

PICKERINGTON SENIOR CENTER

SEPTEMBER 2017

NEWSLETTER

614-837-3020

CENTER DIRECTOR:
NANCY LEE

OFFICE SPECIALIST:
DEANA DILLON

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HOURS: MON-THURS 8:30AM-4:30PM
FRI-8:30AM-2:30PM

WEB PAGE: <http://pickerington.seniorcenter.org>
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A NOTE FROM NANCY

This month I start my 18th year here at the center. I have enjoyed working here and meeting so many kind and interesting people over the years. The only sad thing about my job is the passing of so many wonderful members. If you have any questions or concerns about anything that you would like to discuss, feel free to stop in the office. By the time rumors get back to me they are larger than life and not always correct. If I don't have the answer to the solutions to your questions I will get them for you. Thanks to the many volunteers that have helped us over the years, we wouldn't be able to do the things we do without your help.

COFFEE CLUB

FRIDAY, SEPTEMBER 8TH 9:30AM

Join Mike Mitchell's Coffee Club for an informal gathering where he will discuss the economy, the financial markets, interest rates and other relevant investment topics. Be a part of the next discussion.

LABOR DAY

MONDAY, SEPTEMBER 4TH

THE CENTER IS CLOSED



WEDNESDAY LUNCHEON – SEPTEMBER 6TH

Luncheon is at 11:30 am. Cost is \$6.00 per person.
MENU: Mixed Green Salad w/Dressing,
Salisbury Steak
Mashed Potatoes w/gravy
Glazed Baby Carrots
Peach Crunch, Coffee and Iced Tea
No tickets sold after Friday, September 1st.

CHAIR MASSAGE THERAPY

WEDNESDAY, SEPTEMBER 6TH & 20TH
FROM 10AM-12:30PM

Chair massage is a great way to get relief from tired and sore muscles, headaches, improve shoulder range of motion and increase relaxation, all while remaining fully clothed. Sign-up sheet is available. The cost is \$15.00 for a 10 minute slot, or sign up for (2) slots (20 minutes) for only \$28.00. Chair massage is a comfortable and accessible way to increase your health. Massage has been proven to boost the immune system and decrease pain.

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NEW MEMBERS

We welcome the following new members to the senior center and hope they join us for some of our activities; Rex Bentzinger, Judy Hale, Peggy Hiser, Kaye Howard, Beth Oliver, Robin Skeen, Sharon Stonerock, Herb & Nancy Webb, Clarence Wolf,

TITLE BOXING

THURSDAY, SEPTEMBER 7TH & 21ST

Maria Manzo from Title Boxing will be here from 9:00-9:45am. Sessions are around the Rock Steady Boxing curriculum that increases the neuroplasticity of the brain aka help produce healthy brain cells. The exercises are designed to improve quality of life, have fun, and get results all at the same time. The **cost is \$5.00 per class**; if you join the class she will supply the Boxing kit that includes a bag and gloves.

LABOR DAY LUNCHEON

TUESDAY, SEPTEMBER 19TH

The luncheon starts at noon. Please bring the following: A-G a dessert, H-M a meat, N-S a vegetable, and T-Z a salad. Be sure the covered dish is large enough to share. Bring your own table service. Money donated in the basket on the table will be donated to the Pickerington Food Pantry each month. Thanks to Wesley Ridge for sponsoring the pies and gift cards for the luncheon.

Entertainment: Friendly Ties Square Dancers.



TUESDAY, SEPTEMBER 19TH SQUARE DANCE LESSONS ARE FROM 7:00 – 9:00PM

Friendly Ties invites you to learn how to square dance. They will be having square dance lessons here at the center. Fun, Fitness, and Friendship, square dancing has it all. You need to have a partner and it can be two ladies as long one is learning the man's part. Children ages 10 and over accompanied by an adult are also welcome. Come in and see what modern western square dancing looks like, the first lesson is free. Any questions please call Presidents Jim or Donna Easley at 614-829-2117.

