiles: As someone who has grappled with deactivating a dead loved one's social media accounts, I have to tell you that it can be tough. It really can feel like cutting one more thread connecting the person to the living world. Facebook and Instagram offer options to 'memorialize' someone's account when they pass away, which some families might prefer to do, and LinkedIn will deactivate a profile if contacted about the owner's death. But leave that for the families to decide. And in the meantime, if a late friend's profile shows up on one of your social media feeds, take it as an opportunity to pause for a moment and think of a memory of that person,"

This article appeared in the **Gazette** on 9/20/2020.

I have a Facebook account and on occasion will post a picture or make a comment. When I log in I still get requests to befriend a few of our now deceased WBDR residents. I'm sure most folks have never given thought that this would go on forever. While we are still amongst the living it might be time to address this issue and let our families know what to do about our digital assets.

That's all for now...

May 2023 be a great yearIrene



"Spring shows what God can do with a drab and dirty world." ~ Virgil A. Kraft



INSURANCES ACCEPTED BY WILLOW BROOK

In the event you should need skilled nursing care, Willow Brook is in contract with:

**ANTHEM
HUMANA
and AETNA**

And, as always, we are able to provide services to those with traditional Medicare.

Hospital Admissions

Please... notify us (Rebecca Matteson at 5640, John Regalsky at 5641, Tara Ross at 5781) if you (or your spouse) go to the hospital, whether it's to the emergency room and/or admission to the hospital. And also let us know when you (they) return!

This notification can save you a considerable amount of money! If you are the sole occupant of your residence and move temporarily to a hospital, nursing home, assisted living, or other healthcare facility, your monthly service fee may be waived for up to 60 days in a calendar year.

This information ensures proper follow-up for nursing and is also needed to account for people during emergencies.

Resident Mail



If there is mail in your mail box that does not belong to you, please bring it to the front office for handling. Do not put in outgoing mail slots, mail rack or throw away!

BON APPETIT!

The Water's Edge Restaurant

Current dining in The Water's Edge

Residents and family/friends dining with residents :

Lunch Monday - Friday 12:00pm - 1:30pm

Sunday Plated Brunch - 12pm - 1:30pm

Dinner Monday - Friday 5:30pm - 7:00pm

*Omelet Bar LAST Saturday of the month -
8:00am—10:00am. (reservations required)*

Delivery charge of \$2.00. Meal pick up available.

Reservations (740) 201-5770

Please state a reservation time when calling.

Available Reservation Times:

Lunch	Dinner
12:00pm	5:30pm
12:15pm	5:45pm
12:30pm	6:00pm
12:45pm	6:15pm
1:00pm	6:30pm

For reservations of 6 or more, or reservations for the Private Dining Room, please call (740) 201-5760

Café 100 - Assisted Living Residents and family/friends dining with residents

*at Willow Brook at Delaware Run
Open Daily 7:00 a.m. - 7:00 p.m.*

The Bistro at Café 100

Open Daily 7:00 a.m. - 5:00 p.m.

***Always check your monthly
activity calendar
for exceptions/changes!***



BOX LUNCHES

can be picked up on Saturdays, from
10:00 a.m. to 2:00 p.m.

Pick up at kitchen door in
Water's Edge

Please order by 12:00 noon on Friday.

Independent Lunch Bunch

The Independent Living Bus Trip enjoys lunch at
a location selected off-campus
and will take place the
first Wednesday of each month.

All independent residents are welcome.
Sign-up by the mailboxes.

If you have any questions, please contact
Cassie Call (X5782)

Guidelines for To-Go/Delivery Meals

- Carry-out and delivery meals can be placed by calling the reservation line (5770).
- All orders for lunch should be in by 10:00 a.m. and for dinner by 4:00 p.m. Any orders placed AFTER those designated times will be delivered at 1:00 p.m. for lunch or 7:00 p.m. for dinner.
- When ordering meals, please leave full name and phone number, along with all food items you wish to order and whether you desire pick-up or delivery. If ordering multiple meals or days, please be very specific which items are desired for each meal and meal period.
- A delivery charge of \$2.00 per order helps defray costs of our e-friendly disposable products.
- Order pickup outside Water's Edge is complimentary
 - Lunch/Brunch pickup @ 11:45 a.m.
 - Dinner pickup @ 5:15 p.m.



