



From the Desk of the Director

REGULARLY SCHEDULED:

DAILY: Congregate Lunch 11:30 am
Please RSVP 24 hours prior.

MONDAY:

Exercise Class 9:00 am
 Euchre & Games Tables 1:00 pm

TUESDAY:

Learn to play Bridge w/Al 12:30 pm
 Clogging Group 3:00 pm

WEDNESDAY:

Exercise Class 9:00 am

THURSDAY:

Chair Yoga 12:30 pm

FRIDAY:

Exercise Class 9:00 am
 Bingo 10:00 am
 Bible Study 10:30 am
 Euchre Tables 12:00 pm
 Line Dancing 1:00 pm

DATES OF NOTE:

Monday, March 4 & 11 by Appt.
 SOLE SOLUTIONS Footcare Clinic

Tuesday, March 5 9am
 Therapeutic Stretching

Wednesday, March 6 1pm
 CRAFTING w/SONYA

Thursday, March 7 1:30pm
 CSO Brass Quintet

Thursday, March 14 & 28 8am
 PRODUCE DELIVERY

Tuesday, March 19 8am
 COMMODITY DELIVERY

Wednesday, March 20 OSHIIP

Wednesday, March 20 12pm
 Kathryn Metz: Topic Conserve Energy & Save Money

Wednesday, March 27 11:30am
BIRTHDAY CELEBRATION-Please RSVP
the Friday before

Can you believe it is March already??

Spring is coming fast and surely warmer weather and more sun are too.

The first two months have been a whirlwind of activity at the Center. We've met new members and former members now renewing their membership and engagement.

Come in for lunch at 11:30am, Monday—Friday, and meet friends new and old! Please let us know you'll be joining us 24-hours before! Our kitchen does a great job of ensuring there is plenty for everyone and little waste.

We've added some great offerings for the coming year, including Align Health on First Mondays (see p7), SmartBankingTALK (p8), Save Money & Energy (p8), Columbus Symphony (p7), and — coming soon — CarFit!

The **Annual Fundraiser** is coming up fast, too! Mark your calendar and plan to join us on **Friday, April 26**, beginning at 5pm. The theme for the evening is based on the Kentucky Derby, especially the saying "And they're off!" I think that each morning as our transportation and meal drivers head out for the day. Ladies, there are basic fascinator hats available at the Center for a small donation. Get yours now and decorate as you wish or join Sonya from Logan Elm Healthcare (see p9 for RSVP info) for inspiration and decorations! Gentlemen, if you'd like a panama hat, let us know! Fundraiser tickets are available now. If you'd like volunteer for the evening, give us a call.

Remember, MidOhio Food Collective will deliver Commodity boxes on Tuesday, March 19, and Produce on Thursdays March 14 and 28. The truck arrives as close to 8am as possible and sometimes the produce is completely disbursed by 9am.

Bonnie Lowry Vallette,
 Executive Director

Services provided Monday - Friday

Adult Day Care:

Provides respite relief for those caring for a loved one with a dementia or Alzheimer's.

Services are available

Tuesday—Thursday 9am—1pm.

Transportation and lunch provided.



Congregate (Shared) Meals

Hot lunch is served at the Pickaway Senior Center 11:30 am, Monday — Friday. Suggested Congregate lunch donation is \$4. **PLEASE RSVP THE DAY PRIOR**

Meals on Wheels:

A hot, nutritious lunch delivered to your home five days a week.



Transportation

Transportation, for those over 60, residing and traveling within the County, is available by request for medical appointments, with grocery and other types of trips, as time allows.

Pickaway Senior Center BOARD OF DIRECTORS:

Sally Galecki President

Ellery Elick Vice President

Joy Ewing Treasurer

Al Canarsky Secretary &
Membership President

Bonnie Vallette Director

Dennis Bothel Fiscal Officer

Bob Mabe Andy Bull

Krista Bower Jackie Rish

Jenna Logan Grant Davis

Sheriff Matthew Hafey

Pickaway County Commissioners:

Jay Wippel

Gary Scherer

Harold Henson



The Pickaway Senior Center is a non-profit organization. We are supported by financial contributions from:

- Title III, as administered by Ohio Department of Aging
- Senior Levy monies, as approved by Pickaway voters

Equal



Provider

National Family Caregiver Support Program

Respite, personal care, financial help with co-pays and medicine, utility bills, and home repair. The recipient of care must be over 60 years of age.