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VOLUNTEER OF THE MONTH

The center would like to honor Myrtle Boggs as volunteer for the month of September. She helps out with set-up for the monthly luncheon, office volunteer when needed, on Monday & Wednesday she keeps the strength class informed of all events at the center. She even lets us borrow Edgar when we have to have something fixed right away. She will receive a \$10.00 gift card to Cracker Barrel. Enjoy your reserved parking space the month of September. Thanks for all your help.

JUST A REMINDER

The parking space in front of the building is for the Volunteer of the month only, please.

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10TH ANNUAL SOUTHEAST SENIOR HEALTH FAIR GROVEPORT SENIOR CENTER

Plans are under way for the 10th annual Southeast Senior Health Fair. The date is **Wednesday, September 20th from 10-1**. They are planning for just as many vendors as they have had in the past and Kroger's will be offering flu and pneumonia shots again this year. Mark your calendars now and join us for door prizes, free lunch and some nice give aways from the vendors. Lunch will be served at 12:00 and door prizes will be given away during lunch so make sure you get there in time to get all the vendors initials on your card so you are eligible to win. Please try to attend this event, you can get lots of information, a free lunch and maybe you can win a door prize. This event is sponsored By Scioto Community and Mt. Carmel Hospice and Palliative Care.

FOOT CARE

THURSDAY, September 21ST & 28TH

Everyday Divinity provides nail and foot care services by State Certified Foot Care Nurse, Heather Wilson, RN. She will be at the center for a foot care clinic from 9:00am-2:00pm. The cost is \$27.00. It includes a 30 minute treatment, a complete foot assessment, expertly trimmed, thinned & filed nails, corns & calluses filed & buffed. All tools are sterilized for each patient. Call 614-837-3020 to sign up.

PANCAKE BREAKFAST

SATURDAY, SEPTEMBER 23RD

It's that time again to start flipping pancakes. The breakfast is from 8:00-11:00a.m. The cost is still \$4.00 per person for adults and \$2.50 for children 5-10, under 5 is free. Come in and enjoy all the pancakes you can eat, sausage, orange juice, coffee or hot tea; we have milk for the children. September's breakfast is sponsored by Erik Brown, New York Life.



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BINGO TUESDAY, SEPTEMBER 26TH

On the fourth Tuesday of every month we play Bingo!! At noon there is a potluck to include homemade ice cream. Bingo starts at 1:00p.m.

WATERCOLOR CLASS IS FREE TO MEMBERS

Join Lois Clark every Monday from 1:00-3:00pm here at the center for adventures in watercolor painting. Lois is a great teacher and no requirements, previous training, or talent, just the desire to express yourself with "Paints and Brushes." The class is free to members. Call Lois at 614-837-0266 for a list of supplies needed.

FARMERS MARKET

This will be the 5th season for the Farmers Market. They are located at the Public Parking Lot, 89 N. Center St. in the Olde Village. Open every Thursday, from 4 -7. The market will run through September 28th.

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FITNESS FIRM - EVERY FRIDAY MORNING- CLASS IS FREE TO MEMBERS.

Exercise starts at 9:00am. Registration, sign up at 8:30am. It is a 45 minute class. It's a total workout; see the power you've got and make great things happen for your health and well-being. A certified instructor will guide you through a safe and effective workout.

LANCASTER-FAIRFIELD PUBLIC TRANSIT IMPORTANT INFORMATION

LFPT provides two Flex Routes in Pickerington & Violet Township which runs an hourly loop Monday, Wednesday & Thursday. To request a pick-up within ¾-mile radius of the listed stops, call 24 hours in advance to notify the scheduler at 740-681-5086, Ohio Relay 800-750-0750.

The fare is only \$.50 for general public or \$.25 for mobility passengers. Transfers: \$0.10 and a monthly pass is \$30.00.

Remember the bus drops and picks up in front of the center. Exact change required, drivers are not permitted to make change. Remember to arrive ahead of scheduled depart times

For more information or to get a route schedule contact the LFPT office at 740-681-5088, or pick one up at the center at the bus stop sign that is in front of the building.