AUDIOLOGIST AT WBDR

Debra Weisleder, audiologist from Delaware Speech & Hearing Center, is available at WBDR on the 2nd Tuesday of each month from 9:15 a.m. to 11:45 a.m. and the 4th Tuesday of each month from 9:15 a.m. to 11:45 a.m. in the 3rd Floor Conference Room.

Deb can provide the following services:

- Hearing aid clean & listening check
- Basic hearing aid troubleshooting
- Minor repairs, including tubing change, changing wax filters
- Batteries and other basic supplies
- Otoscopy to check for ear wax
- Hearing screening
- Consultation

If you need supplies, such as batteries, you can call the front office in advance, and Deb will put your supplies on the counter outside of the Wellness Office, for your pick-up.

If you need to see Deb, please call the front office (5640). When making an appointment, please let us know the reason for your visit.

While walk-ins are welcome as time permits, those with appointments will take precedence.

TO YOUR GOOD HEALTH!

- **Wellness Nursing Schedule**
Phone: (740) 201-5640 (ext 5781)
Tara Ross, M-F, 9:00a.m. to 5:00 p.m.
Check electronic calendar for changes in schedule.
- **Audiologist Schedule - special arrangements, Debra Weisleder, AuD, CCC-A (Erin Tarney, AuD and Tasnim Hamza, AuD, back-up)**
2nd Tuesday of each month
9:15 a.m. to 11:45a.m. and 4th Tuesday of each month 9:15 a.m. to 11:45 a.m.
by appointment only (5640)
Fees handled between resident and Delaware Speech & Hearing Center
- **Licensed Massage Therapist Schedule**
Hannah Ike - contact Hannah directly
Appointments and fees handled between resident and Hannah.
- **Central Ohio Geriatrics**
Peter Hucek, M.D.
Office hours:
9:00-4:30 M, T, W, F; Closed Thursday;
closed for lunch 12:30 p.m. to 1:30 p.m.
Scheduled doctor's appointment hours:
Mondays and Fridays:
1:30 p.m. thru 4:00 p.m.
Wednesdays:
9:00 a.m. thru 11:30 a.m.
Phone (740) 201-1845
Fax (740) 201-1802
- **River Rock Rehabilitation**
Mondays, Wednesdays, and Fridays:
8:30 a.m. to 12:30 p.m.
Phone (740) 201-3370
Fax (740) 201-3376



Chaplain's Corner "Always, We Begin Again"

It still seems like a miracle to me. Every winter – usually sometime in February, I walk into my yard and see the green tips of the first bulbs pushing through the soil of my flowerbeds. I understand the science behind it (kind of), but it still seems like a miracle to me every year. Just a few days earlier, everything in my yard looked dead, decayed, and hopeless. An alien from another world would never believe there was any hope of life embedded beneath the crisp, dead nothingness. Yet, the bulbs are the earliest signs of life preparing to burst forth into spring for another season. Though my earliest springs are a bit hazy, I've technically witnessed this over 40 times now, but it continues to fill me with a sense of wonder.

It is fitting that Lent coincides with this "miraculous" time of year. There is no greater illustration of Easter and resurrection than the springtime buds bursting forth from the fallow ground: dead leaves and grass giving way to the beauty of crocuses, daffodils, tulips, and . . . even dandelions don't sound too off-putting by the end of winter. Much like the spring season, Easter marks a new beginning.

Just like the repetitive cycle of the seasons, the church calendar offers us a similar miraculous journey. Lent unwinds through the dreary doldrums of late winter and early spring inviting us into the hope of resurrection – but not yet! The Lenten season is a holding pattern. Lest we rush too quickly to resurrection, we forget the weight of the sins we've been forgiven, we underappreciate the sacrifice that was made on our behalf, and we maintain a status quo faith that is far from its potential. Just like the winter gives birth to a new season of life, we too have the opportunity to enter into a new season of life.

St. Benedict, the 6th century Italian monk famously stated, "Always, we begin again." I can hardly think of a more appropriate quote for this time of year. As we find ourselves once again in the throes of Lent, we look inward and consider how we can be drawn more closely in unity with the Father. How can our lives better reflect his glory? How can we make our thoughts captive to Christ, as Paul prayed? What is hindering our intimacy with the Lord? These are all questions for us to ponder and reflect on during this season. Yes, we've made commitments before. Yes, we've not kept them. Yes, there's still so far to go. Nevertheless, always, we begin again.

Chaplain Adam Metz



COOKIE MINISTRY

Thank you to our generous donors who support our cookie ministry. We were able to donate enough cookies to five agencies who feed families and children. We will continue to do this mission as long as there are cookies to distribute.

