

**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 11:30 am  
Line Dancing 1:00 pm

**DATES OF NOTE:**

**MONDAY, January 1 CLOSED**  
**NEW YEAR**

Monday, January 8 by Appointment  
SOLE SOLUTIONS footcare clinic

Wednesday, January 3 1pm  
CRAFTING w/SONYA

Thursday, January 4 & 18 8am  
PRODUCE DELIVERY

**FRIDAY, January 12**  
**MONDAY, January 15 CLOSED**  
**Staff training day, kitchen flooring**

Tuesday, January 16 8am  
COMMODITY DELIVERY

Wednesday, January 31 11:30am  
BIRTHDAY CELEBRATION-Please RSVP  
the Friday before

**PICKAWAY SENIOR CENTER**  
2105 Chickasaw Drive  
Circleville OH 43113  
740-474-8831  
[www.pickawayseniors.org](http://www.pickawayseniors.org)



*From the Desk of the Director*

Welcome 2024! I hope you had a Merry Christmas and are enjoying a Happy New Year!

While it might be cold outside, the Center is working to finalize some warm trips! Ireland, day trips to see shows, the sights and shopping; short overnight trips to regional favorites, and, on the chilly side, Alaska (see pages 3, 7). Join Dawn on Wednesday, January 31, 2pm for more information.

What are your New Year's Resolutions? Learn to play a new game? Get fit? Have more fun? Did you know Al Canarsky hosts a Bridge Club each week on Tuesdays? That Euchre is played Mondays and Fridays? Or that Sylvia Christy calls Bingo each Friday? Exercise class is each Monday, Wednesday, and Friday at 9am, Chair Yoga on Thursdays at 12:30pm, Clogging on Tuesdays at 3pm, and Line Dancing on Fridays at 1pm. There's a lively Bible Study on Fridays at 10:30, and a fun craft on the first Wednesday of each month. Come in, check it out, and join us!

Speaking of joining... It is membership renewal season! You can use the handy form on page 5 and return it, with your check in the mail, or in person with cash, check, or credit card. We appreciate your membership.

All are welcome to join us for the January birthday celebration on Wednesday, January 31, 11:30 am. Please RSVP by Friday, January 26.

The Center will be closed on January 1, in observance of New Year's and Friday and Monday, January 12-15, to enable the installation of new flooring in the Kitchen.

Everyone stay safe and healthy! See you at YOUR Senior Center!

*Bonnie*

Bonnie Lowry Vallette,  
Executive Director



**Pickaway Senior Center  
BOARD OF DIRECTORS:**

Sally Galecki President  
 Tonya Thompson Vice President  
 Joy Ewing 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**

## JANUARY BIRTHDAYS-HAPPY BIRTHDAY!



### JANUARY 1

Sandra Dresbach  
Merry Hall  
Nita Hall  
Larry Jones  
Terry Schooley  
Agnes Schroeder

### JANUARY 2

Helen Hartsaugh

### JANUARY 3

Wendy Blair  
Barbara Bray  
Charles Cameron  
Donna Clark  
Stanley Gloyd  
Barbara Harwood  
Carol Thompson

