

## REGULARLY SCHEDULED:

**DAILY: Congregate Lunch 11:30 am**  
Please RSVP 24 hours prior — thank you

### MONDAY:

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

### TUESDAY:

Clogging Group 3:00 pm

### WEDNESDAY:

Exercise Class 9:00 am

### THURSDAY:

Chair Yoga 1:00 pm

### FRIDAY:

Exercise Class 9:00 am  
Bingo 10:00 am  
Bible Study 10:15 am  
Euchre Tables 1:00 pm  
Line Dancing 1:00 pm

## DATES OF NOTE:

Wednesday, August 2 1pm  
Crafting w/Sonya

Monday, August 7 by Appointment  
Soul Solutions: footcare clinic

Thursday, August 10 8am  
PRODUCE DELIVERY

**Saturday, August 12 1-3pm**  
♥ **Fun Dance: Square, Round, Line**

Tuesday, August 15 8am  
COMMODITIES DELIVERY

**Wednesday, August 16**  
Ohio Senior Insurance Info 9am  
♥ **Cardio Drumming 2-4pm**

Wednesday, August 23 12:30-2:30  
*Minimize Risk, Maximize Life*

Thursday, August 24 8am  
PRODUCE DELIVERY

**Friday, August 25 6-8pm**  
♥ **A LITTLE OLD FUNDRAISER**  
**Lights of Broadway w/Don Irving**

Wednesday, August 30 11:30am  
♥ August Birthday Celebration

## PICKAWAY SENIOR CENTER

2105 Chickasaw Drive

Circleville OH 43113

740-474-8831

[www.pickawayseniors.org](http://www.pickawayseniors.org)



*from the Director's Desk*

Greetings from the Center!

On Friday, June 16, the Pickaway Senior Center Board announced Bonnie Lowry Vallette will serve as the next director of the Center, effective Wednesday, July 5.

Bonnie said, "I am grateful for this opportunity! The Staff and Seniors we serve are an amazing bunch of souls and I am honored to serve them and the county."

"While few in number, our staff makes a difference in the lives of seniors throughout the county through the Center's Meals on Wheels program, Congregate Lunch, Transportation Services, Adult Day Care, and other Supportive Services. She shares, "Our folks are flexible, dedicated, and know how to problem solve on the fly. It is quite impressive!"

The Pickaway native and a graduate of Teays Valley is the youngest of five and the only child of Wayne & Marie Lowry to be born in the county. She's lived in Columbus with husband and TVHS classmate, Chris, for 30 years. Both are graduates of The Ohio State University.

Bonnie has worked in food service, retail sales, consumer and business banking, served as church administrator and donor manager for two downtown Columbus churches, then returned to Pickaway County to serve as Marketing and Development Coordinator at Brown Memorial Home and, as Community Outreach Coordinator for Honor Home Health. She continues to offer facilitative leadership to the Pickaway Older Adult Network.

"When I look back at my career, I see I've learned aspects of my new role in each job I've held. I'm rather amazed that I have been in "training" for this position for more than 40 years."

### NOTES ON NOTES:

As more of you join us for **congregate lunch**, we're working hard to ensure each person gets a full lunch portion — but we need your help. **Please RSVP the day before you'd like to dine in!** This is a change in our policy and we thank you for registering early. You're welcome to RSVP for the entire week or month if you wish. This helps us to plan an adequate number of meals with no leftovers.

### PLAN NOW TO ATTEND OUR TWO UNIQUE EVENTS:

♥ **The Fun Dance on Saturday, August 12, 1-3pm — \$5 at the door**

**Lights of Broadway FUNDRAISER on Friday, August 25, 6-8pm — FREE with**

♥ **\$10 membership or \$25 donation!**



**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)

<b>Office</b>	<b>740-474-8831</b>
<b>Toll Free</b>	<b>888-397-7246</b>
<b>Nutrition</b>	<b>740-474-8617</b>
<b>Fax</b>	<b>740-477-8114</b>

**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





# THE INNER LIGHTS OF BROADWAY

♥ *just a li'l old fundraiser*

**Friday, August 25, 2023**

**6:00 — 9:00 pm**

**Join us as we welcome Don Irvin,  
1982 TVHS grad and professional vocalist,  
for an evening of entertainment and  
delightful treats and deserts.**

**Come for a chance to win raffles and door prizes.**

**SENIOR CENTER MEMBERS get in free!**

**Non-members can join the center for \$10 and get in free  
— or make a \$25 donation!**

**FUNDS RAISED WILL BE USED TO FURTHER THE MISSION OF THE CENTER  
— to be the place seniors learn, grow, get energized, and access resources  
to live independently with the best possible quality of life. ♥**



**Donations in Honor  
or in Memory**

~~~~~

In Memory of  
**Emily Patrick**  
Given by, Joan Savage

~~~~~

In Memory of  
**Mary Ann Borrer**  
Given by,  
Keith & Terri Ehmann  
Anonymous  
Duane & Sue Wikoff  
Nora Larkin

~~~~~

In Memory of  
**Gene Welsh**  
*in honor of our 56th  
wedding anniversary August 5*  
Given by, Barbara Welsh

