**CENTER DIRECTOR: DEANA DILLON**

**ACTIVITIES COORDINATOR: DIANE CAIN**

**TELEPHONE: (614) 837-3020 / FAX: (614) 833-6471**

**HOURS: MON-FRI 8:30 a.m. - 4:30 p.m.**

**WEB PAGE:**  [**http://pickeringtonseniorcenter.org**](http://pickeringtonseniorcenter.org)

**EMAIL:** **DDillon@pickeringtonseniorcenter.com**

 **MEALS ON WHEELS FAIRFIELD COUNTY**

Meals on Wheels is happy to announce the opening of a new congregate restaurant site in Pickerington. They are Partnering with Bob’s Backyard BBQ located at 80 W. Church Street. The hours are Tuesday through Friday 11 a.m. - 2 p.m. To participate at this site, you must be a Fairfield County senior over the age of 60. If you are interested in signing up to eat at this new restaurant site, please call (740) 681- 5050.

**DONATION**

Just a reminder: Any amount of money donated to our Center is very much appreciated. This money is used primarily to purchase needed items for the kitchen and for office supplies as these are not included in our budget.



We welcome the following new members to our Center and hope they join us for some of our activities: Ramsey Ellis, Jim Jurinall, Barb Klopfenstein, Pam Snyder, Myra Talbot, Annetta & Robert Zeman.

**NOODLES**

 Noodles are back and can be purchased in the office for $2.00 a bag.

 **MEDICARE SEMINAR**

 **TUESDAY, AUGUST 20th 2:00 p.m.**

This seminar will enhance your understanding of medicare and what options are available to you. They will review the Medicare hospital, doctor and prescription drug benefits. The seminar is presented by Medical Mutual of Ohio and will be conducted by Michael McClelland, a licensed independent agent/broker with SSIP insurance partners.

**HEAL2TOE FOOT CARE SERVICES**

**THURSDAY, AUGUST 15th 9 a.m. - 2 p.m.**

Tonia is a State of Ohio registered nurse.She charges $35.00 for the following:

30-minute treatment

Expertly trim, thin and file nails

Corns & callouses are filed and buffed

smoothly.

*All* tools are sterilized for each patient.

\* Payment is due at time of service

\* Self-pay only - No Medicare or Insurance will be billed.

To schedule an appointment at our Center call: (614) 686-3646.

**VOLUNTEER OF THE MONTH**

Our Center would like to honor John Samborsky as Volunteer for the month of August. John helps with noodles, building repairs, lights our pilot lights when needed and anything else we ask him to do. Enjoy your reserved parking space for the month of August and your $15.00 gift card. Thanks for all your help!

**STRENGTH CLASS**

**MONDAYS AND WEDNESDAYS 10:00 - 11.00 a.m.**

Come join our strength classes led by Kelley. The focus is on building upper and lower body strength through stretching and improving your balance strength. Bands are $3.00 if purchased through the class. If you have weights, please bring them with you.

**WATERCOLOR CLASS**

 **Mondays 1:00 - 3:00 p.m.**

Join Jenene Warmbier for adventures in watercolor painting. Jenene is a great teacher. No previous training or talent necessary; just the desire to express yourself with Paints and Brushes. You can stop in our office to get a list of supplies you will need for the class.

 **LINE DANCING**

**MONDAYS 11:15 a.m. - 12:00 p.m.**

A new 12-week session will begin July 15th and run through October 7th. Classes are ongoing, so you can join at any time. Payment of $12.00 is due upon registration. You may also pay $1.00 per class each week that you attend. You can pick up a registration form in the office. Make checks payable to Marilyn Morgan. For more information email instructor: Marilyn mnm1126@gmail.com.

**NEW**

**GRIEF SUPPORT GROUP**

**TUESDAY, AUGUST 6th9:30 a.m.**

Kathy Willard will be hosting grief support classes at our center. This program is designed for adults who are grieving the loss of a loved one through death. All are welcome to attend no matter how long ago that death has occurred as there is no time frame for grieving. The support group will be held in our card room once a month.

**CORN HOLE**

 **TUESDAYS 11 a.m.**

We play Cornhole every Tuesday with a tournament on the last Tuesday of each month. The winning team for June was Bill Dunnette and Mike Hecht.

**TUESDAY AFTERNOON MATINEE**

**August 20th 1:15 p.m.**

Join us for our Classic Movie “The Rookie” starring Dennis McQuaid, based on the true story of Jim Morris who debuted in Major League Baseball at the age of 35. We supply the movies, popcorn, snacks and bottled water. You can use our chairs or bring your own folding chair.