### JANUARY 4

Donna Hall  
Hester Maxwell  
Sybil Wright

### JANUARY 5

Janet White

### JANUARY 6

Nancy Featheringham  
Forrest Turner  
Clarabelle Valentine

### JANUARY 7

Raymond Comer  
Marilyn Hawkes  
Wilma James  
Todd Knisley  
Barbara Welsh

### JANUARY 8

Jerry Kiger  
Belva Pritchard

### JANUARY 9

Jackie Brown  
Brad Dalrymple  
Jane Shaw  
Patricia Swaim

### JANUARY 10

Ruby Donohew  
Linda Harden  
Marianne Hunley  
Gary Misko

### JANUARY 13

Pat Perry  
Margaret Rickey  
Vera Woodard

### JANUARY 14

Bobby Barker  
Barbara Davis

### JANUARY 15

Harold Ghearing

### JANUARY 16

Linda Delcostello  
Kenneth Hardesty  
Pam Patrick

### JANUARY 17

Robert Hartinger  
Gloria Knece  
Patricia Southward

### JANUARY 18

Mona Toole

### JANUARY 19

Carol Balthaser  
Beverly Conrad  
Kathleen Lloyd



### JANUARY 20

Molly Morris  
Pat Neal  
Connie Wooten

### JANUARY 21

Gene List  
Jean Strickler  
Virginia Swoyer  
Ken Trivette  
Joann Wolfe

### JANUARY 22

Rhonda Clark  
Shirley Daubenmire  
Brian Porter  
Mary Margaret Rhoads

### JANUARY 24

Pamela Harris  
Dick McClish  
Paul Reed  
Sarah Van Hoose

### JANUARY 26

Betty Drake  
Mary Steele

### JANUARY 27

Jeff Anderson  
Judy Beard  
Bob Schumm

### JANUARY 28

Marilyn Hatfield  
Shirley Lake  
Linda Martin  
Bonnie True  
Mary Williams

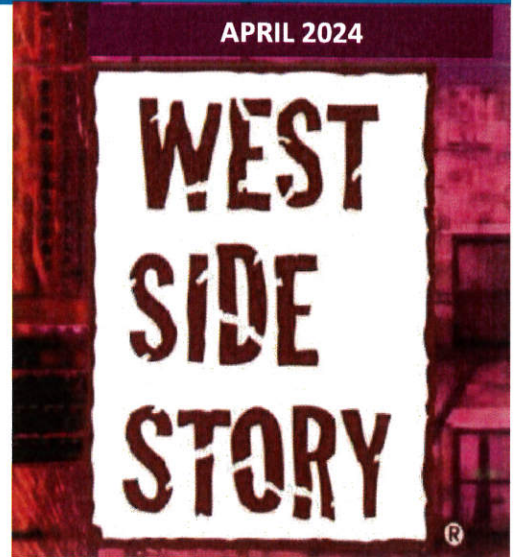
### JANUARY 29

Jean Barber  
James Beathard  
Sheran Cherrington  
Patrick Smith

### JANUARY 31

Geraldine Reed  
Linda Trimmer

APRIL 2024



**One of America's  
greatest musicals of all time!**

Two feuding street gangs, the Jets and the Sharks, are on a collision course in the gritty slums of New York City. Out of the chaos, a passionate romance blooms between Tony and Maria, teenagers caught on opposite sides of the turf war. But can they find a place for their love amid the prejudice and turmoil that surrounds them?

Winner of 10 Academy Awards® and two Tony Awards, Leonard Bernstein's West Side Story is one of the all-time great American musicals, with explosive dancing and some of the most electrifying music ever written for the Broadway stage, including "Maria," "Tonight," "Cool," and "I Feel Pretty."

Details are being put together for an April date right now!

*Our Members who have passed in 2023*

In October, Membership Representative, Al Canarksy, asked if we could publish the names of those who have recently passed away. We published the list last month and have received a few members and former board members we'd not included. Please feel free to call and let us know of others who have passed and we will add them to the list. In March we will begin to list monthly, as those who passed in the previous month.

- |                   |                   |                       |                   |
|-------------------|-------------------|-----------------------|-------------------|
| Carolyn Adams     | Lydia DeLong      | John Lake             | Raymond Russell   |
| Urban Adams       | Robert Dixon      | Pam Lewis             | Anna Schooley     |
| George Bandy      | Donna Dyke        | Carol Mader           | Robert Schroeder  |
| Paul Barnes       | Jerry Eckart      | George Mateer         | Debbie Tobin      |
| Cheryl Bates      | Judith Gary       | Marjorie McCormick    | Shirley Tyler     |
| Karen Bensonhaver | Brian Gerlach     | Ula Jean Ater Metzler | Dixie Walker      |
| Mary Ann Borrer   | James Graves      | Jo Mineer             | Shirley Walters   |
| Jenny Brooks      | Michael Griffith  | Cathy Moss            | Carol Wallace     |
| Les Brown         | Judy Gulick       | Dorothy Myers         | Bertha Watson     |
| Lois Brown        | Alan Hall         | Mary Nelson           | Ethel Welch       |
| Deanna Carroll    | Geraldine Hannahs | Jonnie Oakley         | Florence Williams |
| Jack Clark        | Kenneth Harness   | Jeanne Palm           | Joann Woodward    |
| Darrel Conrad     | Gladys Hawks      | Patricia Pontius      | Ron Wunsch        |
| Olamae Cox        | Dwight Hershey    | Evelyn Reynolds       | Betty Young       |
| Don Crabtree      | Harold Hewitt     | Lu Rhoads             |                   |
| Esther Davis      | Ann Keckley       | Norma Rich            |                   |
| Eleanor Dean      | Forrest Kiser     | Marvin Rittinger      |                   |

*we fondly remember*

**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  
2105 Chickasaw Dr  
Circleville OH 43113**

**DONATIONS**

Ruby Baylous  
Kathleen Lloyd  
Fraternal Order of Eagles  
Trinity Evangelical Lutheran  
Jeane Crider  
Charles & Susan Patrick  
Linda Harden  
~~~~~

*Your  
donations  
make a difference  
in our  
Community!*  
~~~~~

