



# P S C Pickaway Senior Center

## *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 11:30 am

### **TUESDAY:**

**BINGO • FREE • NO PRIZES** 10:00 am  
Learn to play Bridge w/Al 12:00 pm  
Clogging Group 3:00 pm

### **WEDNESDAY:**

Exercise Class 9:00 am

### **THURSDAYS 5<sup>th</sup>, 12<sup>th</sup> ONLY:**

Chair Yoga 12:30 pm

### **FRIDAY:**

Exercise Class 9:00 am  
Bible Study 10:30 am  
Euchre Tables 11:30 am  
Line Dancing 1:00 pm

### **DECEMBER NOTES**

Monday, December 2 by appointment  
SOLE SOLUTIONS footcare clinic

Wednesday, December 4 1pm  
CRAFTING w/SONYA

Thursday, December 5 2pm  
TRIPS: California & Italy Information

Monday, December 9 by appointment  
SOLE SOLUTIONS footcare clinic

Wednesday, December 11  
Board Meeting 10:15pm

Thursday, December 12  
PRODUCE DELIVERY 8am  
Santa Nick & Cookie Exchange 1pm  
Columbus Symphony Orchestra 2pm

Tuesday, December 17  
Commodity Boxes 8am

Thursday, December 19  
Fellowship & Birthday Lunch 11:30am

**CHRISTMAS EVE & CHRISTMAS DAY  
CLOSED FOR ALL SERVICES**

Greetings from the Center!

It is hard to imagine that December is already here! The Center is decked out in its holiday glory, and we look forward to welcoming **Santa Nick** and the **Columbus Symphony Orchestra** on **Thursday, December 12**.

Please join us at 2pm for time with Santa; the concert begins at 2:30pm. If you're a baker, feel free to bring a plate of your favorite cookies to share, and try the favorites other others. **ALL ARE WELCOME!**

Interested in touring **Northern California** or **Italy** (p7)? Join us **Thursday, December 5, 2pm**, for an information meeting! Also, **where would you like to travel in 2025**. Take a moment to share your thoughts (p6).

While we're asking you questions, **What's Your Choice?** The Center has added a lot of programming, but more fun and information can always be shared. What would you like to do here at the Center? See page 8 and drop us a line to share your choices!

**Fellowship** has been back for a few months, and it has been so much fun! We've limited seating to 60, while we readjust to large events at the Center. In December, we'll recombine the Fellowship and Birthday Luncheons into one day – **Thursday, December 19, 11:30am**.

Remember, Andrew Hewetson, Guiding Ohio Online Technology Trainer, is in our building each **Tuesday, 9-11:30am, to help you with all things technology**. You're welcome to drop in or make an appointment.

Produce will be delivered on December 12 and Commodities December 17. The building will be closed in honor of Veterans' Day, November 11, and for Thanksgiving on November 28 and 29.

**Everyone here wishes you and yours a joyous Christmas and New Year!**

Bonnie Lowry Vallette,  
Executive Director

**Pickaway Senior Center  
BOARD OF DIRECTORS:**

Sally Galecki President  
 Tonya Thompson Vice President  
 Lisa Robbins Treasurer  
 Al Canarsky Secretary & Membership President  
 Bonnie Vallette Director  
 Dennis Bothel Fiscal Officer  
 Bob Mabe Ed Boyer  
 Ellery Elick Jackie Rish  
 Sheriff Matthew Hafey

**Pickaway County  
Commissioners:**

Jay Wippel  
 Gary Scherer  
 Harold Henson

**SUGGESTED CONGREGATE  
LUNCH DONATION IS \$4**  
PLEASE RSVP THE DAY PRIOR

**PICKAWAY  
SENIOR CENTER**

2105 Chickasaw Drive  
 PO Box 565  
 Circleville OH 43113

[pickawayseniors.org](http://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.

*Services provided Monday - Friday*

**Adult Day Care:**  
 Provides respite relief for those caring for a loved one with a dementia or Alzheimer's.

**Services available  
Tuesday—Thursday  
9am—1pm.**  
 Transportation and lunch provided.

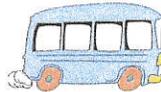


**Congregate  
(Shared) Meals**

Hot lunch is served at the Pickaway Senior Center 11:30 am, Monday — Friday.



**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.

**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.

**PROVIDED MONTHLY**

**Commodity  
Supplemental Food  
Program (CSFP)**

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.