**BINGO**

**TUESDAY AUGUST 27th 1:00p.m.**

We willl be playing Bingo on the 4th Tuesday of June. Join your friends for a fun afternoon of Bingo.

**CRAFT GROUP**

 **WEDNESDAYS 10 a.m. - 12:00 p.m.**

 Our craft group offers fun activities for our members, while also raising money for our Center. The most important fund-raising activity they participate in is our Breakfast with Santa. This is usually held on the first Saturday of December.

**EUCHRE**

 **WEDNESDAYS 12:30 p.m.**

 We start playing at 12:30 p.m. The cost is $2.25 which includes the games and the loner pot. Please be here at least 10 minutes ahead of time to get signed in as we start on time at 12:30.

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| **CREATIVE WRITING GROUP** **WEDNESDAYS 1:00 p.m.**Our writing group meets in our craft room. This is a chance to share what you’ve written or would like to write and get feedback, tips, and ideas from others in a relaxed & fun setting. Your writing can be poetry, fiction, or non-fiction. Your work may even appear on our Center’s bulletin board. Brenda Layman, published writer, leads this fun group. Everyone welcome, no experience necessary. **DUPLICATE BRIDGE – WEDNESDAYS 9:30 a.m.****and****REGULAR BRIDGE – THURSDAYS 12:30 p.m.**We are looking for more members to play Bridge. Anyone interested in joining us, please call Diane at our Center and give her your name and phone number. The cost to play either Bridge or Duplicate Bridge is $1.00 per week. |  |
| **TITLE BOXING****THURSDAYS AUGUST 1st, 8th, 15th** Maria Manzo from Title Boxing will lead the class at our Center from **9:15 - 10:00 a.m.** Sessions are around the Rock Steady Boxing curriculum which increases the neuroplasticity of the brain to help produce healthy brain cells. The exercises are designed to improve quality of life, have fun, and get results - all at the same time! You can purchase a bag and gloves for $30.00 at the class. **BOOK CLUB****THURSDAY AUGUST 22nd 9:30 a.m.**The book club meets in our library on the fourth Thursday of every month. At our August meeting we will discuss “Heaven & Earth Grocery Store” by James McBride. The book for September is “The Women” by Kristen Hannah.New members are always welcome. If you have any questions, please call Carole Pruiksma at 614-558-2190.**CHAIR VOLLEYBALL** **THURSDAYS 11:30 a.m.**Led by Darie Wilson. If you have any questions, please give Darie a call 740-358-6394.It’s a fun game and it’s played with a beachball.**CARDIO FITNESS CLASS****FRIDAYS 9:15 a.m.**This is a 45-minute Cardio Class. It is a total workout. Come see the power you have and make great things happen for your health and well-being. We have plenty of room for you to move and groove to great music with instructor, Maria Manzo.**PICKLEBALL****FRIDAYS 10:30**Join us for this fun game. If you have paddles, please bring them with you. If you’ve never played and want to learn, Fred will be happy to teach you!**SOCIAL EUCHRE****FRIDAYS 11 a.m.**This is a relaxed paced Euchre game where we can meet and play cards non-competitively. If you like to play cards for fun and you don’t mind teaching others when needed, then please join us.  |  |
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| **MONTHLY LUNCHEON/LUAU PARTY** **TUESDAY AUGUST 13th 1:00 - 3:00 p.m.** August luncheon/ Luau theme party will be sponsored this month by our Center, Brookdale Senior Living, Embassy of Pickerington, and Amber Park. Games, prizes, and lunch provided. **Call or stop in our front office to sign up by** **August 6th.** |  |
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**STAYING HEALTHY IN YOUR HOME**

The Violet Township Fire Department, Truro Township and the City of Whitehall Division of Fire are collaborating with Mt. Carmel Health Systems to develop a Community Paramedic program. The program was launched in January of 2019 and its purpose is to help improve the health and welfare,

of our communities. For more information you can contact Lt. Postage at (614)778-5561 or by email at para@violet.oh.us

 **PICKERINGTON FOOD PANTRY**

**MOST NEEDED ITEMS**

Personal hygiene products - soap - paper towels -toilet paper - toothpaste - toothbrushes - juices - condiments - tomato (paste, sauce or diced) - baking and pantry staples (flour, sugar, salt, baking soda and spices) - peanut butter and jelly - bread - butter.

