



NEWSLETTER

Highland County Senior Citizens Center
The Rosalie Morgan & N. James Bodenhamer Senior Center



185 Muntz Street, Hillsboro, OH 45133 937-393-4745 Mo, Tu, Fr 9:00am-3:00pm

Mechell Karnes, Executive Director

-Established 1970-

Rhonda Purdin, Director of Foods

Center Brings Back Travel Program

PUBLICATION BY MECHELL KARNES

We are excited to announce that the senior center plans to travel again! We have scheduled a one-day trip; hopefully, one of many to be part of the senior center's schedule and activities. Over the last few years we have had members and non-members ask if the (Continued page 2)



There were nearly 50 businesses that participated in our 2023 senior expo. Each business took the event's stage to announce the winners of the prizes they brought along with other gifts.



This red jacket and patch is what many of the members wore in the 1970's and into the 90's while traveling with the center. Member, Gerri Pierson donated this jacket. It was her late mother's, Audrey Osborn. Both of Gerri's parents were members and traveled with the center on several trips.

Big Plans for Senior Expo and Turkey Bingo

Two different events both are popular amongst event goers

Win big at the senior center! Whether it's attending our annual senior expo event and gathering valuable information and winning prizes, or playing bingo and winning a turkey or six, a great time is on it's way this Fall at the center.

Our event, Healthy Halloween Senior Expo is Tuesday, October 1.

from 10:00 a.m. to 2:00 p.m. Be sure to mark your calendar and start thinking of your costume for our costume contest. First, second and third places with prizes will be awarded. The expo is free to attend but bring some extra cash for great raffle prizes and a yummy lunch. It will be a blast! (Continued page 3)

(Continued from page 1, Travel Program) senior center has trips. Since these inquiries, we have had much discussion about our trip program. Betty Ann Walker, who is a senior center member and on the senior center's Board of Directors, will be leading the trip program, as our Trip Director, and will be one of two trip escorts. Senior center member, Chris Tolbert will be the co-trip escort. There will be one designated trip escort per trip.

Information and trip schedules will be released to the membership at the same time through the center's newsletters, at the center on our Announcement Board, and our Facebook page. Since the newsletters are quarterly, and we're just getting started with planning, the best way to find the latest trip information is to look on the senior center's announcement board, which is located just inside the center's front entrance.

Our Front Desk will be happy to direct you to the announcement board where this information about the tours can be found but Betty Ann will be handling all trip communications, paperwork and funds.

To start, we are taking one-day trips until we know we have some real interest to further expand our trip program. Traveling with the senior center is a great way to see new places and meet new people, and not have to worry about doing any driving or mapping out locations or restaurants to dine. We are looking forward to these fun experiences with you all.

Betty Ann is eager to get our trip program back. "Looking for fun

times? Let's travel with the Highland County Senior Citizens Center! New places, new faces, new adventures!" (Continued on page 9)

www.HighlandSeniors.com

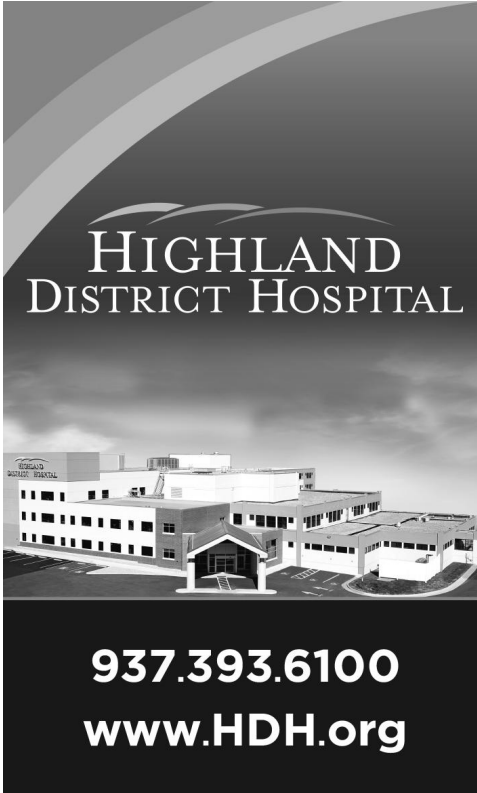
Check out our website on your desktop computer. We are working on a mobile version so the website will be compatible to see on your phone too. General info about the center can be obtained on our website and you can purchase tickets to the center's fundraising events if you need an online purchase option.