**For additional  
information on  
any of these  
services, call  
Pickaway  
Senior Center:**

**740-474-8831**



**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
- Private donations and fundraisers

**EQUAL**



**PROVIDER**

## DECEMBER BIRTHDAYS-HAPPY BIRTHDAY!



### DECEMBER 1

Harold Phipps  
Becky Davis  
Jacquelyn Writsel

### DECEMBER 2

Connie Young  
Dick Grambo

### DECEMBER 4

Sally Henson  
Angela Stevens

### DECEMBER 6

James Hastings  
Melanie Willeford

### DECEMBER 8

Virginia Russell  
Mary Cox

### DECEMBER 9

Connie Swayer

### DECEMBER 10

Pat Snuggs  
Sam Shapiro

### DECEMBER 11

Janet Metzler  
Ronald Huffman

### DECEMBER 12

Claudette Wilson  
Rosie Roese  
Karen Knisley

### DECEMBER 10

Peggy Miller  
Barbara Fuller  
Kensie Endicort

### DECEMBER 13

Kendra Johnston  
Lawrence Pritchard

### DECEMBER 14

Larry Jeffers  
Jody O'Conner  
Stephanie Sharpnack

### DECEMBER 15

Saralee Terflinger  
Bonnie Morrison  
Connie Davis

### DECEMBER 16

Loretta Detty

### DECEMBER 17

Don Buckner

### DECEMBER 18

Mark Shein  
Faith Barnes  
Margarite H Allen  
Sue Cook (Caroline)

### DECEMBER 19

Violet Carson

### DECEMBER 20

Judy Hunt  
Georgia Shepard  
Nancy Strawser  
Jane Eberhart

### DECEMBER 21

Donald Daubenmire

### DECEMBER 22

Donna Lynn Little  
Linda Foster  
Darrell Smith

### DECEMBER 23

Donna Mitchell  
Janet Grimm

### DECEMBER 24

David Hartran

### DECEMBER 25

Mary Tackett

### DECEMBER 26

Kimberly Hayes  
Pricilla McCain



**HARMONIOUS MIND**  
Embracing mind and body wellness

Jo Glenaman, MSN, Psychiatric  
Mental Health Nurse

Practitioner, offers Assessment,  
diagnosis and management of  
mental health conditions,  
including psychotherapy.

Treatment of patients may in-  
clude the prescriptions of  
medications and ordering of  
and interpreting lab/diagnostic  
evaluations.

She provides evidence-based  
interventions and will  
coordinate care plans with your  
primary doctor and/or therapist

Offering FREE Group Therapy  
Topic: Depression Support  
Every third Wednesday of the  
month 1-2 pm  
RSVP required (limited space)

Jo Gleman will be in the office  
Wednesdays, 8:30am –4:30pm  
located in Dr Alkire's Office at  
135 Lewis Avenue  
Circleville 43113  
740.847.2287

Telehealth Services available  
weekdays by appointment only

### TECH SUPPORT AT THE CENTER

Tuesdays,  
9am—11:30am

Andrew Hewetson,  
Guiding Ohio Online  
Technology Trainer,  
is at the Center each  
Tuesday. Drop in!

Currently, Andrew is  
offering one-on-one  
sessions and group  
discussions, but will also  
offer classes, if you have  
needs that take a bit  
more time and training.

*Guiding Ohio Online* exists  
to fund technology trainers  
to serve members of the  
Library. With more organi-  
zations **requiring** users to  
access them through the  
internet, it's necessary folks  
have a basic understanding  
of computers and online  
systems – including email



### 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:

Occasion:  Birthday  Anniversary  Other \_\_\_\_\_

Given by: \_\_\_\_\_

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

**Pickaway Senior Center  
Circleville OH 43113**

#### New Members

Doris A Heeter  
Joanne Bayer  
David Mangione  
Ellen Mangione  
Gary Montgomery  
Sandra Montgomery

~~~~~

#### \$10 Fund Donations

Prabha Nair  
Jeanne Crider  
Sue Ballou

~~~~~

*Your  
donations  
make a difference  
in our  
Community!*

#### Memorial/Honor of Donations

In Memory of

**Gordon Lloyd**

Given by,  
Kathleen Lloyd

~~~~~

In Memory of

**Jackie Cook**

Given by,  
Kathleen Lloyd

