Watch for an updated version!

This is printed on 10/2/2017
Endwright Center Staff and Volunteers

Administrative Assistant Volunteers:
Chip Martin - Mondays
Leon McDDougal - Mondays
Dennis Pence - Tuesdays
Sandy Cash - Wednesdays
Brenda Pendexter –Thursdays
Evelyn Lange–Fridays

Instructors:
Sarah Peters-Yoga
Marci Becker-Yoga
Katrina Ladwig-Low Impact Dance & Balance Class
Jennifer Weiss-Tai Chi Qigong
Sarah Greene-Tai Chi Qigong
Kristin Olson-Drumming
Nathan Dillon–Beg. & Int. Guitars, Folk Instruments and Writing Songs
Brett Rojas-Drumming

Program Volunteers:
Jan Rigsby—Windows computers and cell phones
Gary Fisher- Windows computers and cell phones
Dan McKee- Apple iPhone, iPads, Mac computers
Barbara Coffman–Gardening Programs
Doc Hornick- Cooking on Fridays
Helen Kane- Cooking Classes
Carol Reynolds - Cooking Classes
Sandy Stevens, Single Seniors
Jordan Moore– Balance Classes
Nate Shipman– Strength and Balance Classes

Closed Days
Thanksgiving– Nov. 23 & 24
Christmas - Dec. 25 & 26
New Year Day - January 1

CALL US AT:
Endwright Center Office: (812) 876-3383 ext. 515
Area 10 Office: (812) 876-3383

EMAIL US AT:
Rebecca Ball, Endwright Center Director - rball@area10agency.org
Kris Campbell, Health and Wellness Coordinator kcampbell@area10agency.org

The Endwright Center 631 W. Edgewood Dr. Ellettsville, IN 47429

HOURS OF OPERATION:
Monday-Friday,
8:00 a.m.-4:00 p.m.
Endwright Center Membership Information

Membership applications are available at our receptionist desk or on our website at www.area10agency.org/endwrightmembership. **Membership fees are renewed annually.**

**MEMBERSHIP FEES - 50-plus years of age (exceptions to the age rule are available)**

*Are you 85 or older? Congratulations, your membership is free!*

- Individual—$35 annually
- Two individuals in one household—$50 annually

**BENEFITS OF MEMBERSHIP**

- Orientation session with Health and Wellness Coordinator, including a recommended fitness action plan.
- Free or discounted class registrations.
- An opportunity to develop friendships, socialize and keep active.
- Wellness education, arts and cultural, gardening, healthy exercise, nutrition and more programs
- Special Interest groups.

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http://www.area10agency.org

www.facebook.com/area10agency  www.pinterest.com/area10agency
INDIVIDUAL FITNESS WORKOUTS
Monday through Friday 8:00 am to 4:00 pm
Members have access to the use of free weights, exercise bands, balls and other strength machines. Cardio work out options such as treadmills, elliptical machines, recumbent bikes and a row machine. All new members interested in using the exercise equipment must go through an individual fitness orientation. The orientation is a review of medical history, current limitations on physical activity and fitness level. A personal exercise routine will be recommended.

“Arthritis Foundation Exercise Program” BALANCE EXERCISE - twice weekly!
Evidence Based Program
Tuesdays, 10:00 am to 11:00 am
Fridays, 10:00 am to 11:00 am
Cost: Free to members. Join anytime!

AFEP is a community-based recreational exercise program developed by the Arthritis Foundation. Trained AFEP instructors cover a variety of range-of-motion and endurance-building activities, relaxation techniques, and health education topics. All of the exercises can be modified to meet participant needs. The program’s demonstrated benefits include improved functional ability, decreased depression, and increased confidence in one’s ability to exercise.

Instructors: Kris Campbell, Health and Wellness Coordinator and Katrina Ladwig, fitness instructor are both certified through Arthritis Foundation Exercise Program.

Basic Strength, Balance, Flexibility Class
Mondays and Wednesdays
10:30-11:15 AM
Watch for the start date!

This chair exercise class is designed to develop basic strength, balance, and flexibility for beginners. It is a great starting point for those who have been inactive for a long period of time, and/or those who would like to progress into one of our other movement classes (Balance, Low-Impact Dance, Yoga).