Supportive Services

Paperwork assistance related to Medicare & Medicaid, HEAP and Commodities.

(CSFP) Commodity Supplemental Food Program

A federal program that provides eligible seniors with a monthly box of shelf-stable items. The box may include juice, cheese, cereal, pasta, peanut butter, canned goods, and more. Pick up on second Tuesdays.



Produce Market

Mid-Ohio Foodbank delivers 2500 pounds, or more, of fresh produce on the second and fourth Thursday of each month.

PICKAWAY SENIOR CENTER

2105 Chickasaw Drive

PO Box 565

Circleville OH 43113

pickawayseniors.org

Office 740-474-8831

Toll Free 888-397-7246

Nutrition 740-474-8617

Fax 740-477-8114

Office Hours:

Monday-Friday

8am — 4pm

** Due to COVID-19: some services, hours and days have changed.*

FEBRUARY BIRTHDAYS-HAPPY BIRTHDAY!



MARCH 1

Becky Levernier
Peggy Thompson

MARCH 2

Brenda Mears
William Riser

MARCH 3

Martha Ewing

MARCH 4

Betty Caudill
Jack Reisinger
Marge Wolford
Marjorie Hedges
Rhonda Leath

MARCH 5

Jerry Wolford
Mable Green
Marilyn Huffman

MARCH 6

Patricia Edwards

MARCH 7

Laura Barnes
Louis McFarland
Marian Wertman
Sue Schiff

MARCH 8

Cary Blankenship
Ruby Anderson

MARCH 9

Brenda Graf
Donna Nance
Joyce Kline
Karen Ballou
Rickie Hodges

MARCH 11

Betty Gilmore
Kenneth Welsh
Mary Woods

MARCH 12

Gwendolyn Gothard
Jerrie-Anne Bennett

MARCH 13

Donald Williard

MARCH 14

Pamela Wolfe
Stella Garezek

MARCH 15

Gene Hall
Larry Harris

MARCH 16

Robert Pollock

MARCH 17

Connie Angles
Jack McGill
Karen Garrett

MARCH 18

Bob Baughman
David Henson
Kim Alley
Sharon Arledge

MARCH 19

John Davis
Shirley Wolfe

MARCH 20

Nancy Jervis

MARCH 21

Becky Messer
Julia Lester

MARCH 22

Jack Mader

MARCH 23

Milagros Davis
Nancy Lieber
Nancy Plescia

MARCH 24

Hildegard Nichols
Patricia Moore
Roger Neil

MARCH 25

Connie Walker

Doug Alley
Joyce Woods
Linda Guseman
Melanie Morgan

MARCH 26

Donald Crist
Ed Hatfield
Rick Bumgarner

MARCH 28

Ron Martin

MARCH 29

Cynthia Chilson

MARCH 30

Floyd Catron

MARCH 31

Barbara Hodge
Betty Coleman
James Adkins



Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

| | | | | | | | | |
|---|---|---|---|---|--|---|--|---|
| | | 2 | 9 | | | | | |
| | 1 | | | | | | | 9 |
| 3 | | 4 | 2 | 5 | | | | 1 |
| | | | | | | 7 | | 3 |
| | | | 5 | 9 | | 8 | | |
| 2 | | | 7 | 3 | | 4 | | |
| | | 7 | 4 | | | | | |
| | 3 | | | | | 1 | | |
| 5 | | 9 | | | | | | 4 |

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DIFFICULTY: ★★★★★

Chicken Scratch NY

Happy St. Patrick's Day!

