

PICKERINGTON SENIOR CENTER

AUGUST 2019

NEWSLETTER

614-837-3020

CENTER DIRECTOR:
NANCY LEE

OFFICE SPECIALIST:
DEANA DILLON AND JAMIE NEUTZLING

TELEPHONE 614-837-3020 FAX 614-833-6471
HOURS: MON-THURS 8:30AM-4:30PM
FRI-8:30AM-2:30PM

WEB PAGE: <http://pickerington.senior.center.org>
EMAIL: pickcenter@violet.oh.us

TITLE BOXING

THURSDAY AUGUST 1ST & 15TH

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 FREE to members.**

SATURDAY, AUGUST 3RD

FREE KIDS PARTY – 12:00 – 4:00 P.M.

The Senior Center would like to invite children in the Pickerington and Violet Township area and the member's grandchildren & great grandchildren for a fun afternoon. Volunteers are needed to help out, please call Nancy Huffman at 614-829-7197.

Ages 12 years and under

Free Hot Dog, Cotton Candy, Snow Cone, Drinks
Adults will be charged \$1.00 for a hot dog.

CENTER IS CLOSED AUGUST 6TH - ELECTION DAY

COFFEE CLUB

Raymond James will be back on Friday, September 6th at 9:30 am. 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.

WEDNESDAY LUNCHEON

AUGUST 7TH AT 11:30 A.M.

COST IS \$6.00 PER PERSON

Menu: Beef Tips over Noodles
Green Beans
Cottage Cheese
Key Lime Meringue Pie
Coffee and Iced Tea

No tickets sold after Friday, August 2nd after 1PM

LIFE LINE SCREENING

THURSDAY, AUGUST 8TH

Do you know how to recognize the warning signs of a stroke? If you or someone you know is experiencing any of the below symptoms, call 911 right away. It is important to seek medical treatment immediately. Sudden Numbness, Difficulty Speaking, Severe Dizziness, Loss of Coordination, Sudden Loss of Vision, Sudden Intense Headache, Brief Loss of Consciousness. Protect your health by participating in the Life Line Screening health screenings. Through Ultrasound they can evaluate the carotid arteries for the buildup of fatty plaque, which is the leading cause of stroke. Register today for the Stroke, Vascular & Heart Rhythm package, which includes four screenings; carotid artery, abdominal aortic aneurysm, peripheral arterial disease and atrial fibrillation. In order to receive a \$10 discount off any package priced above \$129, call 888-653-6441 and schedule your appointment.

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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; Patricia Brobst, Mary-Lloyd Raymond, Tom & Joan Reid

FOOT CARE

THURSDAY, AUGUST 15TH & 22ND

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 \$30.00. It includes a 30 minute treatment, complete foot assessment, expertly trim, thin, and file nails. Call 614-837-3020 to sign up.

END OF SUMMER LUNCHEON

TUESDAY, AUGUST 20TH

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. Speaker Ann Tobin, Meals On Wheels.

VOLUNTEER OF THE MONTH

The center would like to honor Betty Luzader as the volunteer for the month of August. Betty is an office volunteer and a building supervisor. She has worked every pancake breakfast for the past several years, collects tickets for the music series and is in charge of any bake sale we have. Betty will receive a \$15.00 gift card. Enjoy your reserved parking space the month of August. 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.



SUMMER MUSIC SERIES

THURSDAY, AUGUST 22ND

It's the third and last one for the Summer Music Series, Smorgasbord Dinner Buffet Catered by Blue Moon, buffet starts at 5:30pm. Menu: Lemon Pepper Chicken, Baked Steak, Mashed Potatoes w/gravy, California Blend Vegetables, Seasoned Green Beans, Salad w/assorted dressings, Rolls w/Butter, Assorted Desserts, Coffee and Iced Tea. We will be entertained by The Z Sharp Big Band from 7:00-9:00 p.m. Tickets will be on sale starting July 25th. The cost is \$10.50, and must be purchased before Monday, August 19th.

Doors will open at 5:00pm.

An advertisement for a realtor. On the left, the logo 'HER Realtors' is displayed in red and white. To the right of the logo is a portrait of an elderly woman with short white hair, wearing a dark jacket over a white collared shirt. Below the logo and portrait, the text reads: 'Marian J. Reitano', 'SENIOR CITIZEN DISCOUNT', 'LIFETIME ACHIEVEMENT AWARD', 'DIRECT (614) 273-6485', 'FAX (614) 474-1651', 'marian.reitano@HERrealtors.com', and 'www.marianreitanorealtor.com'.

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BINGO TUESDAY, AUGUST 27TH

On the fourth Tuesday of every month they play Bingo!! At noon they have 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 8th 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.

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; come see the power you've got and make great things happen for your health and well-being.

EUCHRE

Join the many euchre players every Wednesday at 1:00pm. It is important that you arrive before the time to start play so you can get checked in. If you don't arrive in time to start at 1:00pm you will not be able to play cards that day.