Instructor Nathaniel Shipman has a B.S. in Kinesiology from IU in 2016 and is currently working on a Master of Public Health in Physical Activity and Master of Public Health in Administration at IU. He has experience as a wellness coach and a personal trainer, and is a former college soccer player.
YOGA - come to any available times! - on going join anytime!
Mondays, Wednesdays and Fridays: 10:00 am to 11:00 am
Tuesday and Thursday early mornings: 9:00 am to 10:00 am
Cost: Monthly fee of $40 for members

Let go of stress and experience the peace that comes with gentle stretching and connecting with your breath. Any and all ability levels are welcome to experience floor yoga (bring your own mat or borrow one of ours). You’ll experience the healing, calming and physical benefits that result from the practice of yoga.

Instructor: Sarah Peters hopes to cultivate an awareness of mind and body with each breath as it guides students throughout practice so they can live mindfully on and off the mat. “I enjoy inspiring others to practice healthy living”.

Instructor: Marci Becker is RYT-200 certified through CITYOGA School of Yoga and Health, Indianapolis. She teaches Hatha and Hatha Flow. Marci was first introduced to yoga by a friend. Yoga became a nourishing sanctuary for her. She was typically a frazzled mess when she showed up at yoga class and in that hour was transformed into a blissful state that made her a better mother, employee, colleague, and friend.

LOW IMPACT DANCE EXERCISE
Mondays 5:00-5:45 pm
Thursdays, 5:00-5:45 pm
Saturdays, 10:00 am - 10:45 am
Cost: $40 monthly, two days a week $30 monthly and one day a week $15 monthly
** No Class Dates: November 23 & 25th
December 17-Jan. 1st (Katrina on vacation) class will be half price

This dance-based group exercise class will feature easy, low-impact movements incorporating dance steps that everyone can do. Come and get your groove on as we exercise to music of every decade from the ‘50’s to today’s popular tunes. From cha-cha to hip-hop and Saturday Night Fever to Surfin’ USA, every class will be so much fun you’ll forget you’re exercising!

About the Instructor: Katrina (Weimer) Ladwig believes that fitness and enjoyable movement is for everyone, no matter their age or body size. She is certified as a Group Fitness Instructor by the Aerobics and Fitness Association of America (AFAA) and by SilverSneakers. She holds Zumba and Zumba Gold certifications and is a former Jazzercise instructor.

Zumba Gold– keep posted on this new class starting in 2018!
**TAI CHI AND QIGONG**  This form of Tai Chi has been specially designed to be easy and fun to learn. Tuesdays and Thursdays, 11:00 am-12:00 pm  
Cost: $40 a month member: Give the class a try and decide if you will want to join the class on a regular basis.

Qigong and Tai Chi trigger numerous health benefits. Tai Chi initiates the “relaxation response,” which in turn reduces heart rate and blood pressure and optimizes the delivery of oxygen and nutrition to the tissues. Qigong and Tai Chi coordinates and balances the right/left brain hemisphere dominance promoting deeper sleep, reduced anxiety and mental clarity. These are only a few of the positive health benefits of this exercise program.

**Instructors:** Jennifer Weiss is certified by the Institute of Integral Qigong and Tai Chi (IIQTC) and has also studied the Healing Tao system. Her other training includes Reiki, Therapeutic Touch, and Feldenkrais. Teaching allows Jennifer to combine her interests in movement, meditation, and conscious growth - she loves assisting people in awakening their innate healing abilities.

Sarah Greene has studied and taught a variety of martial arts for over 20 years. She is certified by the IIQTC as a Qigong and Tai Chi Community Practice Leader. Sarah is a Board Certified Licensed Acupuncturist in the state of Indiana and actively practices Traditional Chinese Medicine in Bloomington. In addition to her interest in movement and healing arts, Sarah is a busy freelance musician playing French horn in Indianapolis and surrounding areas. Most importantly, she is a proud mother of 9 year-old twin boys.

**Walk With Ease©**  
Oct. 9–Nov. 16  
Mondays & Thursdays  
9:30—10:30 am  
Cost: Free

Walk With Ease is the only walking program identified as arthritis-appropriate and evidence-based by the Centers for Disease Control and Prevention. No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation's Walk With Ease program can teach you how to safely make physical activity part of your everyday life.