LAUNDRY: THE FUN KIND!

Our first annual Laundry Soap Olympic games this past May were a success. Members echoed it was a lot of fun and are looking forward to next year's games. The center collected 2,614.10 ounces of laundry soap, which will keep us clean for a good bit. The center does several loads of laundry per week, washing mop heads, kitchen towels, aprons and more. Thank you for your participation.

NEW "READY-MEALS" NOW AVAILABLE

Listen for our dinner bell at noon every Monday, Tuesday and Friday for a hot and yummy lunch to enjoy with friends for only \$5 and dessert for \$1 at the center. These meals feature local meats and recipes. The center is offering take-home meals. These meals are also made at the center, and then frozen for your convenience to enjoy at anytime. These meals are a great way to avoid so many grocery store



HIGHLAND DISTRICT HOSPITAL

937.393.6100
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trips and meal preps. We've done the shopping and cooking for you. Plus, you know your tasty meal was prepared in a nice clean kitchen. Ask Rhonda, our Director of Foods, for more details and the Ready-Meals menu. See pricing on page 13. Enjoy your Ready-Meal any time you like!

BUILDING & GROUNDS: A NEVER ENDING STORY . . .

Since January of 2012, when I started as Executive Director at the center, we have handled several building and grounds projects. We are very grateful for our building; it has been home since 1975 and we use every single room for our activities, events and operation. The building was built as Kroger in 1959. In the 1980's the second half of the building was added by the senior center (Storage Kitchen, Banquet room and the gym). (Continued on page 12)

(Continued from page 1, Senior Expo/Turkey Bingo) Also, mark your calendar for our popular 100 Turkey Bingo event on Saturday, November 2nd. Doors open at 11:00 a.m. and games are 12:00 p.m. to 3:00 p.m. You can purchase tickets two different ways. You can purchase advance tickets or at-door tickets. Advance tickets give you a chance to win a turkey before the event, as these tickets are scratch off tickets to win either a turkey or a roll of paper towels.

A limited amount of advance tickets will be sold and are \$25. At-door tickets are also \$25 and are also limited. All tickets include four bingo cards and a free raffle ticket. Advance tickets go on sale at the center and at HighlandSeniors.com on Monday, September 9th.

PLEASE NOTE:

The Board of Directors concluded that persons who are not yet of age to join the center's membership, are not permitted to participate in

the center's activities. This was addressed after a friendly inquiry. The decision is to ensure that there is room for all members to participate in any activity of their choice, at any time. This excludes fundraising events unless otherwise noted. Turkey Bingo goers must be 18 plus to attend.

Invite your friends and neighbors to the center. They can visit a few times before they commit to sign up for membership. See you soon!



Let's get **STRONGER!**

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- 9 hydraulic pieces gentle on joints
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- Work out at your pace and level!



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Top: Pictured is the membership with the Hillsboro Rotary Club who generously makes an annual donation of \$500 for our operation. Below: Pictured are the Washington Court House Walmart Distribution Center employees. Walmart donated \$1,500 through a grant that the center applies for every year, donation amounts vary. Both groups joined us for activities and had a blast with our membership. Thank you for your support!

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Highland County Senior Citizens Center presents its annual and popular fundraising event:
--- 100 ---

TURKEY BINGO!

Public Invited

PLAY BINGO, WIN TURKEYS & MORE!

Win Multiple Turkeys!