CLOVER
GREEN
GOLD
IRISH
MARCH



| | | | | | |
|---|---|---|---|---|---|
| D | H | N | V | X | C |
| L | S | E | H | M | L |
| O | I | E | S | A | O |
| G | R | R | P | R | V |
| B | I | G | Q | C | E |
| J | I | P | F | H | R |

In Memory of
Robert Schneider

Given by,
Alma Schneider



In Memory of
Michael Temple
(Brother of Julie Temple)

Given by,
Line Dancers



In Memory of
Janet Cardwell

Given by,
Clarence Cardwell



In Memory of
William Thompson

Given by,
Dianne Hartley

In Loving Memory of
Staci Ballou

On her Beloved Birthday
January 25th

Given by,
Mom:-Karen Sue Ballou



In Memory of
Ronnie Harber

On the day of his passing
February 26th, 2016

Given by,
Anna Harber

In Memory of
Larry Pontious Sr.

On his Beloved Birthday
March 24th

Given by,
Marjorie Pontious



In Memory of
My Dad
Charles Davis

On his Beloved Birthday
March 1st

Love, Daughter Ida



In Memory of
Richard Fenwick
On his Beloved Birthday
February 2nd(Groundhog Day)

Given by,
Judy Fenwick

Sincere condolences to Family & Friends of our dear Members who passed in January
Joy Manbevers **Melvina Isaac**

Please notify the center if you are aware of a Member passing. We will respectfully publish the following month.

In Memory or Honor of...

*Recognition Gifts to the Pickaway Senior Center are very thoughtful gifts
which allow others in Pickaway County to be helped.*

Enclosed is my gift of \$ _____ In: Memory of: or Honor of:

Name: _____

Occasion: Birthday Anniversary Other _____

Given by: _____

Please make checks payable to the Pickaway Senior Center. Mail gift to:

Pickaway Senior Center, 2105 Chickasaw Dr., Circleville, Ohio 43113

WELCOME!

SPECIAL THANKS TO THE FOLLOWING PEOPLE...



Your donations are VITAL to daily Center operations!

Donations received *by* Feb. 1st are included in this newsletter. Submissions must be made **2 months** prior to ensure publication for requested month.

I.e.: June publications must be received by April 30th

Thank You for your generosity!!

Marleen Mower

Joe Schneide

Harley Wing

Steve Riffle

Sue Cook

Mario Gizzi



January \$10 Fund Donations



Donald & Betty Smith
Anna Neal
Nancy Featheringham
Dorothy Jones
Linda Keirns
Sandra Hedrick
Alberta Rutt
Robert Wolf
Roger & Elaine Konkle
Anna Harber

Glenn & Linda Reeser
Suzanna Benner
David Betz & Bonnie Betz
Anna Lawless
Carolyn Cline
Marilyn Fausnaugh
Don & Meg Kadunc
Bonnie Morrison
Bob & Pat Featheringham
Sue Schiff

Ned & Melanie Morgan
Patricia Drummond
Roger & Shirley Evans
Marjorie Hedges
David & Beverly Martin
Karen Sue Ballou
Jeffrey & Sharon Peters
Donna Raines
Evelyn Conley
Jack Reisinger

Linda Delcostello
Connie Angles
Clarabelle Valentine
Sue Boggs
Allen & Debbie Black
Marilyn Wolfe
Terry & Judy Schooley
Jeane Crider
Linda Hardin

MEMBERSHIP RENEWAL FORM — THANK YOU FOR RENEWING!

You are invited to renew your membership by **March 31, 2024!** This will ensure you continue to receive the monthly newsletter. **Dues are \$10.00** per year per person.

NAME

ADDRESS

CITY/STATE/ZIP

TELEPHONE

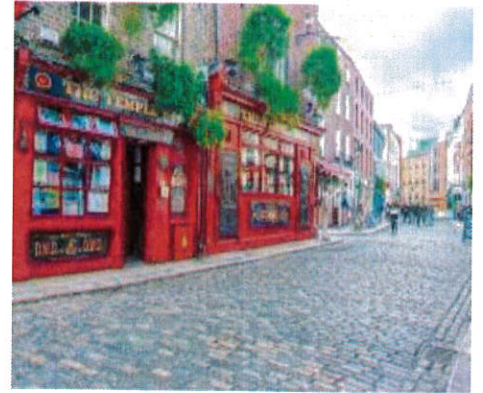
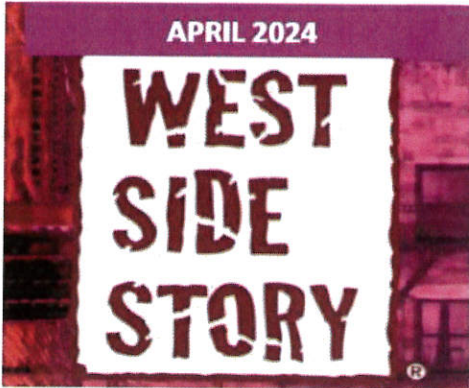
BIRTH DATE

