

PICKERINGTON SENIOR CENTER

OCTOBER 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 senior center.org](http://pickerington-senior-center.org)

EMAIL: pickcenter@violet.oh.us

A NOTE FROM NANCY

The count for the monthly luncheon has decreased in the last few months. If you have any suggestions or ideas on what we can do to improve the monthly lunch please feel free to contact the office and give us your input. If you know of any good entertainment please feel free to let us know. Sorry but I'm still not able to get any information on the school lunch for seniors. They have a new person in charge of student council at both schools, I have left a message at both schools, no calls back yet.

FLU IMMUNIZATIONS

MONDAY, OCTOBER 2ND 11:00-12:30

Trish 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.

WEDNESDAY LUNCHEON – OCTOBER 4TH

Luncheon is at 11:30 am. Cost is \$6.00 per person. MENU: Jell-O Salad, Bratwurst/Sauerkraut, Mashed Potatoes w/Gravy, Glazed Carrots, Brownie with Whipped Cream, Coffee & Iced Tea. No tickets sold after Friday, September 29th.

TITLE BOXING

THURSDAY, OCTOBER 5TH & 19TH

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.

MEDIGOLD SEMINAR

THURSDAY, OCTOBER 5TH 10:00AM

They will be discussing enrollment periods and all of MediGold's Plan benefits for 2018. They will touch on Part D prescription coverage as well.

COFFEE CLUB

FRIDAY, OCTOBER 6TH 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.

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is our community.**

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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 Helene Kelleher, Bob Leighner, Kanti Patel, Kay Skibo, Carolyn Smith, Kay Vankeuren.

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.

MEMBERSHIP INCENTIVE PROGRAM

Any member that signs up four new members will receive a \$25.00 Visa Gift Card. Tell the office staff to put your name on the form when you sign up a new member. All you need is four members!!

MEDICARE SEMINAR

UNDERSTANDING YOUR MEDICARE OPTIONS

FRIDAY, OCTOBER 13TH - 10:30-11:30A.M.

Are you turning 65 soon and not sure about your Medicare options? Are you losing your employer sponsored Medicare health insurance plan? Do you have a Medicare plan and have questions about your coverage? If you have answered yes to any of the above questions you may want to Consider attending our free Educational Presentation where your questions about your Medicare coverage will be answered.

Understand your Medicare choices:

- * Medicare A, B,C,D and Medicare Supplements.
- * Find out about recent Medicare changes.
- * Learn about important enrollment deadlines.

HALLOWEEN LUNCHEON

TUESDAY, OCTOBER 17TH

The luncheon starts at noon. Please bring the following: A-G a meat, H-M a vegetable, N-S a salad, and T-Z a dessert. 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: TITLE BOXING.** Several of the members are taking the Title Boxing Class and would like to do a demonstration for everyone to see what it's all about.

VOLUNTEER OF THE MONTH

The center would like to honor Jimmy Moore as volunteer for October. Jimmy is a big help here at the center. He sets up Euchre every Wednesday, helps with set up for all the Music Series, Pancake Breakfast and monthly lunches. He is willing to help us when ever we call him. He will receive a \$10.00 gift card to Cracker Barrel. Enjoy your reserved parking space the month of October. Thanks Jimmy for all your help.

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FOOT CARE

THURSDAY, OCTOBER 19TH & 26TH

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.

BINGO

TUESDAY, OCTOBER 24TH

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.

PANCAKE BREAKFAST

SATURDAY, OCTOBER 28TH

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. October's breakfast is sponsored by Spence Funeral Home.



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EUCHRE TOURNAMENT

SATURDAY, OCTOBER 28TH

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: Tickets are on sale in the office.
Open to the public.



COMMUNITY TRICK OR TREAT NIGHT

TUESDAY, OCTOBER 31ST

6:00 – 8:00PM

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.

STRENGTH CLASS

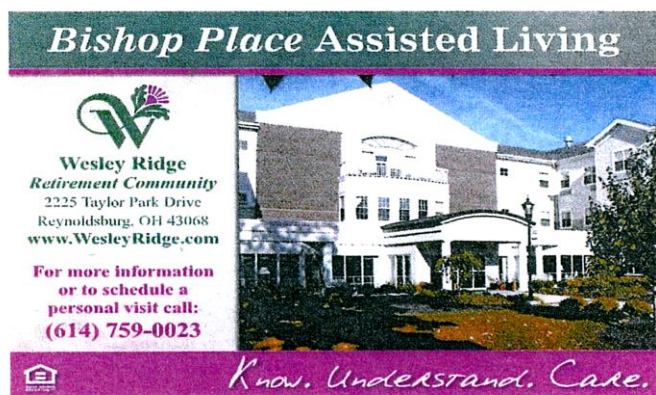
Join the strength class every Monday and Wednesday from 10:00-11:00am. The class is free to members. The class focuses on building upper and lower body strength, a good stretch and improving your balance.