→ **SATURDAY, NOV 2**
@ HIGHLAND COUNTY SENIOR CITIZENS CENTER

YOU MUST BE 18 AND OLDER TO ATTEND OUR BINGO EVENTS

**DOORS OPEN: 11AM
GAMES: 12PM UNTIL
TURKEYS ARE GONE-
ABOUT 3PM**

**ADVANCE TICKETS
GO ON SALE: SEPTEMBER 9TH**
ADVANCE TICKETS ARE SCRATCH-OFF TICKETS FOR CHANGE TO WIN A TURKEY BEFORE THE EVENT

**ADVANCE TICKETS AND
AT-DOOR TICKETS ARE
LIMITED**

ALL TICKETS ARE \$25
INCLUDES 4 BINGO CARDS &
1 FREE RAFFLE TICKET



Healthy Halloween Free to attend!

Senior Expo

Highland County Senior Citizens Center

**Over 50 Local
Businesses INVITED!**

**Tuesday,
OCTOBER
1st
10am-2pm**

**FREE Give-a-ways!
Prizes! * Free BINGO
Costume Contest
Live Band & More
Public Invited!**



**MARK YOUR
CALENDAR!
FREE TO ATTEND**



Bring dish soap for the center's kitchen and receive an additional raffle ticket.
Bring the most ounces of dish soap and win a \$100 gift card
2nd & 3rd places for the most dish soap awarded with prizes too!

Halloween COSTUME CONTEST
1st place: \$50 gift card
2nd place: \$25 gift card
3rd place: Nice gift

What will you dress up as?

BRING SOME CASH FOR LUNCH AND RAFFLES!
Tons of free prizes and give-aways too!
GREAT RESOURCE EVENT: 50 BUSINESSES INVITED!




Fundraising: How are we doing so far?

Event:	Goal	vs.	Actual:
Valentine Hot Chocolate Bombs:	\$1,200		\$980
Elvis Presley Tribute event:	\$11,000		\$12,268.86
Easter Build A Buddy event:	\$500		\$427.84
Eat Big Ernie's event:	\$500		\$520
Kona Ice events:	\$250.95		\$290 <small>as of 06/26</small>
Caramel Chocolate Apples:	\$5,000		TBA
Senior Expo:	\$10,000		TBA
Turkey Bingo:	\$6,000		TBA
Christmas Build-A-Buddy:	\$1,200		TBA
Christmas Hot Chocolate Bombs:	\$1,150		TBA
Other:	\$TBA		TBA
Total Goal Needed:	\$37,800.95	<small>as of June:</small>	\$13,676.70

We have budgeted to raise \$37,800.95 in fundraising. These funds are not extra funds but funds that help pay our expenses.

These annual fundraisers are vital for the senior center's operation each year. One example of an expense is our utilities. Our 2023 utilities were over \$26,000.

Fundraising helps make a difference!

We appreciate our volunteers, staff and sponsors for their support and hard work.




Medicare Questions?

Call us at:
800-686-1526

Let's celebrate Birthdays at the Center!

Last Friday of every month, enjoy birthday cake and fun!



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Thank you Big Ernie's and to those who joined us for great food! We appreciate Big Ernie's for allowing us to have a Big Ernie's night every year to help raise funds for the center. This past May we all enjoyed a delicious dinner and it was fun to gather with friends and see all the community members who came out to support the senior center too. Part of everyone's sale was donated to the center. \$520 was raised for our operation and a great time was had by all. Thank you!



It was the bleach party of the year!

Our 2nd annual bleach party was a success bringing in 13,279 ounces of bleach that will help keep the center clean!

This annual event is a supply shower themed as a beach party and a friendly competition for whoever brings in the most ounces of bleach, wins the gift card prizes! Our members played chair volleyball and also enjoyed a delicious cake and punch prepared by our kitchen staff. The health department requires that licensed kitchen facilities use unscented bleach (part water/part bleach ratio) to sanitize items such as dining tables, chairs and other surfaces. We also use it for some of our laundry items.

