

# PICKERINGTON SENIOR CENTER

NOVEMBER 2017

NEWSLETTER

614-837-3020

**CENTER DIRECTOR:**

**NANCY LEE**

**OFFICE SPECIALIST:**

**DEANA DILLON**

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

**EMAIL: [pickcenter@violet.oh.us](mailto:pickcenter@violet.oh.us)**

**A NOTE FROM NANCY**

**EUCHRE TOURNAMENT**

**SATURDAY, OCTOBER 28<sup>TH</sup>**

Dean Sigman will be hosting his 11<sup>th</sup> Euchre Tournament.

**WHEN:** Saturday, October 28<sup>th</sup>

**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.

**PANCAKE BREAKFAST – OCTOBER 28<sup>TH</sup>**

**NO BREAKFAST IN NOVEMBER or DECEMBER**

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. Sponsor is Spence Funeral Home.

**“**  
**Your community is our community.**  
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**SCHOOL LUNCHEON**

The first luncheon will be at Lakeview Jr. High on Friday, October 27<sup>th</sup> at 11:07a.m. Please call the center to sign up so we can let them know how many to expect. They have a sponsor that pays for your lunch. No date yet for Ridgeview Jr. High. Call the center the first of November to check the Date and time.

**WEDNESDAY LUNCHEON – NOVEMBER 1ST**

Luncheon is at 11:30 am. Cost is \$6.00 per person.

**MENU:**

Spinach Salad/Raspberry Vinaigrette Dressing, Pork Chop, AuGratin Potatoes, Sautéed Vegetables, Carrot Cake, Coffee & Iced Tea.

No tickets sold after Friday, October 27<sup>th</sup>.

**COFFEE CLUB**

**FRIDAY, NOVEMBER 3<sup>RD</sup> AT 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.

**SUNDAY, NOVEMBER 5<sup>TH</sup>**

**DAYLIGHT SAVINGS TIME ENDS**

“Spring forward fall back.” Check/Change your batteries day; this day is held annually when Daylight Savings Time ends, the first Sunday in November. Set your clocks back one hour before retiring for the night on Saturday. This is the time to check your batteries in smoke detectors, carbon monoxide detectors, and other electronic devices. Please do not climb on ladders or chairs to change them, have one of your kids, or neighbor come over and take care of it for you. If you can't find someone to help you call us and we will find someone to help you. 614-837-3020.

**TUESDAY, NOVEMBER 7<sup>TH</sup>**

**ELECTION DAY**

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## WEDNESDAY, NOVEMBER 8<sup>TH</sup> "FATHER OF THE BRIDE"

Pickerington Central High School's Theater Department has invited the senior center to the preview night. Doors open at 6:30pm and the play start at 7:00pm. Admission is free. If you would like donations are accepted.

## VOLUNTEER DINNER WEDNESDAY, NOVEMBER 8<sup>TH</sup>

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. ONLY VOLUNTEERS CAN ATTEND THE DINNER.** 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

## TITLE BOXING THURSDAY, NOVEMBER 9th & 16th

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, NOVEMBER 9<sup>TH</sup> AT 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. Call the center to sign up 614-837-3020.

## FOOT CARE THURSDAY, NOVEMBER 15<sup>TH</sup> & 16TH

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.

## 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!!

## KEEP YOUR MEMORY SHARP

RELAX: Tension and stress are associated with memory lapses, and managing stress improves memory.

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homemade ice cream every month for bingo, donates pies for the Music Series & other events. Jeannie loves to decorate the outside for holidays with her helper Ann Harper. That's just a few of the things she helps out with. She will receive a \$10.00 gift card to Cracker Barrel. Enjoy your reserved parking space the month of November. Thanks for all your help.



## THANKSGIVING LUNCHEON TUESDAY, NOVEMBER 21<sup>ST</sup>

The luncheon starts at noon. Please bring the following: A-G a vegetable, H-M a salad, N-S a dessert, and T-Z meat. 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: Pickerington North High School. A lot of work is involved in this luncheon. If you would be willing to help out please give us a call.**

CENTER IS CLOSED NOVEMBER 23rd & 24th  
HAVE A HAPPY THANKSGIVING

## BINGO

### TUESDAY, NOVEMBER 28TH

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.