~~~~~

In Memory of

**JoAnn Echelbarger**

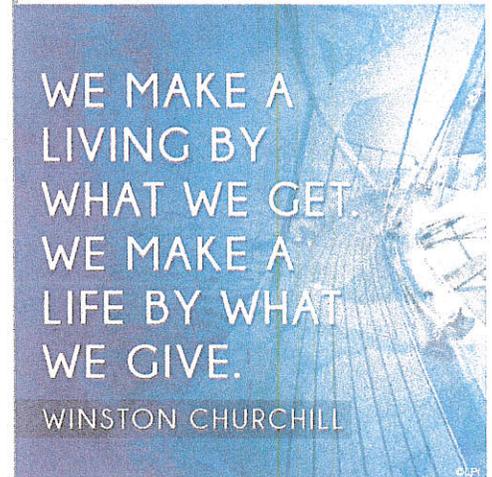
Given by,  
Sulayne Streitenberger

In Memory of

**Paul E Ballou**

Given in honor of my  
grand children  
Katie & Nick Ballou  
In memory of his birthday  
December 31st

Given by,  
Sue Ballou



**SOLE SOLUTIONS**  
*Nurse Delivered Footcare*



**BY APPOINTMENT ONLY**

Monday, December 2  
& Monday, December 9

Call RN Kathy  
**614.361.5284**

to schedule your appointment

**\$35 FOR ½ HOUR**  
**APPOINTMENT**

ALZHEIMER'S ASSOCIATION SUPPORT GROUPS  
CENTRAL OHIO CHAPTER



Build a support system with people who understand.

Join us for an in person caregiver support group on the 2nd Thursday of each month, 2-3p, at the Pickaway County Library

This support group, offered by trained facilitators, is a safe place for people living with dementia and their care partners to:

- Develop a support system
- Exchange practical information
- Discuss challenges and coping skills
- Share feelings, needs and concerns
- Learn about community resources
- Call to register : 1-800-272-3900



**FRIDAYS** at the Center are full of classes & experiences

Exercise class begins at 9am it is appropriate for all abilities!

You're cordially invited to join in **Bible Study** each Friday at 10am, then stay for lunch!

Bingo also begins at 10am.

Lunch is at 11:30am.

Line Dancing begins at 1pm.

**COME, MAKE A DAY OF IT!**

# 2024 Pickaway County Toys for Tots Drive AND HEALTH & SAFETY CHALLENGE

*Donate new, unwrapped toys to help families in our community this Holiday Season*

PLACE YOUR TOY IN THE COLLECTION BOX AND ADD YOUR NAME TO THE SHEET ON THE BOX FOR A CHANCE TO WIN

**ONE OF SIX \$100 VISA GIFT CARDS**

We will be picking up collection boxes for delivery to PICCA on **Wednesday, December 4, 2024**

Email Jenny Griffin at [jgriffin@pickawaycountyohio.gov](mailto:jgriffin@pickawaycountyohio.gov) to have a collection box delivered to your department

**2025 TRIP OPTIONS**

The Center offers a variety of trips over the course of the year, based on preferences shared with us.

Below are some of the trip ideas recently shared.

Do you see something you'd like to do?

Do you have other ideas?

Please drop us note or return this page with your ideas!



**DAY TRIP IDEAS**

Cincinnati Reds\*

BB Riverboat\*

Newport Aquarium\*

\*add National Underground Railroad Museum to any of these

Hocking Valley Steam Train

November 2 or 3 only

Sauder Village

Marietta Paddlewheel Riverboat

Elvis Tribute Show

Oglebay for a day

Chateau LaRoche Castle, Gardens (can schedule for wine tasting event)