UPCOMING EVENTS FLU IMMUNIZATIONS

MONDAY, OCTOBER 2ND 9AM-NOON

Trich Brewster & her staff from The Kroger Store on Hill Road will be coming to the center to give both Fluzone HD for those over 65 and Fluzone Quad for those preferring the regular strength. The cost for Fluzone HD is \$60.00 and Fluzone Quad is \$40.00. Checks or exact change would be preferred. Some of the most common plans include; Humana, Medigold, Aetna, United Health Care, Medicare (Red, White & Blue Card) and Blue Cross. They will need to copy your insurance card.

Call your insurance to see if they cover the cost.

ANNUAL SOUP DINNER AND BINGO THURSDAY, OCTOBER 12TH

You may choose either bean or vegetable soup. When you purchase your ticket let us know which soup you want, you will need to give them the ticket when you get your soup. The cost is \$7.00 for soup, dessert, coffee or iced tea, and bingo. If playing bingo only the cost is \$3.00. We will serve from 5:00-6:00pm, bingo starts at 6:30pm. Two groups will be working one for dinner and one for bingo, if you would be willing to help out please call Annabelle Marion at 614-866-7339.

EUCHRE TOURNAMENT

Dean Sigman will be hosting his 11th Euchre Tournament.

WHEN: Saturday, October 28th

LUNCH: 12:00 (Noon) provided by Wesley Ridge

EUCHRE: 1:00 P.M.

COST: \$5.00 TO BE PAID IN ADVANCE

Tickets: Will be on sale in the office starting on October 2nd. Open to the public.

November 8th – Volunteer Dinner

UPCOMING FESTIVALS & EVENTS

Augt 30 – Sept 2 – Millersport Sweet Corn Festival

Sept 2-4 – Canal Winchester Labor Day Festival

Sept 8-9 – Lithopolis Honey Festival

Oct 14 – Groveport Apple Butter Day

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TRIPS



SOUTH DAKOTA

SEPTEMBER 8-14 – HIGHLIGHTS: Mount Rushmore, Crazy Horse Memorial, Black Hills Gold, Needles Highway, Custer State Park, Pine Ridge, Badlands National Park, Wall Drug, Deadwood, and Spearfish. Cost: Double: \$2,399, Single: \$2,949, Triple: \$2,369. Insurance \$240.00.



WHEELING ISLAND

(DATE CHANGE FROM 20-21)

September 27 – 28-This two day one night trip includes; transportation and hotel accommodations along with \$25.00 free play each day and vouchers for the breakfast and dinner buffets. The cost is \$109.00 per person double occupancy due on sign up. Space available

HOLMES COUNTY, AMISH COUNTRY

October 4 – This trip to the beautiful Amishlands includes; a family style lunch at the Der Dutchman, a back roads tour with a couple of stops along the way, a visit to a bakery/farm market and a cheese shop, a wagon ride at the Farm at Walnut Creek where you have the chance to feed animals from all around the world. Local guide the entire day. The cost is \$72.00 per person. Payment is due by August 31st. Space available

CHRISTMAS IN NASHVILLE FEATURING THE OPRYLAND HOTEL

November 14-17- Join us for an early taste of Country Christmas in Nashville where our home for three days is at the Opryland Hotel! A Country dinner featuring the Diamond Rio Band at the Wild Horse Salon, Falcon Rest Dinner & Show, the “Ice” exhibit with theme sculptures, guided tour of Nashville, including the Upper Room Chapel, the Ryman Auditorium and RCA Studios. Enjoy a ride on the Delta River Flatboat inside the Opryland Resort. You will receive a Marriott Gift Card (to be used towards a dinner.) Cost is 719.00 with a deposit of \$200.00 due on sign up. Balance is due before September 22nd. Waiting List

ONE NEW TRIP

LACOMEDIA DINNER THEATRE

FRIDAY, OCTOBER 20TH

“Mama Mia” – This beloved blockbuster has thrilled 54 million people worldwide. Don’t miss your chance to see the ultimate feel-good show that combines ABBA’S greatest hits such as “Dancing Queen,” “S.P.S.” and many more hits with an enchanting tale of love, laughter and friendship. The cost is \$60.00 due by September 18th and includes transportation, a buffet lunch and the show! Sign up starts on Monday, August 28th.