Studies by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina show that Walk With Ease is proven to:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve overall health

Kris Campbell, **Health And Wellness Coordinator** completed her certifications with the **Active Living Every Day and Walk With Ease Programs. Join her for these programs, make new friends, enjoy Kris’s humor and become healthier.**
THERAPEUTIC MASSAGE
3rd Tuesdays of each month  (4th Tues of month added if 2 are on waiting list)
Oct. 17, Nov. 14, Dec. 19
Appointments times:  9, 11 or 11:45 am or 12:45 pm and 1:30 pm
Cost: $30 per 1/2 hour. (Fee paid directly to Cheryl ) open to 50-plus

Designed to meet the specific needs of an older population, eldercare massage involves using hands to manipulate the soft tissues of the body to improve blood circulation, relieve pain and increase range of motion. Therapeutic massage can help you regain physical functions, relieve anxiety or depression, improve lymphatic flow and improve the length and quality of sleep. Cheryl Gucinski is certified by the state of Indiana and has been practicing massage therapy with a specialty in senior care since January of 2009.

To schedule therapeutic massage, please call the Endwright Center at (812) 876-3383 ext. 515.

FOR DIABETICS & PRE-DIABETICS
Blood Sugar Checks and Glucometers Calibrated
This program is sponsored by Adaptive Company.
Friday, November 10
11:00 am to 11:45 am
Cost: Free. Open to everyone. Call to reserve your spot

Stephanie Dye, certified nurse with Adaptive Company will be checking Blood Sugar levels and your glucometers will be calibrated to make sure they are working correctly. We would like to ask that participants bring their own glucometer. This is also a great opportunity to join others who are diabetics working to maintain or improve their health.

Spinal Health Education Presentation
Tuesday, October 17th
1-2pm
Endwright Center
Cost: Free, Please preregister
Presenter: Melissa Wickens, Practice Representative with Osmon Chiropractic Center

It’s a fact. Humans are living longer and an increasing life span presents new health challenges for this and future generations.

Musculoskeletal problems are the leading cause of functional disability in persons over the age of 50. This brief, fun and enlightening program explains the many facets of a healthy lifestyle and the role that Chiropractic plays in improving your health, mobility and quality of life.
Hearing Screenings
IU Department of Speech and Hearing Sciences
October 27, 9:30 am to 12:00 pm
Cost: Free

An audiometry exam tests your ability to hear sounds. Sounds vary, based on their loudness (intensity) and the speed of sound wave vibrations (tone). Hearing occurs when sound waves stimulate the nerves of the inner ear. The sound then travels along nerve pathways to the brain. Sound waves can travel to the inner ear through the ear canal, eardrum, and bones of the middle ear (air conduction). They can also pass through the bones around and behind the ear (bone conduction).

The **INTENSITY** of sound is measured in decibels (dB): A whisper is about 20 dB, Loud music (some concerts) is around 80 to 120 dB, and a jet engine is about 140 to 180 dB. The **TONE** of sound is measured in cycles per second (cps) or Hertz: Low bass tones range around 50 to 60 Hz, Shrill, high-pitched tones range around 10,000 Hz or higher. The normal range of human hearing is about 20 to 20,000 Hz. Some animals can hear up to 50,000 Hz. Human speech is usually 500 to 3,000 Hz

Trivia Trek
Thursday, Oct. 26 at 4 pm.
Location: TBA
Free to Endwright Center members. Non-members $5.00

Watch for more info to come on this fun fall fitness opportunity! Take a walk through the leaves, stopping along the way to attempt to answer trivia questions. Meet back at the shelter for drinks and snacks, and see who came up with the correct answers. Always fun for all!

Be Healthy Class
Friday, November 3, 11:30 am-1:00 pm
Cost: $5.00
Learn surprising ways to:
- Grow more hair on your head
- Reverse Type II Diabetes
- Bulletproof your immune system
- Remove common toxins from you body (while enjoying delicious foods and losing weight-if you wish)
- Increase energy

And generally improve your health while having fun! Join Robyn to learn and also sample a couple of tasty elixirs!

**Instructor:** Robyn Cornwell is a Certified Sustainable Building Advisor, and has taught Healthy Living classes in Connecticut, as well as Duke University and Hickory Transition Town, North Carolina.
Educational Programs

Area 10 Agency Services
Medicare: The Basics of Medicare, Medicare Supplements, Medicare Advantage Plans and Prescription Drug Plans
Helpful Information for Decision Making
Friday, October 13
1:30 pm – 2:30 pm
Cost: Free, Please register for this class

Presented by:
Liz Jones is a certified SHIP counselor with Area 10’s Aging and Disability Resource Center.

Medicare Basics: Feeling lost in a sea of health insurance? There are many types of Medicare coverage to choose from, and people are often confused about who to turn to for the answers. The State Health Insurance Assistance Program (SHIP) is a national network of highly trained counselors who provide free, objective information to help you understand your Medicare options. This program is for people who are new to Medicare and will cover the basics, including: health and drug coverage, supplemental insurance, enrollment periods and penalties, programs that can help reduce Medicare costs, and ways to prevent and identify Medicare fraud.