We have collection containers in our library.Please donate to the Food Pantry so they can help people in need. Thank you!

**BLANKETS FOR THE HOMELESS**

Seton Homeless Comfort Crew collects old bedding, curtains, material, etc. to make sleeping bags for the homeless. When the sleeping bags are completed, they are given to the Holy Family Soup Kitchen who distributes them to the homeless. We have a collection container in our library.

**A MATTER OF BALANCE**

**OLDER ADULT FALLS PREVENTION**

A matter of balance will help you engage in a range of motion exercises that increase strength and balance. Exercises are low impact, seated, and participants can use a chair to help with balance. Exercises are 30 minutes of the 2 - hour program. Classes will be held at our Center starting Friday, July 12th from 1:30- 3:30 p.m. **Please call Linda at The Senior Hub 740-681-5050 ext. 119 to get registered for classes.**

**TRIPS FOR 2024**

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**NASHVILLE COUNTRY CHRISTMAS**

**GAYLORD OPRYLAND HOTEL**

**DECEMBER 1st - 4th**

Nashville Country Christmas 2024 promises a delightful holiday experience in the heart of Music City. This includes a guided Nashville tour, Grand Ole Opry Show, General Jackson Showboat Cruise, Fantasy on Ice, and a Christmas dinner show at the Opryland Hotel.

**The Cost is: Single $1,538.00, Double $1,039.00, Triple $969.00.**

**Sign up starts Monday, June 17th with a $200.00 deposit and final payment is due before Monday, September 9th.**

**(Waiting list)**

**LA COMEDIA DINNER THEATRE**

**SATURDAY NIGHT FEVER**

**THURSDAY, OCTOBER 24th**

Featuring Bee Gees hits like “Staying Alive,” “Jive Talking,” “Night Fever,” and, “More Than a woman.” Saturday night fever is the best of the disco era and based on the 1977 film starring John Travolta.

**The Cost is: $63.00 due on sign up.**

**Sign up starts Monday, August 5th**

**LA COMEDIA DINNER THEATRE**

**HOLIDAY INN**

**FRIDAY, NOVEMBER 22nd**

A year of holidays in one wonderful musical! Irving Berlin’s Holiday Inn features thrilling tap - dance numbers, laugh out loud comedy, and a parade of Irving Berlin’s greatest hits including “White Christmas”

**The Cost is: $63.00 due on sign up.**

**Sign up starts: Monday, September 9th.**

**NOTES FROM DIANE**



(1) Rosemary Kralvoich (2) Pat Henley (3) Bettie Bechtel, Kathy Binkiewicz, James Hupp (4) Ruth Ann Marshall, Phyllis Pitts,

(5) Rita Cruse, Vince Pulles (6) Jim Billings (7) Harry Burris, Laura McClary (8) Roger Byers, Barb Nelson (9) Tongsun Berry, Shirley Dick, Eve Davis, Doug Hoek, Favonia Marquart, Katie McCann (10) Mary Boyer, Judy Evans, Nancy McGinnis, Janice McKeever, Steve Osborne, Karen Siegel, Jackie Whitehead, Judy Zollinger (11) Marianne Brooks, Jackie Denton, Gary Johnston, Judith Nolan, Monica Zalewski (12) Sharon Brady, Hattie Hunt, Jerry Lewis, Jenene Warmbier (13) Luyunne Bush, Lorrie Neuburger, Alta Stumpf (15) Melvin Weaver (16) Ruth Ann Lanter, Cecilia Wittenmeier (17) Leonard Hritzo, Mary Beth Irwin, Janette Scott (18) Harriet Howell (19) Cindy Zunich (20) Shirley Arthur, Michael Little, Donna McIntire (21) Patsy Rospenda, Jean Walrath (22) John Coleman, Carol Vanauken (23) Margaret Frazier, John Johnson, Sandi Lopinsky (24) Lil Falk (25) Dorothy Kavanaugh, Angie Smyers, Darie Wilson (26) Jim Easley, Sheri Kreinbihl, Barbara Matchack, Dorothy Spaun (27) Patty Bond, Susan Smith (29) Bonnie Holst, Joanne Price (30) Diane Cain (31) John Coleman, Melanie Dodd, Leslie Martin.

**MEMBERS KNOWN ILL**

Ann Hackworth - Back Surgery

Martha Gravatt - Foot Surgery

**IN LOVING MEMORY OF**

Candi Moore

Ed Akers

 **“PICKERINGTON SENIOR CITIZENS CENTER”**