**DINNER THEATRE**

JERSEY BOYS

Feb. 13-March 23

INTO THE WOODS

March 27-May 4

CHILDREN OF EDEN

May 8 – June 15

MATILDA the Musical

June 26-Aug. 10

THE PLAY THAT GOES WRONG

Aug. 14-Sept. 14

LEGALLY BLONDE the Musical

Sept. 18-Oct. 26

SCROOGE the Musical

Nov. 1-Dec. 28



**ONE AND TWO NIGHT TRIP IDEAS**

Little Nashville IN

Greenbrier or Elk WV

Holland MI Tulip Festival

Guardians vs Reds (in Cleveland) with Rock N Roll Hall of Fame

My Old Kentucky Home Dinner Train/Murder Mystery

Flight 93 Memorial & Frank Lloyd Wright's Fallingwater

Branson

Chicago by train

**MULTI NIGHT TRIP IDEAS**

Greenbrier, WV

French Lick, IN

Historic Savannah, GA and/or Historic Charleston, SC

4-night or 7-night Celebrity Cruise

Niagara Falls Canadian side \*passport/card required

Wisconsin Dells

"Field of Dreams", Dyersville IA

Mississippi River Cruise

Winter get-away to a FL beach

Mount Rushmore, Badlands

Colonial Williamsburg/Monticello

San Antonio TX

**MY TRIP PREFERENCES**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**MY CONTACT INFORMATION:**

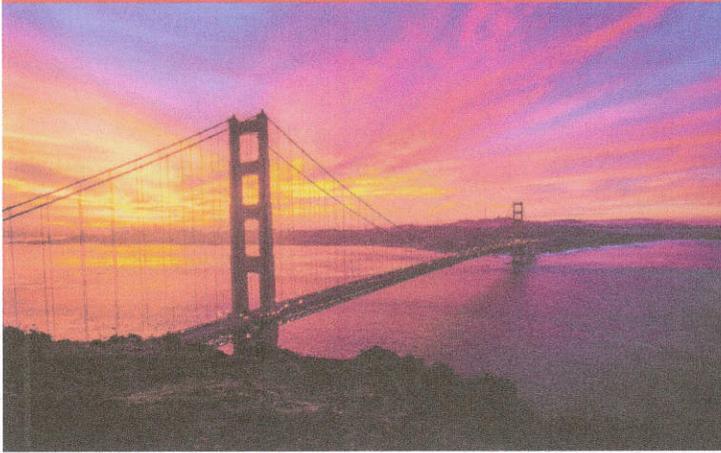
Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_@\_\_\_\_\_

INFORMATION MEETING • DECEMBER 5 • 2PM • 2025 TRAFALGAR TRIPS



**Northern California + Yosemite National Park**

August 15, 2025 | 8 days | 7 nights

\$4455 per person, twin share | \$5455 single

See San Francisco, including Fisherman's Wharf, Union Square, Sausalito, Chinatown, Wine Country, Lake Tahoe, Yosemite National Park, Tioga Pass, Monterey, Salinas Valley, and more!



**Rome and Tuscan Highlights**

September 25, 2025 | 10 days | 9 nights

\$4995 per person, twin share | \$5995 single

See Rome, including St Peter's Basilica; Florence, including Duomo, Piazza della Signoria; Pisa, Vinci, Siena, Montecatini, San Gimignano; exceptional wine, food, history, architecture and vistas!



All new 18 private  
rehab Suites

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Circleville, OH**

**740.474.3121**



For ad info. call 1-800-477-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

14-1576

### What's your choice?

In 2022, the Center asked you for ideas about new activities.

We heard you and began to offer:

How to "internet"  
Use a cell phone  
**Thank you Andrew!**

Foot Care  
**Thank you Kathy!**

Memory-related caregiver group  
**Thank you Wendi**

Monthly Birthday Lunch  
Monthly Fellowship  
**Thank you Staff!**

Dances  
**Red, White, Dance!**  
**Square Dance**

Theme days  
**Halloween & Souper Bowls**

### WHAT ARE YOUR CURRENT RECOMMENDATIONS??

The following are items we've not yet added to the calendar. Which do you prefer? What new ideas do you have!?

#### ACTIVE PURSUITS

Indoor beach (chair) volleyball  
Indoor/outdoor Corn Hole, etc  
Cookie Swap  
Camping, fishing, boating

#### SUPPORTIVE GROUPS

Diabetes Management Group  
Low vision supports  
Visit the PSC website

#### EDUCATIONAL

Easy meal ideas for one (or two)  
Local artists/authors perform  
Small Business owners  
Pickaway Housing Authority

#### ARTS AND CRAFTS

Diamond Dot/Canvas Painting  
Quilting and sewing  
Crochet and yarn  
Greeting cards for kids or seniors

#### GAMES

Board Games like Scrabble

#### SELF CARE

Local stylists low cost hair cuts  
Avon, other make-up parties  
Chair Massage  
Reiki

#### FABULOUS FUN

Movie Night once a month  
Karaoke  
Pizza Party  
Invite a Friend  
to Congregate Lunch

**Your preference?**

 **Trusted In-Home Care**

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Personal Care, Housekeeping, Companionship and More!

