

PICKERINGTON SENIOR CENTER

MARCH 2018

NEWSLETTER

614-837-3020

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NANCY LEE

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

FRI-8:30AM-2:30PM

WEB PAGE: <http://pickerington.senior.center.org>

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A NOTE FROM NANCY **MEMBERSHIP DUES \$12.50**

This will be your last newsletter if your dues are not paid. If you have a red check mark on your newsletter label it's a reminder that your dues are not paid. The cost is still \$12.50. If you were 90 before January 1st, 2018 your membership is free.

\$10.00 CLUB

Just a reminder that we have a donation called the \$10.00 Club. You can donate any amount you would like. The money donated helps with the purchase of items that we need for the kitchen and office supplies.

COFFEE CLUB

FRIDAY MARCH 2ND AT 9:30A.M.

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.

MARCH 7TH

WEDNESDAY LUNCHEON

Luncheon is at 11:30 a.m. No tickets sold after Monday, February 26th. Menu: Jell-o with Fruit, Bratwurst/Sauerkraut, Mashed Potatoes, Glazed Carrots, Brownie, Coffee & Iced Tea. Cost is \$6.00.

EARZLINK HEARING CARE CENTER

FRIDAY, MARCH 9th

Every Friday starting on March 9th from 10:00am until 1:00pm they will provide hearing screenings. They can provide basic hearing aid repair at no charge as well. The only thing they ask is that you schedule an appointment. We will have a signup sheet here at the center. You can either stop in or call 614-837-3020 and we will sign you up.

INCOME TAX

THRU – APRIL 12th

AARP free tax preparation is every Thursday thru April 12th. Appointments will be scheduled from 8:30 a.m. – 12:15 p.m. This is for seniors or lower income people. Call the senior center at 614-837-3020 to schedule your appointment. You will need to bring with you last year's tax papers, W-2's, 1099's for interest, dividends, and retirements, ID, and social security number for everyone listed on the tax form; medical expenses including mileage to and from appointments; information if you plan to itemize.

SUNDAY, MARCH 11th

Daylight Savings Time begins and it's time to check your batteries day. "Spring forward, fall back." It's a good time to change your batteries in smoke detectors, carbon monoxide detectors, and other electronic devices.



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THURSDAY, MARCH 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. Corns & calluses are filed and buffed smooth. Tools are sterilized for each patient. Call the center at 614-837-3020 to sign up.

ST. PATRICK'S DAY LUNCHEON

TUESDAY, MARCH 20TH

The luncheon starts at noon. Please bring the following: A-G a vegetable, H-M a salad, N-S a dessert and T-Z a 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.

SCHOOL LUNCHEON

WEDNESDAY, MARCH 21ST

The senior luncheon is scheduled at Ridgeview Jr. High at 11:07AM. The Student Council will pay for your lunch. For the new members the Jr. High Schools have lunch once a month for the seniors.



VOLUNTEER OF THE MONTH

The center would like to honor Linda Frazee as volunteer for the month of March. Linda is a noodle maker and works all the pancake breakfasts including the breakfast with Santa. She helps with clean up at the monthly luncheon. She even finds time to exercise every Friday morning and every other Thursday for Title Boxing. She will receive a \$10.00 gift card to Steak N' Shake.



BREAKFAST WITH THE BUNNY SATURDAY, MARCH 24TH

We will be hosting a "Pancake Breakfast with The Bunny" with Pickerington Parks and Recreation Dept. They will be making a craft with the children. Seating times: 8:00a.m., 9:30a.m., and 11:00a.m. Ticket Information: \$6.00 per person (children 2 years and under are free.) Tickets will be sold March 6th- April 5th at the Parks and Recreation Dept., 100 Lockville Road. Cash, checks payable to City of Pickerington, or Visa and Master Card accepted. **Tickets will not be sold at the event.**

Volunteers needed to help with the breakfast. If you would be willing to help give us a call at 614-837-3020.

BINGO TUESDAY, MARCH 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. Come in and join your friends for a fun afternoon!!

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EUCHRE

Come in any Wednesday at 1:00 p.m. and join the many Euchre players. The cost is only \$2.25, it includes the loner pot.



NEW MEMBERS

We welcome the following new members to the senior center and hope they join us for some of our many activities. William & Barbara Allison, Shirley Coburn, Jean Cox, Dan Cox, Mercedes DiCamillo, Karen Edwards, Bess Grabovich, Doug & Faith Hoek, Dave & Barb Jewell, Darlene Kuzmic, Thomas & Ellen Laugherty, Doris Moore, James Northrop, Georia Peraza, Vikki Perry, Helen Ransbottom. Rosemary Schneider, MaryLou Tate, Janice Thomas, Charlotte Witt, Jon Wolfe and Debra Zang.