Thank you to The Laurels of Hillsboro. We appreciate all your support to our senior center and helping make our event that much more fun. Thanks to all who donated bleach and partied with us.

1st place: \$100 gift card: winners Gene and Jo Fetters, donating 2,688 ounces. 2nd place: \$50 gift card: winner: Cindy Marks, donating 2,304 ounces. 3rd place: \$25 gift card: Terry Walker, donating 1,736 ounces. Five other participants won \$5 gift cards for an ice cream treat.



Highland County Senior Citizens Center's
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Highland County Senior Citizens Center
937-393-4745

Serving the City of Hillsboro * Passport and private pay clients * Dietician approved meals.

MONDAY, TUESDAY, FRIDAY 9:00 A.M. - 3:00 P.M.

Various Games/Activities
Puzzles
Billiards
STRONGER Gym

Join us for lunch
\$5 - Monday, Tuesday & Friday
AT NOON ON THE DOT!

SPECIALS: TIME: SPONSORED BY:

Chair Volleyball Prize Day	1st Friday of the month- Prizes awarded	Sponsored by: Highland County Homecare
Chair Volleyball Prize Day	2nd Monday of the month-Prizes awarded	Sponsored by: Heartland Hospice
Chair Volleyball Prize Day	3rd Friday of the month Prizes awarded	Sponsored by: Queen City Hospice
Chair Volleyball Prize Day	Last Tuesday of the month- Prizes awarded	Sponsored by: Greenfield Skilled Nursing
Chair Volleyball Prize Day	Last Friday of every month- Prize awarded	Sponsored by: Legacy Skilled Nursing
Blood Pressure Checks	2nd Tuesday of the month, 10:30am-11:30am	Provided by: Hospice of Hope
Mental Health Checks	3rd Tuesday of the month, 10:30am-11:30am	Provided by: Highland District Hospital
Blood Pressure/Sugar checks	4th Tuesday of the month, 10:30am-11:30am	Provided by: Highland County Health Department
Bunco Tournament, every Tuesday.	Last Tuesday of the month- Prizes awarded	Sponsored by: Edgewood Manor of Greenfield
Billiards Tournament	Last Monday of every month-Prizes awarded	Sponsored by: Edgewood Manor of Greenfield

BINGO TIME: SPONSOR:

1st Monday of every month	12:30 p.m.	Hospice of Hope
2nd Monday of every- OTHER- month	12:30 p.m.	Bell Gardens Place
3rd Monday of every month	12:30 p.m.	Bring a small gift for prize- call Front Desk for details
Last Monday of every month	12:30 p.m.	The Laurels of Hillsboro

NOTE: If there are 5 Monday's in a month, the 4th Monday bingo prizes will be hosted by: Greenfield Skilled Nursing and Rehab at 12:30 p.m.

LIVE BANDS *All bands break for lunch from 11:30 a.m. to 12:30 p.m.* BAND:

Monday:	10:00 a.m. - 1:30 p.m.	Trailblazer Band
Tuesday:	10:00 a.m. - 1:30 p.m.	The Sunshine Band
Friday:	10:00 A.M. - 1:30 p.m.	Wires and Wood



DAILY SCHEDULE: TIME: INSTRUCTOR/SPONSOR:

MONDAY:

STRONGER Gym	9:00 a.m. - 3:00 p.m.
Various card games	9:00 a.m. - 3:00 p.m.
Cornhole	9:00 a.m. - 10:00 a.m.
Chair Volleyball	10:00 a.m. - 11:00 a.m.
Bingo (see above details)	12:30 p.m. - 1:30 p.m.

TUESDAY:

STRONGER Gym	9:00 a.m. - 3:00 p.m.
Various card games	9:00 a.m. - 3:00 p.m.
Cornhole:	9:00 a.m. - 10:00 a.m.
Color Pencil Group -Free hand, pro or beginners	9:30 a.m. - 3:00 p.m.
Chair Volleyball	10:00 a.m. - 11:00 a.m.
Bunco	11:00 a.m. - 2:00 p.m. with a noon lunch break
Euchre	11:00 a.m.