MEALS ON WHEELS

FAIRFIELD COUNTY

Pickerington, OH-Meals on Wheels is Fairfield County's Office on Aging with the mission to enable independent living and improved quality of life for those 60 and older living in Fairfield County. Meals on Wheels focuses on providing nutritional services and supportive services, encouraging social interactions, and acting as a catalyst to develop, expand, and sustain a countrywide system of services and facilitating access to services for older adults living in Fairfield County.

Over the next few months, Meals on Wheels will begin establishing goals for the agency's five-year plan for meeting the needs of seniors, filling gaps in services, and coordinating systems of care. The best source of input regarding this issue comes from the senior community we serve.

In order to gather input, Meals on Wheels will hold a brief question and answer session as part of the August 20th luncheon here at the center. The luncheon begins at noon and a brief survey will be distributed during the meeting with guided assistance for completing it. This survey provides an opportunity for you to give your input on how Meals on Wheels can best serve older adults in our county in the upcoming years.

If you are unable to attend the luncheon and would like to offer your opinion on what programs are needed, there will be extra copies of the survey available at the center.

The information you provide on the survey will help drive our decisions for developing programs and services for the seniors of Fairfield County.

THEY LOOK FORWARD TO LEARNING ABOUT WHAT IS IMPORTANT TO YOU!

LIBRARY

Check out the Library, we have a large selection of books to select from and several puzzles. Take a few books and puzzles home and just return them when finished.

Pickerington Senior Helper 

(614) 971-0893
pickseniorhelper.com

Lisa Stoklosa, Owner

**Customized Services, Flexible Hours,
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Groveport Apple Butter Day – 10/12

LIONS RECYCLE FOR SIGHT

Have eyeglasses that you can't use any longer? If so bring them to the center. The Lions Club has a box here for you to put them in and will recycle them for people who need assistance with purchasing glasses.

PUBLIC TRANSIT EXTENDS

DEVIATED-FIXED ROUTES HOURS

Lancaster-Fairfield Public Transit (LFPT) is excited to announce that they extended their hours for the deviated-fixed route (loop) service. LFPT received a grant through the Ohio Department of Transportation to pilot the extended hours for a period of six months which began July 22, 2019. The four Lancaster loops (consisting of the Memorial Express, East Loop, West Loop, and Sheridan Loop) will now extend until 10:00 pm Monday through Friday throughout the duration of the pilot program. To utilize the pilot loop, just be at the posted bus-stop below (signs at most locations) at least 5 minutes prior to the scheduled stop time. Once you are on the route, let your driver know at which stop you will de-boarding the vehicle. Deviated pick-ups are available within a ¾ mile radius of the listed stops by calling at least 24 hours in advance to request (limit one deviation per hour). There will be a public hearing in January 2020 to discuss making this pilot a permanent service. To see the current bus schedules, you may call the office (740-681-5086) or visit the website at <http://www.ci.lancaster.oh.us/DocumentCenter/View/3042/Route-Schedules-Lancaster?bidid=>

UPCOMING FESTIVALS

Reynoldsburg Tomato Festival - 8/8 – 8/10
Obetz Zucchini Festival 8/30– 9/2
Millersport Sweet Corn Festival – 8/29 – 8/31
Free Admission - Parking \$10.00
Canal Winchester Labor Day Festival – 8/31 – 9/2
Lithopolis Honey Festival - 9/6 – 9/7

UPCOMING EVENTS

ANNUAL SOUTHEAST SENIOR HEALTH FAIR GROVEPORT SENIOR CENTER WEDNESDAY, SEPTEMBER 4TH

Plans are under way for the annual Southeast Senior Health Fair. 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 and lunch is sponsored by Wesley Ridge.

PANCAKE BREAKFAST SEPTEMBER 28TH

TRIPS

ONE NEW TRIP SNOOTY FOX

WEDNESDAY, OCTOBER 9TH

"An upscale thrift shopping adventure"

Join us as we venture to the Cincinnati area for a shopping adventure full of fun, food and great deals! You will visit 4 upscale clothing and furniture thrift shops and enjoy beverages, Danish, snacks, a boxed lunch, dessert and wine tasting along the way. Different items at each stop but beverages at all of them. You also receive a 15% discount on your purchases and maybe even 20% some places. Cash and major credit cards are accepted, no checks! This trip will be a blast so grab your friends and get signed up on Monday, August 5th. Cost is \$41.00 due on sign up.

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MEMORIES OF ELVIS

WEDNESDAY, JULY 31ST

The motorcoach will leave the center at 8:30am for the paddlewheel vessel "Spirit of Cincinnati" for an unforgettable musical cruise across Elvis' life.

LACOMEDIA- ON GOLDEN POND

FRIDAY, AUGUST 23RD

The motorcoach will leave the center at 8:00am for LaComedia. On Golden Pond is a classic American comedy/drama that's every bit as touching, warm, and witty today as when it debuted on Broadway in 1979. The Academy Award-winning 1981 film adaptation starred Henry Fonda, Katherine Hepburn and Jane Fonda. Retired couple Ethel and Norman Thayer spend every summer at their Home on Golden Pond. This year, their adult daughter visits, bringing along her fiancé's teenage son. The turbulent relationship between father and daughter, the generation gap between young and old, and the difficulties facing a couple in the twilight years of a long marriage, make for a moving play that gives us unique insight into the modern American family. The cost is 60.00.