BLANKETS FOR THE HOMELESS

Seton Homeless Comfort Crew is still collecting old bedding, curtains, material and etc. to make sleeping bags for the homeless. When the product is finished it is given to the Holy Family Soup Kitchen who distributes them to the homeless.

If you have any questions about this call Elaine Fairchild at 614-864-2637.

THE FOLLOWING THREE ACTIVITIES ARE FREE TO MEMBERS

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."

STRENGTH CLASS

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

FITNESS FIRM - EVERY FRIDAY MORNING-

Exercise starts at 9:00a.m. Registration, sign up at 8:30a.m. 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. We have plenty of room for you to move and groove to great music. A certified instructor will guide you through a safe and effective workout.


DRINK LOTS OF WATER

As people age, the ability to notice thirst may decrease, so it's important to keep an eye on water intake, especially when exercising outside in the sun. Dehydration can adversely affect memory and concentration such as an increased risk of falls. As a rule of thumb, aim for at least eight glasses of water per day and be conscious about the type of fluids, choosing water, herbal tea, and fresh vegetable juices over coffee, fruit juices, or sugary sweet soft drinks.

TAKE A WALK


Studies have shown that even 10 minutes of walking each day can result in older adults maintaining strength and agility. A simple stroll around the neighborhood to take in the scenery can also be just the right change of pace.

Bishop Place Assisted Living



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personal visit call:
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Know. Understand. Care.

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LANCASTER-FAIRFIELD PUBLIC TRANSIT

LFPT IS OFFERING ONE Flex Route in Pickerington & Violet Township which runs an hourly loop Monday, Wednesday & Thursday from 9:00am to 5:00pm. To request a pick-up within ¾ mile radius of the listed stops, call at least 24 hours in advance to notify the scheduler at 740-681-5086, Ohio Relay 800-750-0750, or on line at lpsscheduler@ci.lancaster.oh.us. General Fare: \$0.50, Mobility Rate: \$0.25, Transfers: \$0.10 and Monthly Pass: \$30.00. Exact change required. Drivers are not permitted to make change. Call the center for a copy of the bus schedule or pick one up in the box outside the center.

HONOR FLIGHT

HONOR FLIGHT SCHEDULE FOR 2018

World War II, the Korean War, Vietnam War and terminally ill Veterans from all wars. They will fly you to Washington, D.C, at no cost to you so you can visit your Memorial and all the Memorials as a **Thank You** for your service to our country. Flight Schedules; 4/7, 4/28, 5/19, 6/9, 9/8, 9/29 & 10/20. Flights fill up fast so if you are interested call and get on the schedule. For more information on these flights call 614-284-4987 or visit the web site at www.honorflightcolumbus.org.

UPCOMING EVENTS

PICKERINGTON CENTRAL PRESENTS

LITTLE SHOP OF HORRORS

The Theatre Department invites the senior citizens to the preview night on Wednesday, April 11th at 7:00pm. Doors will open at 6:30pm. Preview night is free to seniors, donations are accepted.

EUCHRE TOURNAMENT

SATURDAY, APRIL 28th

Dean Sigman will be hosting his 11th Euchre Tournament.

WHERE: Pickerington Senior Center

LUNCH: 12:00 Noon provided by Wesley Ridge

(Lunch is on a tentative, not yet verified)

EUCHRE: 1:00p.m.

COST: \$5.00 to be paid in advance

Tickets are on sale in the office starting on Monday, April 2nd. Open to the public

ST. PATRICK'S DAY

MARCH 17TH

REMEMBER

(Irish Blessing)

Always remember to forget
the things that make you sad.
But never forget to remember
the things that made you glad.

Always remember to forget
the friends that proved untrue.
But don't forget to remember
those that have stuck by you.

Always remember to forget
the trouble that passed away.
But never forget to remember
the blessings that come each day.

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2018 TRIPS

WHEELING ISLAND

March 14 & 15 – Motorcoach departs the center at 9:15am. This two day one night trip includes transportation, hotel accommodations, along with \$25.00 free play each day and vouchers for the breakfast and dinner buffets. Luggage handling not included.

LACOMEDIA DINNER THEATRE

"The Color Purple"

April 6 – The Color Purple is an inspiring family saga that tells the unforgettable story of a woman who, through love, finds the strength to triumph over adversity and discover her unique voice in the world. The musical adaption of the Pulitzer Prize-winning novel spotlights Celie, a downtrodden young woman whose personal awakening forms the arc of this epic story. With a joyous score, The Color Purple is a story of hope, a testament to the healing power of love and a celebration of life. The cost is \$60.0 per person on sign up and includes transportation, buffet luncheon and the show. **Space available.**

THREE NEW TRIPS

SNOOTY FOX

"An Upscale Thrift Store Shopping Adventure"

May 2 – Join us once again 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, 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, March 5th. The cost is \$40.00 due on sign up** and includes all the above with transportation.