Medicare 101 Educational Seminar
Secrets your agent "forgot" to tell you!
From 2:45 to 3:45 P.M.
Area 10 does not endorse any Plans or Insurance Agents

Learn How to: 1) Maximize your benefits 2) Minimize your premiums 3) Avoid the "donut hole" and 4) Take advantage of Open Enrollment
Presenter Jim Santo: an Independent Life and Health Insurance Agent whose specialty is helping seniors with plans which best meet their needs and budgets.

Basic Estate Planning
Thursday, Oct 26,
1pm-2pm.
Cost: Free
Open to all: Please preregister.

No one likes to think about it, but putting together a plan for your finances can give you and your loved ones peace of mind. Understanding the basic concepts and vocabulary of estate planning can help you produce an estate plan that ensures your wishes are known and followed. Join this educational program sponsored by Financial Stability Alliance and United Way of Monroe County.
iPHONE AND iPAD BASICS Group Class
Monday’s 12:00 pm to 4:00 pm
Following is choice of dates for the one time class
Oct. 9, Nov. 20, Dec. 19
Cost: $5.00  Limit of 8 per class.

Dan McKee, computer services volunteer, has designed a class for learning the basics on iPhone and iPad. Learn basic rules of using your iDevice and explore the basic settings like Wi Fi setup, mail, contacts, calendars and the special Touch ID & Passcode. Training will also include using Safari and Maps and see a Siri demonstration on texting, emailing, searching and directions (GPS).

One-On-One iPhones or iPads Tutoring
Wednesdays: Oct. 4 & 11; Nov 1 & 15; Dec 6 & 20
9:00 am, 10:00 am or 11:00 am (Dan McKee) iPad and iPh- one products only. Preregistration required.
Cost: $5.00

Windows Based Computers &Tablets or “Smart Phones” (Android Cell Phones)
One-On-One Tutoring – Computer and Cell Phone
Tuesdays, 9:00 am, 10:00 am, 11:00 am (Jan Rigsby)
Wednesdays : 1:00 pm, 2:00 pm, 3:00 pm. (Gary Fisher)
(except for 3rd Wednesday of month)

Call to make your reservation for a tutoring session,
812-876-3383 Ext. 515
Cost: $5.00

Tutors will work one-on-one with seniors who want to learn basic computer skills such as Microsoft Word, Email, Facebook, Skype and how to access games on the computer. Bring in your computer laptop or tablet to learn hands-on with our volunteer tutors.

REMEMBER TO:
1. Know your Apple ID (username) for class
2. Know your Apple ID password for class
3. Have your device FULLY charged
COOKING FOR FUN
Apple Bites, for a Special Treat
Friday, October 20
12:30 pm to 2:00 pm
Cost: $5.00

Chef Doc Hornick continues his volunteering, planning and teaching “Cooking for Fun on Fridays” as he shares recipes handed down from family members, or ones he discovers and explores himself while offering a tasty test trial.

Explore Cooking with Beans & Legumes
Tuesday, November 21
11:30 am-1:00 pm
Cost: $5.00

Beans and legumes are rich in plant protein, fiber, B-vitamins, iron, folate, calcium, potassium, phosphorus, and zinc. Most beans are also low in fat. Beans and legumes contain antioxidants that help prevent cell damage and fight disease and aging. The fiber and other nutrients benefit the digestive system, and may even help to prevent digestive cancers. Join Helen Kane as she shares and explores creative recipes for what to do with Beans and legumes!

Area 10 Agency on Aging
PEOPLE’S POTLUCK
4th Fridays of month: October 27th, December 22
(November Friday falls on Thanksgiving Day)
12:00 pm Lunch
12:30 Peace Choir
Cost: Your favorite dish to share with others! Priceless
Bring your favorite dish so participants can enjoy a variety of tantalizing tastes. It’s a time to meet new people, visit with friends, enjoy a variety of food that is brought by participants and learn of upcoming Area 10 Agency programs and events. Invite a friend, neighbor or family member.

Sponsors: Bell Trace, Comfort Keepers, Golden Living, Meadowood
Table Tennis for Fun (PING-PONG)
Every Monday 1:30 pm—3:30 pm
Cost: Free! Open to everyone!