## VOLUNTEER OF THE MONTH

The center would like to honor Jeannie Carroll as Volunteer of the month. Jeannie is very active here at the center, she helps every month in the kitchen for the monthly luncheon, helps with the carry out dinners for Thanksgiving & Christmas. Makes



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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 Jacques Augis, Linda Clyburn, Barbara Doane, Tom & Patti Greiner, Mary Ann Miller, Frank & Mary Montagnino, Barbara Pest, Robert Smith & Vicki Schmoyer, Manikone & Sominuck Thaimany, Cecilia Wittenmier, Chris Zang

## 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.

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NOVEMBER 2017

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## 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.

## 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.

## SOUP SUPPER AND BINGO

It was a great turn out. We served over 100 guests. Thanks to Annabelle Marion for being in charge. Thanks to Jeannie Carroll, Deana Dillon, Ann Harper, Jerilynn Heskett, Eleanor Samborsky, Carmen Tracy and Jamie Neutzling for making the soup and working in the kitchen. Thanks to John Samborsky for calling Bingo. A big thanks to everyone who stayed to help taking down tables and chairs.

## LANCASTER-FAIRFIELD PUBLIC TRANSIT IMPORTANT INFORMATION

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.

## BLANKETS FOR THE HOMELES

Seton Homeless Comfort Crew is still collecting old bedding, curtains, material, and etc. They make

sleeping bags for the homeless. When the produce is finished it is given to the Holy Family Soup Kitchen who distributes them to the homeless

## WHAT CAN REGULAR EXERCISE DO FOR YOU

- Increase self-esteem and self confidence.
- Reduce anxiety and stress.
- Improve mood, may alleviate depression.
- Improve sleep and increase energy.
- Decrease the risk of heart disease and help prevent risk factors such as obesity and high blood pressure.
- Slow the rate of bone loss with age.

That's just a few of the things exercise can do for you.

## UPCOMING EVENTS SATURDAY, DECEMBER 2ND BREAKFAST WITH SANTA

This will be the 14<sup>th</sup> annual breakfast with Santa. To purchase your ticket you need to go to Park & Recreation Dept. at City Hall. The cost is \$6.00 per person (children 2 years and under are free.)

**No tickets sold at the event.** Tickets are a must and they will go on sale starting Wednesday, November 1<sup>st</sup>. Cash, checks payable to City of Pickerington, Visa and Master Cards accepted. We will have a pancake breakfast, bake sale, and the Craft Ladies will have a Secret Santa Gift Shop. Parks and Recreation Dept will be helping the kids make a craft item to take home. Seating times 8:00am , 9:30am and 11:00am. Tickets go fast; if you want to bring your grandkids don't wait until it's sold out. This is a very busy day; if you would be willing to help work the breakfast, bring in baked goods, or help wrap the kid's gifts please give the office a call. Marian Reitano, HER Realtors is December breakfast sponsor.

## BOARD NOMINEES

At our December luncheon we will be electing three members for the Board of Trustees to serve for the next three years. The following board

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members are up for re-election, Becky Ashcroft, Nancy Huffman. and Annabelle Marion If you would like to run for the Board or know someone that would please let us know so we can put them on the ballot.

display of holiday lights at the Wildlight Wonderland! The cost is \$49.00 per person and includes transportation, dinner and admission to the Zoo. Payment due before November 6<sup>th</sup>.

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## TRIPS



### CHRISTMAS IN NASHVILLE

#### FEATURING THE OPRYLAND HOTEL

**November 14-17- We will depart the center at 7:00a.m.** 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

### WILDLIGHT WONDERLAND AT THE ZOO

**November 27 – The bus will leave the center at 1:45pm.** 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

### TWO NEW TRIP ADDED

#### "TIMELESS MEMORIES OF CHRISTMAS"

WEDNESDAY, DECEMBER 6<sup>TH</sup>

This festive revue features your favorite Christmas carols, dazzling costumes and beautiful sets, and is sure to put you and yours in the Christmas spirit. Concluding with a celebration of the true meaning of Christmas and the traditional of "O' Holy Night." A visit to LaComedia this holiday season is the perfect way to create your own Timeless Memories of Christmas.