~~~~~

In Memory of  
**Marjorie Kurtz**  
on the anniversary of her  
July 19, 1935 birth date  
Given by,  
Roger & Elaine Konkle

~~~~~

In Memory of  
**Richard D Fenwick**  
on the anniversary of his passing  
on August 4, 2021  
Given by, Judy Fenwick

~~~~~

In Memory of  
**Wayne F Lowry**  
Given by, wife, Marie Lowry  
Judy Schooley  
Don Lowry  
Deb Geddes  
Bonnie Vallette

~~~~~

In Loving Memory of grandson  
**Trey Martens**

*on his August 19 birthday*  
Given by,  
James & Diane Rhymer

~~~~~

In Memory of  
**Gordon Lloyd**  
*husband, died in August 2018*  
**Jackie Cook**  
*daughter, died August 2016*  
Given by, Kathleen Lloyd



**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**  
**PO Box 565**  
**Circleville OH 43113**



## AUGUST BIRTHDAY WISHES

## WELCOME NEW MEMBERS

## THANK YOU DONORS

### AUGUST BIRTHDAY CELEBRATION

Wednesday,  
August 30

Please RSVP by  
Monday, August 28.

#### August 1

Shirley Cornelius  
Joyce Dumm  
John Neymeyer

#### August 2

Brenda Copes  
Elizabeth Konkle  
Dee Mogan  
Deskey Posey

#### August 3

Charles Griffey  
Glenn Reeser

#### August 4

Linda Adams  
Regina Ghearing  
Mae Harber

#### August 6

Sally Hafey  
Barb Hull

#### August 8

Pat Acord  
Roger Koch

#### August 9

Shirley Marion

#### August 10

Betty Combs  
Larry Dean  
Betsy Marsh  
Ruth Tatman  
Pabby Vaughan

#### August 11

William Darst  
Delbert Poling  
Randy Walker

#### August 12

Jane Ramey

#### August 13

Paul Knece  
Elmer Winner

#### August 14

Noel Crawford  
Delores Helsel  
Leah Pettit

#### August 15

Anne Canan  
Jo Ann Echelbarger  
Betty Smith  
Steve Spicer

#### August 16

Peter Cherrington  
Nancy Fee  
Gail Howard  
Gary Miller  
Patricia Mullins

#### August 17

Carolyn Cline  
Marilyn Fausnaugh

#### August 18

John Lake  
James Meyer  
Diane Sanyal

#### August 20

Willis Davis  
Penny Fick  
Patricia Hartinger  
Debi Hoffhines  
Lillibeth Miller  
Linda Nichols  
Jean Shaw

#### August 22

Clarence Cardwell

#### August 23

Jane Davidson  
Kathleen Hall

#### August 24

Sally Justice  
Elsie See  
Sally Stevens  
Carole Topping

#### August 25

John Juliano  
Joyce Nelson  
James Riley

#### August 26

Doris Conrad

#### August 27

Patricia Haddox  
Wanda Luckhart  
Charles Smith  
Rosie Tharp

#### August 28

Jane Fath  
Margaret Tootle

#### August 29

Shirley Evans  
Phil Leahy  
Mack Shaw

#### August 30

Ginny Echard  
Teresa Laux

#### August 31

Kenneth Graf  
Theresa Kerns  
Frances Rush  
Robert Valentine  
Gloria Wilcox



### MISSED BIRTHDAY

Please join us in  
*belatedly* celebrating  
the 101<sup>st</sup> birthday of

*Ruth Tootle*

July 5, 1922

Cards, notes, flowers  
can be sent to her at  
**120 Montclair Ave  
Circleville OH 43113**



Diana Brady

Ed Brady

Gerri Carroll

Carol Conley

Eileen Flanagan

Bonnie Huston

Betty Lou Odeady

Becky Poling

Angela Stevens

Debi Teets

*Since November 2022, more  
than 570 individuals have renewed their  
Senior Center membership.*

*Thank you for renewing!*

We have welcomed  
*82 new members*  
since January of this year!

### \$10 Fund Donations

Paul & Gloria Knece

Jeane Crider

Naomi Adkins

John & Shirley Lake

Linda Harden

### CELEBRATING A CENTURY OF LIFE

*Margaret H Remy*  
**Saturday, September 2, 2023**

Margaret's children invite you to join in  
celebrating this milestone in the life of  
their mother. No RSVP needed; no gifts.

If you're unable to attend and wish  
to send a note, please send mail to:

Margaret H Remy

c/o Barbara Steinebrey

10612 Orinda Dr, Cincinnati OH 45249





# Minimize Risk Maximize Life

Wednesday, August 23  
12:30 PM - 2:30 PM

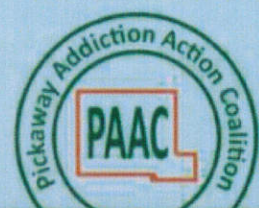
Pickaway Senior Center  
2105 Chickasaw Drive  
Circleville, OH

Join your friends for this 2 hour educational program to learn how alcohol can impact adult health and wellness.