Mark Your Calendar

We will be closed on...

- Monday, May 27th - Memorial Day
- Monday, SEPT 2nd - Labor Day
- Monday, SEPT 30th - Prep for Expo event
- OPEN for expo event ONLY - Tuesday, OCT 1st
- Friday, NOV 1st - Prep for Bingo event
- Friday, NOV 29th - Thanksgiving Break
- Monday, DEC 23rd - Friday, DEC 27 - Christmas Break

Please note: other days may be added that are not announced here. Subject to change. Call 937-393-4745

WEDNESDAY: CLOSED - Home Delivered Meals will be delivered

THURSDAY: CLOSED - Home Delivered Meals will be delivered

FRIDAY:

STRONGER Gym	9:00 a.m. - 3:00 p.m.
Various card games	9:00 a.m. - 3:00 p.m.
Cornhole	9:00 a.m. - 10:00 a.m.
Chair Volleyball	10:00 a.m. - 11:00 a.m.
Oil, Acrylic, Colored Pencil- Multi Medium Art Group	9:30 a.m. - 3:00 p.m.
Euchre	11:00 a.m.
Line Dancing: Beginner or advanced	11:00 a.m. - 12:00 p.m.



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3rd Tuesday of Every Month

Highland District Hospital: Pathways to Wellness
 Provides information about their program at the center



Patsi Dick, BSN, RN

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Pathways to Wellness is ready to help you find hope once again. Behaviors to look for of depression/anxiety: lethargy: loss of energy and/or motivation, aches and pains with no apparent cause, changes in sleep patterns: insomnia, hypersomnia, sleeping during the day and up during the night, a depressed or empty mood, a loss of pleasure in activities, a substantial, unplanned weight loss or gain, restlessness, irritability, feelings of helplessness or hopelessness, excessive or inappropriate guilt, difficulty thinking clearly, recurrent thoughts of death or suicide, excessive anxiety or worry. If you or someone you know is feeling suicidal or homicidal, please call or text "988" to be connected to the National Suicide Hotline 24/7.



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Sudoku- Difficulty: Hard Answer: p. 13

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



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Our caring representative is ready to discuss the next steps in your recovery process, as well as your in-home care needs.



A glance at the center's original photo albums: 1995-1997



Top left: In 1997 the Silver Squares Dance Club presented the center with a \$3,000 check from their Pancake and Sausage Supper. Top right: Members gather to play cards at the center in 1995. Our members still use that round table; it's in great condition. Bottom left: Halloween party at the center in 1995. We'll be dressing up for our senior expo on Tuesday, October 1st. What will your costume be? We're excited!



Senior Travelers in 1995. No location is provided but we know they had fun.

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TRIPS 1985

- Florida
- Covington, Ky, & Art Museum
- Mystery trip, Covington, Ky.
- 2 Trips Holland, Mich.
- La Comedia Theatre
- Columbus Zoo and Park of Roses
- Ball Game
- Showboat Theatre
- Music Palace
- Ohio State Fair
- Scioto Downs
- Nashville, Tenn.
- Mystery Trip, Kentucky & Indiana
- Ohio Riverboat Cruise
- Alaska



The senior center's list of trips in 1985.

LET'S GET READY TO TRAVEL! THE ARK: TUESDAY, SEPTEMBER 24, 2024

The Fun Bus leaves the Highland County Senior Citizens Center at 9:00 a.m. for a fun filled day trip to Northern Kentucky. We'll enjoy some games with prizes on the bus ride to our day of fun.

First stop- locally owned Kellie's Homestead Restaurant and gift shop for a freshly prepared meal in Dry Ridge. Visit their website at kellieshomestead.com for a preview. Menu options listed soon. Next stop - The Ark Encounter in Williamstown. Experience 3 decks of Noah's life-size Biblical ship. Meet Noah, his family and the animals on the Ark.