**Sign up starts on Monday, October 30<sup>th</sup>. The cost is \$60.00. Payment is due on sign up.**

#### VILLA MILANO – "THE SHOJI TABUCHI SHOW"

MONDAY, DECEMBER 18<sup>TH</sup>

Come and hear a world class violinist perform an unforgettable holiday show featuring a 15 member cast. You will not only hear many of your favorite Christmas and Holiday music and tunes from Broadway and Movie shows, Pop, Jazz, Swing and Classical, all melded with class, warmth and humor. Shoji searched long and hard for the right professional musicians to form his band. It is with great pride that he introduces each and every

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NOVEMBER 2017

NEWSLETTER

614-837-3020

member of his band. Their creativity ranges from dancing and twirling cowboy ropes to lively polkas to dancing the Sugar Plum Fairy on toe during a special Christmas performance. You won't want to miss this great show. **Sign up starts on Monday, October 30<sup>th</sup>. The cost is \$72.00 due on sign up.**

When a trip is in the newsletter and a deposit or payment due on sign up you have to come in to sign up. If payment is due at a later date you can call us to sign up. **A member can only sign up one other person.**

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

REMEMBERING EVERYONE WITH WARMEST  
THOUGHTS ON THEIR BIRTHDAY  
"HAPPY BIRTHDAY"

(1)Bettie Hurley, Michelle Acquista, Danny Mathew, Douglas Keadey-Smith (3)Daniel Murphy (4)Melissa Bechtel, Ruth Ann Garand, Fran Skinner (5)Sharon Greedy (6)JudyCreviston, Bill Taylor, Eleanor Berry (7)Marti Fisher, Virginia Guisinger (8)Janet Ladd, Marlene Mueller (9)Kim Jamison, Magdalena, Haney, Kay Vankeuren, Catherine Hritzo (10)Leroy Carter, Ray Crane, Polly Kupniewski (11)Susan Carr, Beverly Tumblison, Tom Legg (12)Josie Conforti, Debbie Lemaster, Jeannie Mathew (13)Mary Jane Brandt, Joanie Thorn, Diamme Parker (14)Margaret Wolfinger, Betty Arnsbarger, Bessie Miller, Byron Thompson (15)Kathy Colon, Charlene

Newlon, Robert Bhaerman (16)Maggie Arendt, Paula Gross, Patricia Lucas (17)Rae Donna Sheets, Sylvia Chadwell (18)Becky Ashcroft, Dana Bower, Sunny Schewe, Mary Jane Sheline, Denise Reibold (19)Selma Kelly, Rosalee White (20)Brenda Dunnette, Becky Todd, Melody Fuller, Charlotte Franks (21)Dorothy Lee, Butch Forrest (22)Mike Kilroy (23)Jennie Chrysler, Edward Akers (24)Ann Hackworth, Sherry Neeper, Patty Schlager, Daulita Church (25)Donna Carr, Maryann Trouten (26)Susan Fetters, Cheryl March, Sara Schwab (27)Stan Runyan (28)Mary Johnson, Maria Capriotti (29)Janet Kuhn, Frances Marchese (30)Nancy Johnson, Rex Bentzinger

## KITCHEN VOLUNTEERS FOR NOVEMBER LUNCHEON

### PREP:

Jeannie Carroll, Fran Yurick, Neva Nameth, Ann Harper, Alyce Giles, Irene Katares

### CLEAN UP:

Rich Schwab, Jim Easley, Nicki Barlow

### IN LOVING MEMORY OF:

Antonio Mosco  
Gertrude Stacoffe's grand-daughter,  
Heather Martin

### MEMBERS KNOWN ILL:

Vicki Witten- broken ankle  
Ervin Ultican-fell, broken hip  
Marilyn Harmon-OSU Hospital  
Steve Tedrick – Shoulder Surgery

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## EMAIL ADDRESS:

If you have an email address and you haven't already given it to us, please stop by my office and write it down for me. Thank you in advance.

## HAPPY THANKSGIVING