Upcoming Trips for 2017:

November 29 – Wild light Wonderland at the Zoo

December 6 – “Memories of Christmas” at LaComedia.

December 18 – The Shoji Tabuchi Show at the Villa Milano

Remember when you go on a trip please park along the side or in the back of the building. Please arrive at least 15 minutes before departure time.

FROM DEANA

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REMEMBERING EVERYONE WITH WARMEST
THOUGHTS ON THEIR BIRTHDAY

“HAPPY BIRTHDAY”

(1) Donna Fortner, Jeanne Waibel, Lee Daniels, Nelson Trimmer (2) Mary Patton, Bliss Harlan, Chuck Clark, Gary Taylor, Helene Peselnick (3) Dorothy Bauman, Nancy Mack, Patricia Billingham, Debra Rine (4) Janet Munjas, Junita Dyer (5) Jerry Osborne, Sharon Bacon, Anna Evans, Veta Watkins, Brenda Wooley (6) Sam Narotski, Joseph Marchese, Jimmy Mathias, Helen Hart (8) Debbie Calhoun, Frances Klausman (9) Lois Williamson, Wes Henson (10) Betty Simmons (11) Carla Kazlausky, Elizabeth Sasakura, Dennis Keller, Velma Simon, Ruth Sims, Velma Sims, Beverly Friedman (13) Shirley Amand, Chuck Sneddon (14) Betty Pruden, Sally Jeffers, Richard Motsch, Daniel Fusner (15) Margaret Griffith, Becky Detrick, Linda Prange (16) Lorraine Allison, Rose Pines, Robert White, Vivian Schroeder, Valeria Terry, Bernice Martin (17) Wendell Ashcroft (18) William Patrick, Lata Patel (20) Rob Robinson, Jon Zimmerman, Lucy Arent, Joyce Vaughn, Beverly Gatlin, Gloria Swarner (21) Carolyn Ledbetter, Linda Gaylor (22) Maurice Lehman, Hilda Bowie (23) Carol Kauser (24) Jerry Dailey (25) Rene Sheline, Carl Thornton, Susan Hilz (26) Ken Badertscher, Irene Katsares, Pat Mowen (27) Tammy Donaldson, Ester Goldsberry, Margy Panthana, Connie Riley, Bill Yapple (28) Bryan Lobdell (29) Shirley McKitrick,

Evelyn Owens, Cathy Dardis, Brenda Corbin (30) Debbie Wolfe, Mary Johnson.

KITCHEN VOLUNTEERS

If you are interested in volunteering in the kitchen for prep or clean up on our basket gourmet luncheon days, please stop in the office. Thank you in advance

IN LOVING MEMORY OF:

Janet Kuhn's husband Jack

MEMBERS KNOWN ILL:

Bennett Case- Surgery, doing better

Denise Reibold- Broken wrist, surgery

Rita Cruse- Fell, doing better

Ellie Berry-Aortic valve replacement, doing better

16th Year

I am happy to have started my 16th year here at the center on July 1st. I've enjoyed working with all of you and watching you all smile during your daily activities.

A little about myself: I'm a mother to a fur baby, "my cat Bandit" who just turned 15. I am an Aunt to four nephews & a niece. I'm a softball player of 41 years. In my spare time I enjoy painting, scrapbooking and watching sports. I am a huge fan of the Buckeyes, Steelers and the Yankees.



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excited about it and even bought new OSU gear for the event. I'd like to try it again this year and pick a



BUCKEYE BASH

As football season is just around the corner and I know most of you are Buckeye fans, I'm thinking a second attempt on a, "Buckeye Bash" here at the center. We attempted this last year, however, the game time was TBA and due to that, we didn't get enough people to sign up. We had many members