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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 departure 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

VOLUNTEER DINNER

WEDNESDAY, NOVEMBER 8TH

Fairfield National Bank is sponsoring a dinner for all the volunteers here at the center. This is for anyone who has volunteered for anything, crafters, set up, pancake breakfast workers, noodle makers, office volunteer, kid's party, and dinners for the shut-ins, or anything else that you have helped out with. **The only thing they ask is for you to sign up. If you have to cancel please let us know ahead of time, they have to pay the caterer for the guaranteed amount.** Entertainment will follow after dinner.

Dinner is at 5:00p.m.

MENU:

Baked Chicken
Broasted Potatoes
Corn Casserole
Cole Slaw
Rolls & Butter
Dessert, Coffee & Tea

UPCOMING FESTIVALS & EVENTS

Oct 14 – Groveport Apple Butter Day

Senior Helper, LLC

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Senior.Helper@outlook.com
Lisa Stoklosa, Owner
Customized Services, Flexible Hours,
Reasonable Hourly Rates, Fully Insured
17 Years Experience Helping Seniors Live Independently

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TRIPS



WHEELING ISLAND (DATE CHANGE FROM 20-21)

September 27 – 28- The motorcoach will leave the center at 9:45a.m. . 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 – The motorcoach will leave the center at 7:00 am. 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.

LACOMEDIA DINNER THEATRE

October 20 -The motorcoach will leave the center at 8:00 a.m. “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!

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. Waiting List

ONE NEW TRIP ADDED WILDLIGHT WONDERLAND AT THE ZOO

November 27 – We will begin the day with an early family style dinner at the Der Dutchman and then it’s off to the Columbus Zoo to take in the spectacular display of holiday lights at the Wildlight Wonderland! The cost is \$49.00 per person and includes transportation, dinner and admission to the Zoo for the evening. Sign up starts on Monday, October 2nd. Payment due before November 6th.

Upcoming Trips for 2017:

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.

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FROM DEANA

REMEMBERING EVERYONE WITH WARMEST
THOUGHTS ON THEIR BIRTHDAY

"HAPPY BIRTHDAY"

(2)Candi Moore (3) Peggie Rice, Lisa Stoklosa (5) Bud Joos, Susi Mueller (6) Gertrude Stacoffe (7) Lilia Checca, Ellen Mastracci, Mary Boehm (8) Larry Leonard (9) Betty Kolkody, Izella Erwin (10) Betty Stinemetz, Mary Ann Bowen, Marilyn Canfield (11) Eilee Hooper (12) Linda Frazee, Kay Skibo, Betty Ept, Denise Hoover, Dawn Wandling, (13) Marilyn Harmon, Wayne Schultz, Sandy Wilson (14) Pureza Jacaban (16) J. Elaine Grener, Buck Ewing (17) Laurretta Bain, Karen Sanner, Carol Plympton (18) Gloria Ospina, Bill Haislet, Carol Foeke (19) Jeanne Carroll, Jeri Lane (21) Jo Ellen Gohr, Donna Moore, Bud DeLong, Sharon McDougal, Carolyn Smith, Jack St.Cyr, Floyd Hart, Arlene Phillips, Audrey Giles (22) Jennifer Mayper, Hilda Coldsmith, Richard Smith, Robert Lloyd, (23) Eddie Sheline, Grace O'Connell, Shirley Case, Pauline Limbach (24) Rod Frazer, Robert Douglas, Debra Sherman (25) Joseph Douglas, Mike Welling, Kimberly Hall (26)Martha Gravatt, Paulette DeVor, Ann Harper, Schearl Budd (27) Barb Smithberger (28) Julia Archer (29) Charlene Hertzner (30) Lynn Wilcox (31) John Samborsky, Richard Erwin, Gordon Burke

KITCHEN VOLUNTEERS FOR OCTOBER LUNCHEON

PREP: Neva Nameth, JoAnn Mowery, Alyce Giles

CLEAN UP: Sunny Schewe, Jeanne Carroll, Marilyn Harmon, Jan Knauff, Jerry Parker, Ann Harper

IN LOVING MEMORY OF:

Clara Schmidt

Hedy Fleischer's husband, John

Mary Patton's husband, Richard

Jackie Whitehead's husband Dean

Sunny Schewe's sister, Carolyn

MEMBERS KNOWN ILL:

Rose Pearce- Surgery

Millie Martin- Infection

Rumi Prince- Shoulder surgery

Rich Houser- Back surgery

Mary Hungerford- Cancer

Dianne Parker- Heart

HAPPY HALLOWEEN

When witches go riding and black cats are
seen, the moon laughs and whispers,
"Tis near Halloween."



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