**740-689-9410**  
homehelpershomecare.com/lancaster

Each office is independently owned & operated



**LET'S GROW YOUR BUSINESS**  
Advertise in our Newsletter!

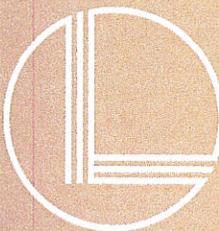
**CONTACT ME Dan Goben**

dgoben@lpicommunities.com • (800) 950-9952 x2633

**PICKAWAY METROPOLITAN HOUSING AUTHORITY**

Pickaway Terrace, Eden Place & Louise Terrace  
• Providing affordable housing for elderly/62 years or older and/or disabled  
176 Rustic Drive • Circleville, Ohio 43113  
740-477-2514 • Fax: 740-477-7456  
email: pmha@pickawaymha.com  
TTY/TDD Customers:  
Contact Ohio Relay Services at 711 or 1-800-750-0750  
This institution is an equal opportunity provider and employer




 **LUXE**  
REHABILITATION & CARE CENTER  
(Formerly Crestview Rehabilitation)

◆ **REHAB** ◆ **SKILLED NURSING**  
◆ **MEMORY CARE**

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admissions@luxerehabcenter.com  
www.luxerehabcenter.com  
**957 BECKS KNOB RD., LANCASTER, OH 43130**

**Heartland**   
HOSPICE

116 Morris Rd., Suite B • Circleville, OH 43113  
**740-420-0605**

# Cookie Exchange



Thursday, December 12,  
noon

You're welcome to bring  
Christmas cookies to share!

RIGHT AT HOME &  
PROMEDICA PRESENTS:



EACH THURSDAY AT  
12:30PM



CRAFTING  
WITH

*Sonya*  
of Pickaway Manor

WEDNESDAY  
DECEMBER 4  
1PM

Please RSVP!!  
740.474.8831

LEARN to play BRIDGE  
TUESDAYS  
AT 1PM



Thursday, December 12

1pm Santa Nick and  
2pm Columbus Symphony  
Orchestra



## Hear What You've Been Missing!

Trusted Care for 78 Years - Specializing in Hearing Aids and Hearing Tests

- Doctors of Audiology
- Be part of the conversation again
- Hear clearly in noisy surroundings
- No-risk guarantee

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WE APPRECIATE OUR  
ADVERTISERS!

Pickaway County's  
Premier Senior Living Campus

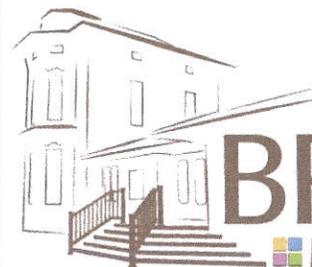


- Independent Living Apartments
- Assisted Living

Winnie says  
"Give us a call or stop by!"



745 Northridge Road • (740) 474-1411  
www.wyngatecircleville.com



740.474.6238

158 East Mound St  
Circleville

# BROWN

MEMORIAL HOME

The Trusted Senior Care Provider For Over 125 Years

BrownMemorialHome.org



Pickaway Senior Center  
2105 Chickasaw Dr.  
PO Box 565  
Circleville OH 43113

Non-Profit Org.  
U.S. Postage  
PAID  
Permit #200  
Circleville OH 43113

RETURN SERVICE REQUESTED

Current Resident



**DON'T MISS OUT**  
**Check out upcoming events and activities at the Center!**

Director's Desk.....p1  
Overview of Services..... p2  
Birthdays, Tech, Talk ..... p3  
Recognition Gifts Form, New Members, Donors.....p4  
Toes, Memory, Fridays  
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Trips: Make Your Choice....p6  
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Did You Know!?! .....p9  
Congregant Meal Menu... p10  
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Vital Stats, Generosity ..... p12

**OCTOBER STATISTICS**

Transportation  
45 people  
259 transports  
4037 miles

Adult Day Care  
6 people  
93 transports  
607 miles

Hot Meals Delivered  
X meals  
X miles

Meals Served In Person  
X congregate meals

Fresh Produce Disbursed  
51 families served

Commodities Disbursed  
67 families served



**Your donations are VITAL to daily Center operations!**

**Donations received by DATE are included this newsletter; those received after DATE will be included in the NEXT MONTH newsletter.**

**Thank you for your generosity**