Space available

BRANSON & THE OZARKS

SEPTEMBER 8-14TH

This trip includes 6 Fantastic Shows; Clay Cooper's Country Express, the Haygoods, Shoji Tabuchi, Sinatra & Friends, Entertainment at the Uptown Café, & Entertainment aboard the Showboat Branson Belle. Guided tour at College of the Ozarks, including the Veterans Memorial, Wildlife Tram Tour at Dogwood Canyon Nature Park and much more. Trip includes 6 Nights lodging, 6 Breakfast, 4 Dinners, and motorcoach transportation, Baggage handling in Branson, and all taxes and included meals gratuities. Cost is \$900.00 double and single \$1,139.00

Space available.

EXPLORE TUSCANY

NOVEMBER 2-10, 2019

PRE-DEPARTURE MEETING

WEDNESDAY, OCTOBER 16TH AT 2:00PM

Highlights include Montecatini Terme, Florence, Lucca, Gothic Line, Pisa, Cooking Class, Sienna, and Choice on Tour, Winery Tour, Cheese Farm and more. Cost is double \$3,199.00, Single \$3,499.00. Triple \$3,169.00 2019. Not included in price is Cancellation Waiver and Insurance of \$315.00 is due on sign up.

Final payment is due before September 2nd.

"December 3-6 Nashville Opryland Hotel"

(Information will be in September Newsletter)

PRESENTATION

DISCOVER CANYON COUNTRY –

FRIDAY, AUGUST 9TH 11:00A.M.

HIGHLIGHTS: Scottsdale, Oak Creek Canyon. Kaibab National Forest, Grand Canyon, Lake Powell, Choices on Tour, Bryce National Park, Zion National Park, Las Vegas. Enjoy time in magical Sedona and scenic drive thru Oak Creek Canyon, Climb aboard Zion's open-air tram with an expert guide. Experience an invigorating breakfast cruise along lovely Lake Powell. Behold the breathtaking view of the vast Grand Canyon, Explore the most amazing spires of Bryce Canyon National Park and Marvel the red and white sandstone cliffs of Zion National Park. Includes 8 Days, 10 Meals: 6 Breakfasts, 4 Dinners. The cost for early sign up before November 22nd: Double \$2,999, Single \$3,899 and Triple \$2,949. Cancellation Insurance \$275.00 per person.
The trip date is May 22nd – May 29th, 2020.

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NOTES FROM DEANA

☺ *May Your Birthday Be Just the Beginning of a Year Filled With Happy Memories.*

(1) Raymond Kroll (2) Pat Henley, Joy Jackson (3) Betty Bechtel, Sandra Greely, Pamela Tuttle (4) Dave Burkhart, Ruth Ann Marshall, Jerry McCloud, David Sherrod (5) Rita Cruse (7) Harry Burriss (8) Patti Hyde, Drenna Burke (9) Doug Hoek, Favonia Marquart (10) Karen Siegel, Jackie Whitehead (11) Jackie Denton, Edward Turley, Monica Zalewski (12) Sharon Brady, Hattie Hunt, Georgia Legg, Jerry Lewis, Cheryl Mormile, Jenene Warmbier (13) Betty Brown, Catherine Grey, Lorrie Neuburger, Betty Rush, Alta Stumpf, (14) Bennesa Tarbay (15) Gordon Fuller, Melvin Weaver (16) Ruth Ann Lanter, Cecillia Wittenmeier (17) Leonad Hritz (18) Noreen Demas, Shirley Evans, Harriet Howell (20) Shirley Arthur, Bob Cullen, Carrie Ebert, Michael Little, Donna McIntire (21) Jean Walrath, Patsy Rospenda, Jean Walrath (22) Bob Emmert, Kay Howard, Bruce Kerns, Barbara Kline, Virginia Watters (23) Margaret Frazier, John Moriarty (24) Lil Falk, Nepha Franks, Elaine Hopkins, Thelma Kelley, JoAnn Mowery, (25) Dorothy Kavanaugh, Angie Smyers, Darie Wilson (26) Jim Easley, Sheri Kreinbihl, Vickie Miller, Kim Roumeliote, Dorothy Spaun (27) Patti Greiner, Janet Miller, Susan Smith, Nancy Strauch (28) Nana Strahm (29) Bonnie Holst (30) Betty Crock, Terry Sies, Peggy Yruegas

(31) Patrice Baker, Nancy Brinda, Mary Kearns, Leslie Martin, Gwen Rader.



KITCHEN VOLUNTEERS

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

IN LOVING MEMORY OF:

Margy Panthana's husband, Harry

MEMBERS KNOWN ILL:

Rose Generosa- Cancer surgery
Joan Creamer- Bursitis of the hip
Ruth Skarsten- Blood clots
Dee Plant- Broken hand
Jim Rush- Lung cancer
Ben Corbin- Knee surgery
Arin Anderson- Pneumonia
Don Barnhouse – Shoulder Surgery

THANK YOU:

Wanted to say thank you to all of you that helped us set up and tear down the Music Series, we can't say it enough we truly appreciate all of you.

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