Come and enjoy a couple hours of playing table tennis, also known as ping pong. Haven’t ever played before or have slept since then, come and learn. This is a fun non-competitive activity, but don’t be fooled, we have the good players too. Come and bring your friends.

SINGLE SENIORS - Twice a month
2nd and 4th Wednesdays of every month
3:00 pm Meet at Golden Corral for dinner!

Are you a senior who finds yourself wishing for the friendly company of other seniors? Participate in Single Seniors Club to socialize and make new friends! The group has grown with up to 20 singles attending. Golden Corral has provided a room for the Single Seniors Club and also provides a drawing each time for a free meal.

If you have any questions or would prefer to talk with a participant call: Sandy Stevens. 812-876-4068.

FIBER ARTS - Weekly
Mondays, 2:00 pm to 4:00 pm
Cost: Free (Membership to the Endwright Center is encouraged to help cover cost of utilities)

Participants include both genders who are busy doing counted cross-stitch, quilting, knitting and crocheting. This friendly, social gathering group enjoys the time together. What’s special is they are willing to teach you a fiber arts project. If it’s your first time, come in to visit the class, get to know the participants and let them know what you would like to learn.

EUCHRE - Weekly
Tuesdays and Fridays, 1:30 pm to 3:30 pm
2nd Tuesday of each month: Euchre Club holds a potluck from 12:00 pm -1:00 pm
Cost: Free (Membership to the Endwright Center is encouraged to help cover cost of utilities)

Do you enjoy playing Euchre? Come and enjoy an afternoon playing Euchre at the Endwright Center. Players are welcome and encouraged to bring snacks to share with the group. No need to have another person to sign up with you. Members of the Euchre Club rotate when there are extra people. The non-competitive fun group has been averaging 4 tables of players each week.
Farmhouse Cafe and Nursery
Tuesday, October 10
Group will car pool from Endwright Center leaving at 9:30 am and return around 1:30pm
Cost: Lunch at Cafe

Call to register so we can organize car pooling please!

Trek to beautiful Brown County to the Farmhouse Nursery and Cafe near Bean Blossom. It is indeed an old farmhouse, located 5 miles outside of Nashville. As well as plants, the nursery includes garden décor and building full of interesting old ‘stuff’. We will have lunch at the Café, outside if weather permits.

Making Wreaths
Thursday, November 9 at 2:30 –3:30/4:00 pm
Endwright Center
Cost: Free

Call to register so we can have enough seats

Ann Robins will demonstrate materials and techniques for making a variety of wreaths. Just in time to celebrate autumn and the holidays!

DECEMBER - Garden Club Holiday Pitch-in lunch

*Date and place to be determined. Check e-mails and flyers at Endwright Center for further updates!*
About the Instructor: Nathan Dillon has the experience, understanding and enthusiasm that enable him to provide excellent musical skills to a variety of individuals at all ages. He attended the Jacobs School of Music studying Jazz and Classical guitar performance before leaving for the New York and Brooklyn Academy of Music in 2003 where he also focused on guitar. He is the Founder and Director of Everybody Rocks.

BEGINNING SONG WRITING
Wednesdays, 12:00-1:00 pm
Cost: Monthly Fee $12 members
$25 non-members
Songwriting workshops

You may or may not think you are a songwriter, but you are! Join this vibrant class and learn about how our great songwriters created, different ways to approach a song and how you can create your own music. All musical skill levels welcome.

Strum and Sing for Beginners
Wednesdays, 1:00 –2:00 pm
Cost: Monthly Fee $12 members or $25 non-members

Have you always wanted to play the guitar or other acoustical instruments?

Ever wanted to sing and play? All stringed instruments welcome! Your teacher, Nathan Dillon, walks you through the basics of playing your instrument while you learning to play old familiar songs as well as new ones.

Continuing Strum and Sing
Thursdays, 12:15 pm - 2:15 pm
Cost: Monthly Fee $12 members or $25 non-members

These two classes help folks continue to learn more about singing and playing. We also learn about tablature, soloing and pick techniques. These classes are so fun! Join us!

Guitar & Acoustical Instrument “JAM SESSIONS”
Join the guitar and acoustical instrument musicians as they practice and sing songs, and enjoy their friendships developed. Fridays from 11:30 am-1:00 pm.
Music & Hand Drumming

Beginning Hand Drumming
Mondays, 12:30 - 2:00 pm (October 2nd will be for both classes)
Cost: $12.00 a month member fee  $25.00 non members

Drums will be provided and no experience is necessary.

