



REGULARLY SCHEDULED:

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

MONTH: Birthday Lunch 11:30am
Please RSVP the Friday before.

MONDAY:

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

TUESDAY:

Learning Bridge with AI 12:30 pm
Beginning Clogging 2:00 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:

Wednesday, November 1 1pm
Crafting w/Sonya

Monday, November 6 by Appointment
Soul Solutions: footcare clinic

Thursday, November 9 8am
PRODUCE DELIVERY

Veterans' Day Lunch 11:30am

FRIDAY, November 10 ALL DAY
Veterans' Day — BUILDING CLOSED

Thursday, November 16 11:30
Medicare Open Enrollment Primer

Tuesday, November 21 8am
COMMODITIES DELIVERY

THURSDAY, November 23 ALL DAY

FRIDAY, November 24 ALL DAY
Thanksgiving — BUILDING CLOSED

Monday, November 27 by appointment
Medicare Check Up by OSHIP

Wednesday, November 29
November Birthday Celebration

PICKAWAY SENIOR CENTER

2105 Chickasaw Drive

Circleville OH 43113

740-474-8831

www.pickawayseniors.org



From the Desk of the Director

Greetings from the Center!

Fall has begun, Pumpkin Show is past, and Thanksgiving is on its way! Is time going faster with each passing month?

November, the month of gratitude, is here. We have much for which to be grateful! We celebrate 54 birthdays this month, we welcomed 15 new members last month (year: 160). We remember in gratitude those 56 members who passed this year. See pages 3-5.

You're invited to the **Fall Senior Health Festival, Friday, November 3, 9am-12pm** at the Fairgrounds. Special guest **Ken Affeldt, Assistant US Attorney, Southern District** will speak about current **Scams and Fraud Schemes active in our area RIGHT NOW**. See page 6.

Monday, November 27 — between 9am and 3pm — **schedule your time** with Kendra of Ohio Department of Insurance to review your **Medicare coverage and options**. Don't know much about Open Enrollment? Join Kendra for a **Lunch and Learn on Thursday, November 16!** If you have legal questions, stop by the Free Legal Clinic at Courthouse, 207 S Court St, on the last Wednesday of any month, 9:30-11:30am. See page 7.

See page 8 for information on Chair Yoga, Crafting, Hearing, and HEAP Winter Crisis enrollment. Change your clocks and smoke detector batteries, too! **Page 9 details the upcoming SALT Meeting & Raffle.**

Commodities are delivered on Tuesday, November 21; Produce on Thursday, November 9. Arrive early — Truck is here at 8am.

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
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

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

NOVEMBER BIRTHDAYS — HAPPY BIRTHDAY



NOVEMBER 1

Nancy Radcliff

NOVEMBER 2

Delores Brown
Gary Iles
Jimmy Laux
Sandra Manson
Sandra Oliver
Patricia Strous

NOVEMBER 3

Marge Rhoads
Betty Winner

NOVEMBER 5

Jeffrey Ebert
Vickie Fanska
Dianne Good
Robert Wolf

NOVEMBER 6

Rose Barker

NOVEMBER 7

Reah Crist
Ellen Hilsheimer
Ruth Hoover
Bev Martin
Denver Peters

NOVEMBER 8

Joyce White

NOVEMBER 9

Joyce Butts
Judy Tolley

NOVEMBER 10

Don Crabtree
Kenzie Endicott
Peggy Miller

NOVEMBER 12

Jodelle Boesiger
Debby Boyer

NOVEMBER 13

Karen Frey
Judith Goode
Betty Lou Odeady
Donald Strawser

NOVEMBER 14

Karen Cockrell
Lucy Groves
MaryAnn Miller
Joan Savage
Julianne Temple

NOVEMBER 15

Carrol Hammond
Larry Holcomb
Nancy Looney

NOVEMBER 18

Bobbie Dickason
Charlene Grambo
Brenda Knox

NOVEMBER 20

Willie Blackwell
Norma Eyerman
Marcia Helwagen
Kathy Mattingly
Clark McFarland
Debra McFarland