MEMBERSHIP(S): \$10 per person + DONATION to \$10 Fund = CHECK TOTAL \$ _____

CHECKS PAYABLE: Pickaway Senior Center

MAIL TO: 2105 Chickasaw Dr, Circleville OH 43113

2024 TRIPS & TRAVEL



Majestic Alaska

Irish Wonder

Last chance to book!!

Join us for a bus trip to LaComedia on Thursday, **April 25, 2024**

Tickets are \$86 with \$26 due at reservation; remaining \$60 due on Tuesday, March 19th. Includes lunch, show, and transportation

Start date: Aug. 09, 2024
10 days—9 nights |

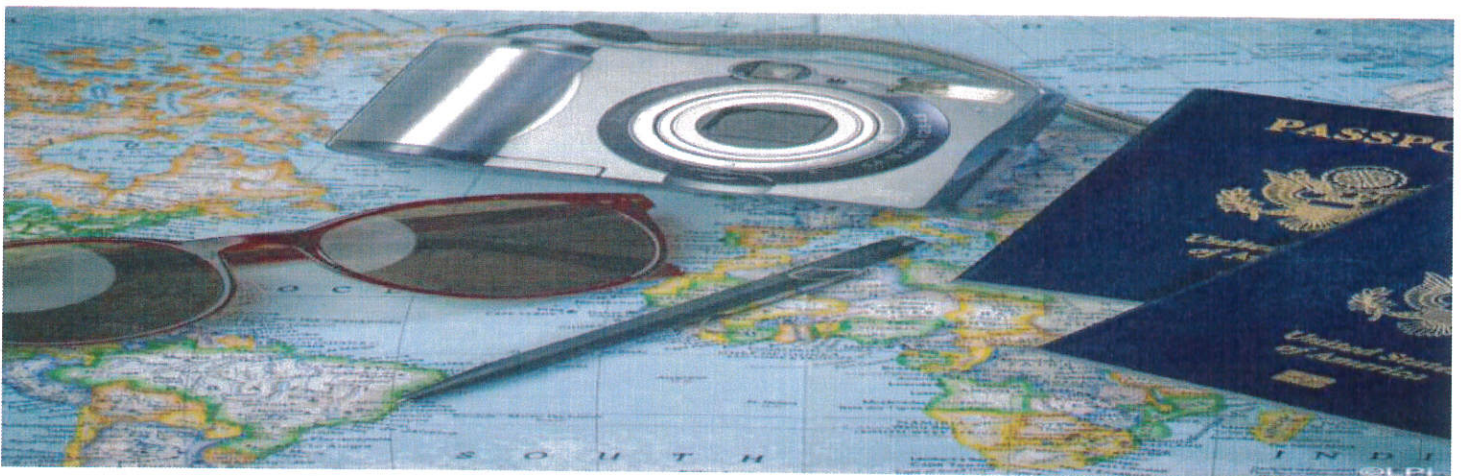
\$6,760 Twin Room Rate
Including Airfare from CMH

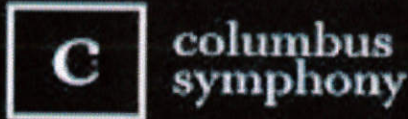
\$7,260 Single Room Rate
Including Airfare from CMH

Depart Date: Sept. 21, 2024
8 days—7 nights |

\$3,630 Twin Room Rate
Including Airfare from CMH

\$4,170 Single Room Rate
Including Airfare from CMH





**Come enjoy live music from the
CSO Brass Quintet
45-minute concert @ the Senior Center
Thursday-March 7th @ 1:30pm**



*Join us in welcoming the
Columbus Symphony Brass Quintet*

alignHEALTH
mind + body wellness



**Presents:
Therapeutic Stretching**

From beginner to advanced. Therapeutic stretching benefits everyone. It aids in postural correction, pain management & promotes increased flexibility of muscles. March session includes 15-20 minute education & 40-45 minutes of Therapeutic stretching.