Let's top off the day with a stop at Schneider's Sweet Shop in Bellevue. Founded in 1939 and featuring old fashioned, handmade candy and ice cream as featured on TV channels KET and ABC Channel 9.

Cost of the trip is \$195.00 which includes round trip transportation, lunch at Kellie's Homestead Restaurant, the Ark Encounter, Schneider's Sweet Shop (on your own) and back to the senior center at approximately 7:00 p.m.

There is a lot of walking with this trip, so wear comfortable shoes.

Travel Requirements:

- You must be a current member (ages 21+) of the Highland County Senior Citizens Center. Be prepared to provide your current membership number.
- We must have 30 registered for this trip to go.
- You must register with payment no later than August 20th
- Reservations are non-refundable, unless a waiting list exists and someone can fill your reservation immediately.

To register or for questions about this trip, call Betty Ann Walker, Trip Director, at 859-200-3424.



Top: The Ark Encounter is a life-sized reconstruction of Noah's ark and is 510 feet long, 85 feet wide, and 51 feet high. The two people standing near the replica of the ramp, provides perspective of its size.

Bottom Left: The outside of Schneider's Sweet Shop Homemade Candies & Ice Cream.

Bottom Right: Kellie's Homestead Restaurant.

Picture it, Senior Center, 2024

FIRST ANNUAL LAUNDRY SOAP OLYMPIC GAMES 2024! GOLD-SILVER-BRONZE & FUN!



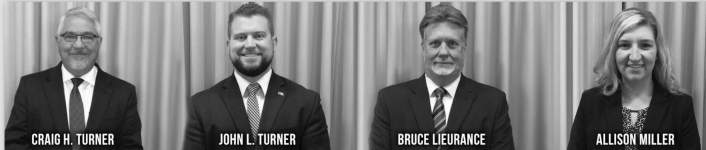
Top Left: Members are lined up playing a game at the Laundry Soap Olympics. Participants had to transfer several pieces of laundry from one basket over their heads without spilling any, to the basket behind them. Top Right: Points were earned depending how far you could launch the bean bag. Bottom left: Group picture of some of the Olympic participants. The supplies for the games were sponsored by Buckeye Hospice. Bottom Right: Participants had to put 40 clothes pins, that were numbered and all mixed up, in order. Good times!



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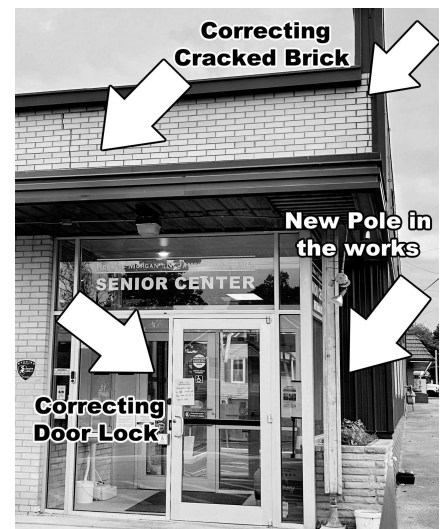
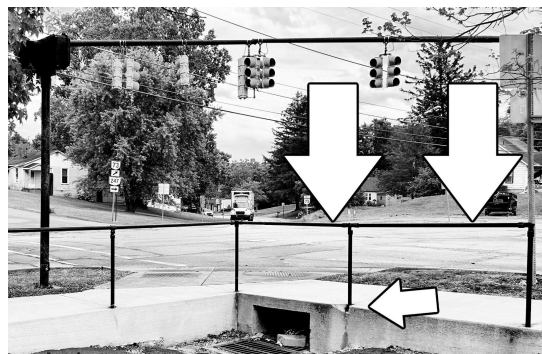
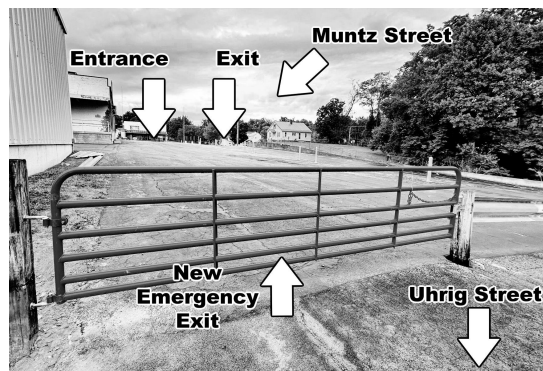
- Skilled Nursing
- Rehabilitation Services
- Respite & Extended Care
- & Other Tailored Services