God bless our "cookie angels".

Bob Gaffey at x9690.

GET TO KNOW YOUR CEO

TROY MCKNIGHT

CHIEF EXECUTIVE OFFICER

WILLOW BROOK CHRISTIAN COMMUNITIES



Troy was born and raised in Littleton, Colorado. He graduated from Colorado State University and soon moved to Texas to marry his soulmate, Lindsey. They have three children together, Ella (18), Cason (10), and Everly (8). Troy loves outdoors activities such as snowskiing, waterskiing, and boating. Troy has hit the ground running in his new role as CEO and is beyond excited to continue to serve alongside the Willow Brook team!



FAVORITE SPORTS TEAM

Denver Broncos, Texas A&M, Colorado Avalanche



DREAM TRAVEL DESTINATION

Machu Picchu, Peru; Tahiti, the Holy Land, and Scotland



WHAT I'M LISTENING TO

70's & 80's classic rock, Toby Mac, and Rocky!



WHAT'S ON TV

Seinfeld, Aerial America, and Blacklist



FAVORITE FLIX

Braveheart, Troy, Top Gun



FAVORITE EATS

BBQ!!! And chips & salsa!



WHAT I'M READING

If You Want to Walk on Water, You've Got to Get Out of the Boat



MY QUIRKS

I absolutely love sparkling water... Waterloo brand!!



For all residents' and visitors' convenience,
PLEASE RETURN...
 carts, wheelchairs, and other items to where you found them or as designated by the signs attached to the item when you are finished using.
Thank you.

VISITING PETS

Current vaccination records must be provided to the front office (either by email or hard copy) before any pets are allowed in the building.

Please email records to:
rmatteson@willow-brook.org

For Your Information ...

If someone calls requesting a resident's phone number, we **do not** give out a phone number, but we do offer to transfer the call to your extension. You can give the caller(s) your number if you wish for them to have it.

CONFERENCE ROOMS

Conference rooms are available for residents to use; please make sure to schedule with the front office. These rooms may appear available but could actually be reserved for use.



If you have an email account and haven't been receiving emails from WBDR, please email John Regalsky at jregalsky@willow-brook.org and he will communicate to all parties to get you added.

Willow Readers Book Group

February 2023 Meeting

Our February meeting was really excellent, with an interesting variety of books and good afterwards.

Norm Weston – Permanent Present Tense
 by Suzanne Corkin

Celia Vail – Ghost of Gold Mountain by
 Gordon H. Chang

Rayna Patton – Night Soldiers by Alan Furst AND
Landscapes of the Metropolis of Death by
 Otto Kulka AND White Working Class by
 Joan Williams

Marilyn Schroeder – Angel of Rome by Jess Walter

Marilyn McAdams – In the Midst of Winter by
 Isabel Allende

Nancy Rietz – Beautiful Mystery AND Still Life by
 Louise Penny

Mary Krider – House Rules by Jodi Picoult

Marian Brink – Foster by Claire Keegan AND
The Bells by Richard Harvell

Jan Swartzentruber – The Light We Carry by
 Michelle Obama AND These Precious Days by Ann Patchett

Guillermo Arango – Spare by Prince Harry

Charlotte Carleton – Coal River by Ellen Marie
 Wiseman AND Corrigendum: A Dr. Sean Nolan Mystery by E.W. Johnson

Tracy McKirgan – Moonlight Child by Karen
 McQuestion

Linda Gaffey – Sweetness of Water by Nathan
 Harris AND Girls in the Stilt House by
 Kelly Mustian

Tom Moore – And There Was Light by Jon
 Meacham AND Immense World by Ed
 Young










THURSDAY TALKS

Watch ***The Runner*** and the weekly packets for topic/speaker information for Thursday Talks at Delaware Run located in the Summit Room.