Join us on the First Tuesday of every Month

March 5, 2024 @ 9am

NEW in 2024



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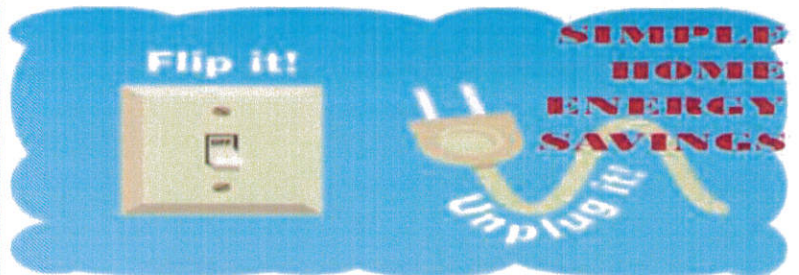


The Savings Bank, SmartBanking

Talk seeks to educate consumers about the various kinds of scams and fraud that have become unfortunately prevalent in our society. These classes will cover the basics of a variety of topics—from phishing to sweetheart scams—before taking a deep dive into examples and how consumers can protect themselves.

Informational sessions will be held at the Pickaway Senior Center every other Month beginning in April!

- April 29th @ 1:30pm
- June 24th @ 1:30pm
- August 26th @ 1:30pm
- October 28th @ 1:30pm
- December 30th @ 1:30pm



Wednesday, March 20, 12pm

Join Kathryn Metz, Ohio Consumers' Counsel, for easy ideas to reduce your energy bill — year 'round!

Energy Vampires — they draining your juice even when powered off?!? Yup!

Electronics can consume energy even when turned off. Unplug them when not in use. Power strips allow you to turn selected devices completely off. Smart power strips (yes, it really is a thing!) can automatically power off electronics. With the increase in electric prices, it's important to find ways to improve your home energy consumption and lower your utility bills. Kathryn Metz from the Ohio Consumer's Counsel will present simple home energy efficiency tips that will help you conserve energy and save money year-round. The Ohio Consumer's Counsel is the residential utility consumer advocate and represents 4.5 million households in proceedings before state and federal regulators in the courts.



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OSHIIP

Wednesday
March 20, 2024


Review and compare:
2024 Part D Plans
• Medicare Advantage
• Learn ways to save on Rx & Medicare costs

STOP ON IN
NO APPT. NECESSARY
740.474.8831

PROMEDICA PRESENTS:



EACH THURSDAY AT
12:30PM



CRAFTING WITH
Sonya
of Pickaway Manor

WEDNESDAY-MARCH 7@ 1PM
RSVP • 740.474.8831

SOLE SOLUTIONS
Nurse Delivered Footcare



BY APPOINTMENT ONLY
March 4th~ 9am—1:30pm
March 11th Noon-1:30pm

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to schedule your appointment

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APPOINTMENT

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RETURN SERVICE REQUESTED

Current Resident



Get Connected. Get Help.™

Thousands of caring, local experts are available to help, 24/7. Calls to 211 are confidential and can be anonymous.

The **211** in the United States responds to more than 21 million requests for help every year from people looking for help meeting basic needs like housing, food, transportation, and health care. Simply dial **211** to speak with someone now



Save
the
Date

2024 ANNUAL FUNDRAISER
★ **DERBY STYLE** ★

Ladies and Gentleman
Grab your Hats & Bow-Ties and join us
for an evening of Entertainment,
Dining & Competitive bidding

April 26th

5pm Doors Open &
Silent Auction
6pm Dinner &
Live Auction to follow

Pickaway Senior Center
2105 Chickasaw Dr. • Circleville, Ohio • 43113



The program runs
from **Nov. 1, 2023**
until **May 1, 2024.**

The Home Energy Assistance Winter Crisis Program (HEAP) helps income eligible Ohioans that are threatened with disconnection, have been disconnected or have less than a 25% supply of bulk fuel in their tank.