**Memorial Donations**

In Memory of  
John S Montgomery  
Jerry W Smallwood  
Given by,  
Barb Montgomery Smallwood  
~~~~~

**THANK YOU TO OUR STAFF — THANK YOU FOR YOUR PATIENCE!**

We began 2023 with a burst water pipe and flood of water inside our building and we ended the year with a serious sanitary line issue outside our building — both of these events impacted our ability to fulfill our mission *to be the place seniors learn, grow, get energized, and access resources to live independently with the best possible quality of life.*

Both of these events were frustrating and worrisome for those who receive Meals on Wheels, and for those who join us in the building for lunch, exercise, fun, classes, and community.

These events were also frustrating and worrisome for our dedicated staff who make our mission a reality *each and every day.*

There's so much gratitude for staff, who came in throughout these events, and for you, those we serve, for being patient throughout these challenges!

**MEMBERSHIP RENEWAL**

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. Thank You.**

-----  
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



# BE PREPARED FOR A WINTER STORM

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.



FEMA

FEMA V-1014/June 2018

Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds.



Greater risk



Can last a few hours or several days



Can knock out heat, power, and communication services

## IF YOU ARE UNDER A WINTER STORM WARNING, FIND SHELTER RIGHT AWAY

Stay off roads.



Use generators outside only.



Stay indoors and dress warmly.



Listen for emergency information and alerts.



Prepare for power outages.



Look for signs of hypothermia and frostbite.



Check on neighbors.



**TRAVEL FAR AFIELD IN 2024** — Join Dawn Altimore at the Center on Wednesday, January 31, at 2pm. She'll walk us through the process to register for the trips and provide additional information.



**Majestic Alaska** from Columbus to Anchorage (10 Days): 6 cities; 9 overnights, 1 Welcome Reception, 9 Breakfasts, 2 Lunches, 3 Dinners. Double: \$6760; Single \$7260; includes airfare .

A wild escape! Traverse Denali National Park's tundra , sail past Humpback whales and icebergs on an Alaska cruise in Kenai Fjords National Park, pan for gold, and ride in a dome car on the Alaska Railroad.

**Irish Wonder Tour** to Dublin, Cliffs of Moher and the Ring of Kerry (9 Days) includes 8 cities; 8 overnights; 8 Breakfasts, 2 Dinners.

Centuries of Irish culture and heritage are revealed on this adventure across the windswept valleys of Ireland, from Dublin to the breathtaking coastal landscapes of Connemara. Kiss the Blarney Stone, witness Mother Nature's magic touch at the Cliffs of Moher and circle the Ring of Kerry. There's much to celebrate on this grand 9-day journey across the 'Emerald Isle'.

Double occupancy: \$3877; Single: \$4642; both include airfare from Port Columbus.





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**PLEASE JOIN THE S.A.L.T. COUNCIL FOR PIZZA AND A PRESENTATION BY ERIN SPRING**

Ms. Spring has been a practicing, board-certified music therapist (MT-BC) in central and southeast Ohio since 2007.

On July 4th, 2023, after 6 years of advocacy as co-chair for the Ohio Music Therapy Task Force, Erin saw music therapy licensure signed into law to increase access to services for Ohioans. She is passionate about empowering others to use music for healing and wellness. She and her company serve Ohio communities, in a variety of settings & populations, birth to end of life, through contracted music therapy services, therapeutic musician programs, and administrative support services, and presentations. Erin currently serves as Executive Director for COMT also provides contracted administrative support services to therapeutic & wellness arts-based non-profits such as the REID Foundation. Locally, Erin stays involved in her community as a 15+ year director of the Circleville Presbyterian Hand bell Choir, 20+ year teacher for the Pickaway County YMCA's Parent/Infant Swimming Classes and is a founding board member of the new non-profit Human Kindness Alliance.



**WHERE:** PICKAWAY COUNTY LIBRARY KOCH ROOM

**WHEN:** FEBRUARY 21, 2024 AT 1:00 P.M.

**Lunch Menu:** Pizza, Veggie Tray, Banana Bread/with Cool Whip, A&W Root Beer, Coffee

Receive a **HAPPY HEARTS DAY BAG**

**Must Register to Attend.** Call 419-460-1452 or 740-248-9585

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PROMEDICA PRESENTS:



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12:30PM



CRAFTING WITH  
*Sonya*  
of Pickaway Manor

WEDNESDAY JAN 3 • 1PM  
RSVP • 740.474.8831



**MONEY SMART**  
for Older Adults

The Center is will offer a new discussion group, beginning in February, based on the FDIC *Money Smart for Older Adults* and The Savings Bank *Smart-Banking Blog*.

The program is being designed to cover current exploitation schemes and scams, as well as smart tips on investing and money management.

**SOLE SOLUTIONS**  
*Nurse Delivered Footcare*



January 8th ~ 9am—1:30pm  
Beginning February-First & Third  
Monday of the Month!

**BY APPOINTMENT ONLY**

Call the center  
**740.474.8831**  
and set your  
**\$35 FOR ½ HOUR**  
**APPOINTMENT**

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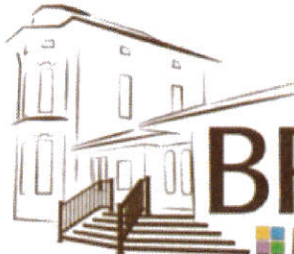
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