April Delaware Run 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Front Office Hours Monday—Friday 9-5 Saturday/Sunday 11-7 Wellness Nurse Hours Monday-Thursday: 9a-5p Friday: 8a-4p	Locations Key AL-Assisted Lounge AL2-2nd Floor AL Lounge AS-Art Studio CH-Chapel CL3-3rd Fl Card Lounge CR3-3rd Fl Conf. Room FL3-3rd Fl Family Lounge GA—Game Room	Locations Cont.) GR-Gathering Room LO-lookout RH-Roundhouse PD-Private Dining Rm SE-Sewing Room SR-Summit Room SRB-Summit Annex	Gathering Room Coffee Monday — Friday: 10:00AM			1
2 12:00 Brunch-W/E 2:00 Worship Service—CH (Adam Metz)	3 10:00 Flex & Bal—SR 10:00 Mahlongg-FL3 1:30 Euchre-CL3 1:30 Billiards	4 10:00 UM Bible Study-PD 1:30-3:30 Model Trains-RH 2:00 DRRA Meeting-SRB 2:00 Dominoes-CL3 3:00 FITOWU-SR 7:00 Bridge-CL3	5 9:30 Exercise w/Larry C-SR 12:00 Men's Lunch Bunch 1:30 Billiards 1:30-4 Sit & Sew-SE	6 1:00 Hand & Foot—FL3 1:30 Bookmobile-GA 7:00 Pinochle—CL3	7 Good Friday! 11:30 Flex & Bal—SR 1:00 Good Friday Service-CH 1:30 Billiards 7:00 Penny Poker-CR3	8 
9 Happy Easter! 12:00 Brunch-W/E 2:00 Easter Worship Service—SR (Bill McCartney) 	10 10:00 Flex & Bal—SR 10:00 Mahlongg-FL3 1:30 Euchre-CL3 1:30 Billiards 3:00 Snyder Funeral Plan. Presentation-SR	11 10:00 UM Bible Study-PD 1:30-3:30 Model Trains-RH 2:00 Dominoes-CL3 2:00 Family Feud w/Cassie-SR 3:00 FITOWU-SR 7:00 Bridge-CL3	12 9:30 Exercise w/Larry C-SR 10:30 Bible Study-SRB 1:30 Billiards 1:30-4 Sit & Sew-SE 7:00 Imber Solis Concert-SR 	13 1:00 Hand & Foot—FL3 2:00 Writer's Group-SRB 4:00 Thursday Talk-SR (Rock Jones-OWU Reflections) 7:00 Pinochle—CL3	14 10:00 Coffee Hour -SR 11:30 Flex & Bal—SR 1:30 Billiards 2:00 Blue Limestone Project Concert-SR 	15 
16 12:00 Brunch-W/E 2:00 Worship Service—CH (Will Verhoff)	17 10:00 Flex & Bal—SR 10:00 Mahlongg-FL3 1:30 Euchre-CL3 1:30 Billiards	18 10:00 UM Bible Study-PD 11:00 Willow Readers-FL3 1:30-3:30 Model Trains-RH 2:00 Dominoes-CL3 3:00 FITOWU-SR 7:00 Bridge-CL3	19 9:30 Exercise w/Larry C-SR 11:30 Billiards 1:30-4 Sit & Sew-SE 3:00 Antiques Display—SRB	20 1:00 Hand & Foot—FL3 1:30 Bookmobile-GA 4:00 Health Talk-SR (Dr. Bradley Harrold-Pulmonologist) 7:00 Pinochle—CL3	21 10:00 Earth Day Craft-srb 11:30 Flex & Bal—SR 1:30 Card Crafters—SE 1:30 Billiards 7:00 Penny Poker-CR3	22 Happy Earth Day! 11:30 Earth Day Cleanup-Lobby 
23/30 12:00 Brunch-W/E 2:00 Worship Service-CH (Glenn Carlton) 2:00 Worship Service-CH (Mark Allison)	24 10:00 Flex & Bal—SR 10:00 Mahlongg-FL3 1:30 Euchre-CL3 1:30 Billiards	25 10:00 UM Bible Study-PD 10:00 First Pres. Gathering—SRB 1:30-3:30 Model Trains-RH 2:00 Dominoes-CL3 3:00 FITOWU-SR 4:00 In a Jam Concert-SR 7:00 Bridge-CL3	26 9:30 Exercise w/Larry C-SR 10:30 Bible Study-SRB 1:30 Billiards 1:30-4 Sit & Sew-SE 2:00 Week Quartet-SR 	27 9:30 Bus Trip: Central Ohio Fire Museum 1:00 Hand & Foot—FL3 4:00 Thursday Talk-SR (Dale Miller-Plants/Gardening) 7:00 Pinochle—CL3	28 10:00 Coffee Hour -SR 11:30 Flex & Bal—SR 1:30 Billiards 7:00 Penny Poker-CR3	29 8-10am Omelet Bar-W/E 7:00 Movies at the Summit-SR (A Man Called Otto- 2023)