It’s true, we do learn differently in our maturity. Often there are issues with memory… and reflexes are a bit different. Learning to play different rhythms (pattern recognition) is a way to wake up the brain and stimulate mental and muscle memory. Unlike brain games, crossword puzzles or Sudoku drumming involves body and soul. Plus, it’s an activity to do with others which can become a drumming circle.

Experience the joy of drumming! This class will explore rhythms from West Africa, Cuba, Brazil and American popular music. You can also bring your own hand drum.

Hand Drumming - Beyond the Basics
Wednesdays, 12:30-2:00 pm during October (except Oct. 4th)
Mondays, 12:30-2:00 pm during November with Brett as sub (combining classes into 1)
Cost:  $12.00 monthly fee members   $25.00 a month  non-members

This class develops more advanced styles and techniques as a continuation of material covered in the beginner course. Kristin developed sheet music for participants as the class continues with rhythms from West Africa, Cuba, Brazil and American popular music.

About the Instructor: Kristin Olson, a recent recipient of a Masters degree in Music at Indiana University, has been teaching percussion to students of all ages and abilities for almost 10 years. Originally from Minnesota, she currently performs, records and teaches regularly in the Indianapolis area and will be a Lecturer in Music at IU throughout the 2016-17 school year. She has intensively studied the drumming traditions of Cuba, Brazil, and Ghana with master drummers and dancers from each tradition and is excited to be able to share some of this knowledge with the local community!

ENDWRIGHT CENTER NIGHTINGALES
Practice is Mondays, 10:30 am to 12:00 pm
Cost: Free (membership to the Endwright Center is encouraged to help cover facility cost)
Music Conductor: Pat Golden, Pianist: Debbie Wince

Do you enjoy reading music? Monthly singing programs are planned, practice is every Monday and the choir sings at least twice in the communities, usually at Health Care Facilities. Monthly Program song examples are: February was love songs, one month will be songs for each state (in the United States), a month of patriotic songs or holiday songs. Come join the music group and let your voices be heard.

Arts & Music programming sponsored by:
2017 SENIOR GAMES SPONSORS

Gold Sponsors - $750
Bloomington Moose Lodge No. 1081
Comfortkeepers/Elder Journey
Horn Properties
McCormick’s Creek Rehabilitation
Premier Healthcare Foundation

Silver Sponsors-$500
Bell Trace
JJB Hilliard WL Lyons, LLC

Bronze Sponsors-$250
Adaptive Nursing and Healthcare Services
American Legion Burton Woolery Post NO. 18
Chandler Funeral Home, LLC
J & C Alternative Options, LLC
Nite Owl Promotions
Osmon Chiropractic Center

2017 Senior Game Medal Winners
69 individual medal winners, handing out 416 total medals

Alice Huff          Jane Cannon
Allen Hopkins      Janet Barriger
Benny Holt         Jerry Sutherlin
Beverly George     Jim Gucinski
Bob Aten           Jody Vaught
Carol Reynolds     Joe Maddox
Cheryl Gucinski    Katherine Quint
Connie Balding     Kris Campbell
Connie Luttinen    Laurence Curry
Darlene Harbuck    Lillian Jackson
Dave Weaver        Linda Studer
Debbie Edwards     Lynn Miller
Del Miller          Margie Sisco
Dennis Pence       Mark Davis
Diana Dupree       Mary Pence
Dianne Wieckert    Marzell Buse
Dick Troxel        Mel Williams
Dixie Abram        Nancy Stephey
Doc Buse           Pat Branigan
Don Hamilton       Pat Murphy
Elaine Bailey      Patrick Envoy
Eldon Studer       Paul Shriver
Evelyn Lange       Pauline Winters
Frances Walden     Preston Leaderbrand
Harold Jackson     Rebecca Ball
Jack Mulholland    Rich Hollow
                    Rich Weddle
                    Rick Tate
                    Ron Adamson
                    Ron Cornell
                    Russ Bailey
                    Ruth Aten
                    Sandy Cash
                    Sandy Evans
                    Sandy Waldrip
                    Stella Hooker-Haase
                    Susie Shriver
                    Terri Korus
                    Terri Rouse
                    Tom Edwards
                    Vickie Able
                    Viola Hall
                    Wanita Bullard

 Recognition to the top male and female most point earners: points are awarded for medals: gold =3, silver = 2, bronze =1

Dennis Pence and Diane Wieckert

The male and female eldest athletes: Lillian and Harold Jackson