(Continued from page 2, Building & Grounds) The original part of the building is no longer tied to the County and has not been for quite some time. Any repairs, updates and the insurance on the property, is an expense of the senior center. Just as any older building, it often has repairs. We budget for repairs, but you can't predict them all. Currently, our projects are smaller than the new roofing system implemented on the "old" part of the building in 2019 to remedy a leaky flat roof, and the parking lot project completed last year. Recently, we added an emergency exit on the backside of the parking lot because our entrance and exit are both on Muntz Street, and if blocked by emergency personnel, the membership would be stuck in the lot. The new gate allows an alternative exit in the event of an emergency. The handrails in our parking lot were replaced after being run over in a "hit and run" for the second time in three years. The Hillsboro

City Police did an excellent job with the investigation of the destruction of our property, but unfortunately, were not able to find the vandals. We also fixed a leak in the roof of the "new" part of the building. A new metal roof was added in 2013, but the warranty has expired. After years of unknown subtle water damage, the original pole on the outside of our entrance needed to

be replaced. It started to fail and allowed the brick on top of the building to crack from the stress of weight. Five different places in the floor will be replaced due to left over concrete from Kroger that has started to crack our tile. Below are some pictures of the repairs and updates. Look for more repairs and improvements in 2024; hopefully, they're all planned.



Highland County Senior Citizens Center's

Ready Meals!



All the grocery shopping, the cooking, the cleaning and the meal prep is done.

Heat and enjoy!

Special pricing for members: \$5 per meal

Meals are made hot and fresh by the senior center, cooled, then frozen in our food delivery tray for convenience and easy re-heating.

Ask for Rhonda Purdin, our Director of Foods, if you're interested in the center's Ready-Meals. We'll provide you with the meal selection so you can decide which ones you get to enjoy. Bon appetit!

Do you have Facebook? We do!



Please "like" and follow us to help others know about the senior center. Thank you for your help!

Don't look, unless you're ready. Here is the Sudoku answer key. Puzzle on page 7.

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



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The Highland County Senior Citizens Center - Where good friends gather!



What do you like about the senior center?

I like the people, the games, chair volleyball and Euchre.

-Member, Betty Riley

We added four more pages to your newsletter! More pictures, word searches, info, resources and sponsorship support.

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The Highland County Senior Citizens Center is a 501(C)(3) non-profit organization established in 1970. It is supported solely by membership dues, fundraising activities, private donations and receives no funding from any government entity. A Typical Membership is ages 50-89 and is \$20 for the year, a Lifetime Membership is ages 90+ and is free, an Associate Membership is ages 21-49 and is \$25 for the year. All memberships expire on December 31st. Services are rendered on a nondiscriminatory bases. The center is wheelchair accessible in compliance with the Americans Disabilities Act.

The mission of the Highland County Senior Citizens Center is to promote wellness of the members through recreational, education, and social opportunities.

Our newsletter is supported by our advertisers. Please thank them for making this publication possible, and remember to shop local.

Recognizing the late Dr. James Bodenhamer, our devoted friend and generous supporter, and the late Rosalie Morgan, our founder and longtime Director, our Board of Directors, and our volunteers for their support and dedication to the Highland County Senior Citizens Center.