## Program Goals

- ➡ Increase awareness of the low-risk drinking guidelines for adults.
- ➡ Decrease high risk alcohol and related problems associated with use.
- ➡ Increase awareness of problems associated with high-risk alcohol use.
- ➡ Increase understanding of low-risk drinking guidelines, language, and concepts to share with others.

This program is presented by Pickaway Addiction Action Coalition.  
Curriculum developed by Envision Partnerships and the Ohio  
Department of Mental Health & Addiction Services.



Moving Forward Together



PICKAWAY SENIOR CENTER



**CardioDrumming**

**WEDNESDAY, AUGUST 16**  
**2:00–4:00 pm**

Join the Activities Team from Meadows of Scioto, Rehab/Skilled Nursing, for a yoga ball drum circle to build upper body and heart resilience.

*Offered — at no cost — 3rd Wednesdays each month by:*



August 2023 NEWSLETTER

**SOLE SOLUTIONS**  
*Nurse Delivered Footcare*



**Monday, August 7**  
**BY APPOINTMENT ONLY**

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



**CRAFTING WITH**  
*Sonya*  
*of Pickaway Manor*

**WEDNESDAY**  
**AUGUST 2 • 1PM**  
**RSVP • 740.474.8831**

**DON'T BE A SQUARE!**  
**GET YOURSELF THERE!**

*Fun Dance*



**Square & Round Dance**

*as called by: Ed Laurenschiagen*  
Planned by Belva Pritchard

**Saturday, August 12**

**1—3pm**

**\$5 per person**



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rehab Suites**

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**S.A.L.T COUNCIL COCA COLA COOLER RAFFLE****When: August 1-November 15,2023****Where: Drawing will be November 15 1 p.m. at S.A.L.T. Council Meeting Pickaway County Library, Koch Room****You Do Not Need To Be Present To Win**Coca Cola Cooler Raffle will be on display at Senior Center in **September****Why? Help to support the Pickaway County S.A.L.T. Council****Projects: AARP driving class, Safe Bank Project, Ohio****Triad Conferences, Sheriff's Office Project Life Saver****Program and Dementia Friends Initiative****What do you win?**

- **Personal Coca Cola Cooler (Bear Logo)**
- **Two Cookbooks: Enjoy Your Favorite Recipes with the Great Taste of Coca-Cola and Cooking with Coke**
- **New York Time Crossword (150) & Christmas Season Word Search Large-Print**
- **Coca Cola Playing Cards**
- **Coca-Cola Checkers Game where the checkers are bottle-caps!**
- **Retro red and green Coca-Cola magnet.**
- **A vintage style Coca Cola board game.**
- **Tic Tac Coca-Cola 3.4 oz. Fresh Breath Mints**
- **\$20.00 Sonic gift card**
- **A Collectible Coca Cola can that celebrates the Ohio State Buckeyes 2014 National Champions**

And More...

**TICKETS \$5.00 EACH (SEE GAIL HOWARD AT THE SENIOR CENTER'S EXERCISE CLASS ON MONDAY, WEDNESDAY, FRIDAY, OR MISSI RHODES, S.A.L.T. ,TREASURER AT WESBANCO OR CALL 419-460-1452 TO GET TICKETS.**



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### Advertise in our Newsletter!

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

### PICKAWAY METROPOLITAN HOUSING AUTHORITY

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email: pmha@pickawaymha.com  
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740-420-0605



EACH THURSDAY AT 1:00 PM



Join Wendi & Capi each Thursday for this gentle, peaceful, core strengthening, stretch.



MYRTLE BEACH

## Holiday Shows

Monday–Saturday • November 13-18

- Motorcoach to Myrtle w/overnight stay on the road
- Three overnights in Myrtle
- Three evening Christmas shows:
  - ⇒ *Legends in Concert, Carolina Opry, Alabama Theater*
  - ⇒ *Le Grand Cirque Christmas*
  - ⇒ *The Man of a Thousand Voices*
- Beaches, Boardwalks, and the LW Paul Living History Farm
- \$740 per person double occupancy
- \$939 single occupancy

**Sign up by Friday, September 8**

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## NEVER MISS OUR NEWSLETTER!

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**740.474.6238**

158 East Mound St  
Circleville

# BROWN

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**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!**

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Vital Stats, Generosity .....p12

## JUNE STATISTICS

### Transportation

36 people  
**3954 miles**

### Adult Day Care

4 people  
**520 miles**

### Hot Meals Delivered

**8381 meals**  
**9163 miles**

### Meals Served In Person

**586 congregate meals**

### Fresh Produce Disbursed

**4180 pounds of produce**

### Commodities Disbursed

**101 families served**



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

Donations received by JULY 7  
are included this newsletter;  
those received after JULY 7  
will be included in the  
**SEPTEMBER** newsletter.

**Thank you for your  
generosity!**