EVERYTHING ELVIS

June 4-7 – Join us on this tour to Memphis, TN and Tupelo, MS to experience things from the era of the "King of Rock & Roll." Included in the price are 3 nights' hotel accommodations, deluxe motorcoach transportation, 6 meals, tour of Tupelo, the birthplace of Elvis including the Elvis Museum, the house where he was born and his boyhood church and chapel. Other tours include Sun Studios, Graceland, Elvis "Walk a Mile in my Shoes" tour including Elvis' High School and a tour of Memphis to include Beale Street. Danny Thomas' Pavilion at St. Junes, and much more. **The cost is \$609.00. Sign up starts on Monday, March 5th with a \$200.00 deposit due on sign up with the final payment due by April 20th.**

NOVA SCOTIA & THE BAY OF FUNDY-FEATURING:

HOPEWELL ROCKS & PRINCE EDWARD ISLAND

DATE CHANGE -July 27-August 6 – This awesome tour to Nova Scotia, Canada includes the following: A Halifax city tour including The Citadel and Public Gardens. Stops at Hopewell Rocks, Bay of Fundy, Campobello and St. Johns, New Brunswick, including the Reversing Falls. A city tour of Portland, Maine, a visit to L.L. Bean in Freeport, Maine, & Prince Edward Island. 10 night's hotel accommodations, 14 meals, all modes of included transportation and much, much more. **Sign Monday, March 5th. The cost is \$2,099.00 with a \$300.00 deposit due on sign up. Final payment is due Thursday, June 7th.**

A PASSPORT IS NEEDED FOR THIS TRIP.

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'TOP OF THE MORNING TO YA' FROM DEANA

A VERY HAPPY BIRTHDAY IS OUR WISH FOR YOU, TAKE TIME TO CELEBRATE...YOU DESERVE IT!

(2) Robert Dillon, Janet Douglas, Cherie Koch, Bill Kurey, (3) Mike McClelland, Rose Doty (4) Barbara Diwald (5) Martha Cella, Barbara Henry, Mary Stephens, (6) Donna Chandler (7) Laurel DiLiberti, Christina Suter, Dorothy Weaver (8) Leona Boster, Mike Lanter, Mary Lou Smith (10) Nancy Hyde (11) Darby Graves, Melisse Strauch (12) Sue Speakman (14) Majorie Sherrod, Linda Bond (15) Beverly Zurhorst, Joe Paskievitch, Barbara Pest (16) Anna Weber, Bonnie Notestine, Tom Smith, Richard Ladd (17) Ruby Baughman, Bobby Shaw, James Scholl, Lee Huff, Peggy Thompson (19) Tim Salyer, Mary Herron (20) Linda Searfos, Cynthia Long, Chris Cecil (21) Tom Ebbrecht, Bob Hockenberger, Bill Oard (22) Sandy Heren, Robert Schmoyer, Mary Hall, Shirley Berry, Theresa Corner (23) Judy Dement (24) Mary Massara, Shirley Dever, John Pizzuto (25) Donald Fenner Ron Drenner, Bess Grabovich, Rich martin, Alice Sabatino, Zelma Barth, Shari Lorbach (26) John Womack, Roseann Generose, Wanda McPeck (27) Margaret Morrison, Barbara Mason, Annabelle Marion (28) John Long, Bunny Rickenbacker, Jeannie Martin (29) Sandy Schneider, Mary Culley, Janice Shade, Gary Knauff (30) Patricia Gerencser, Anne Flowers (31) Maryann Shiflett, Carolyn Jones, Margie Bush and Nancy Kerns.

MEMBERS IN SORROW

WE MOURN THE LOSS OF:

Nicki Barwick

Herb Sharp

Jim Diley

Mabel Varner

Glen Thomson's sister, Twila Wagner

MEMBERS KNOWN ILL:

OUR THOUGHTS ARE WITH YOU!

Millie Martin- home, doing better

Bill Haislet- flu, Mt. Carmel East Hospital

ATTENTION CARD PLAYERS

The Bridge group is looking for card players

On Thursday's from 12:30 till approximately

3:30. If you're interested please stop by the office

or call us at 614-837-3020 with your contact information.

THANK YOU

Just wanted to thank everyone who helped set up and tear down the room for the membership luncheon. I appreciate you all.