NOVEMBER 21

E Jean Addy
Janet Cardwell
Donna Raines
Becky Yates

NOVEMBER 22

Mary Blair
Jenny Brooks
Dean Jacob

NOVEMBER 23

Linda Keirns
Don Wolford

NOVEMBER 24

Carol Blaney
Betty Hopkins
Rita Rader

NOVEMBER 26

Don Hall
Lisa Kelley

NOVEMBER 27

Sharon Neil
Shirley Oberley
Rodger Southward

NOVEMBER 28

Judy Alderman
Tammy Hughes
Marie Lowry
Jane Strawser

NOVEMBER 29

Mary Arnold
Donnie Bethel
David Martin
Pat Tait

Join us for a
celebration
of all
November
Birthdays
**WEDNESDAY
NOVEMBER 29**
**RSVP by
11/22**



**SALT council will
honor Veterans
during lunch 11/9**

GRATITUDE IN ACTION

GIVINGTUESDAY

Each of us has something to give and every act of generosity counts! The #GivingTuesday movement reimagines a world built upon shared humanity and radical generosity.

By sharing our gratitude through acts of generosity, we can change the world.

GivingTuesday was created in 2012 as a simple idea: ***a day that encourages people to do good***. Since then, it has grown into a year-round global movement that inspires hundreds of millions of people to share, collaborate, give, and celebrate generosity.

What if – each Tuesday and every day – we each give some of our time, a donation, or the power of our voice in our local community.

JOIN US IN EXPRESSING GRATITUDE for all the Pickaway Senior Center can — and does — offer because of generous donations from folks just like you! You can make a donation to the Center by completing the form on the next page (*In Memory or Honor of...*) and including it with your check made payable to Pickaway Senior Center. Or stop by to drop off a check, a bag of groceries, or a winter weather cap/scarf/gloves, and stay for lunch or an activity!

CULTIVATING GRATITUDE

The practice of gratitude can be easy and the benefits enormous! Try one or more:

- List three things you are grateful for each day,
- Send a note to friends or family,
- Start a gratitude journal,
- Take a few minutes to pray, meditate, or just think about who or what makes you grateful.
- Volunteer.



New Newsletter Feature

In October, a member of the Center asked our Membership Representative, Al Canarksy, if we could publish the names of those who have recently passed away. Since it is November, the traditional celebration of *All Saint's Day*, this seems like an appropriate time to begin this new feature. Over the course of the previous year, the Center has lost 56 members that we are aware of. Please feel free to call and let us know of others who have passed and we will add them to the list.

Carolyn Adams
Urban Adams
George Bandy
Paul Barnes
Cheryl Bates
Karen Bensonhaver
Mary Borrer
Lois Brown
Deanna Carroll
Jack Clark
Darrel Conrad
Olamae Cox
Esther Davis
Eleanor Dean

Robert Dixon
Donna Dyke
Jerry Eckart
Judith Gary
Brian Gerlach
James Graves
Michael Griffith
Judy Gulick
Alan Hall
Geraldine Hannahs
Kenneth Harness
Gladys Hawks
Dwight Hershey
Ann Keckley

Forrest Kiser
Pam Lewis
Carol Mader
George Mateer
Marjorie McCormick
Jo Mineer
Cathy Moss
Dorothy Myers
Mary Nelson
Jonnie Oakley
Jeanne Palm
Patricia Pontius
Evelyn Reynolds
Lu Rhoads

Norma Rich
Marvin Rittinger
Raymond Russell
Anna Schooley
Robert Schroeder
Debbie Tobin
Shirley Tyler
Dixie Walker
Carol Wallace
Bertha Watson
Ethel Welch
Florence Williams
Joann Woodward
Ron Wunsch

...in gratitude in memory of our friends and neighbors



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:

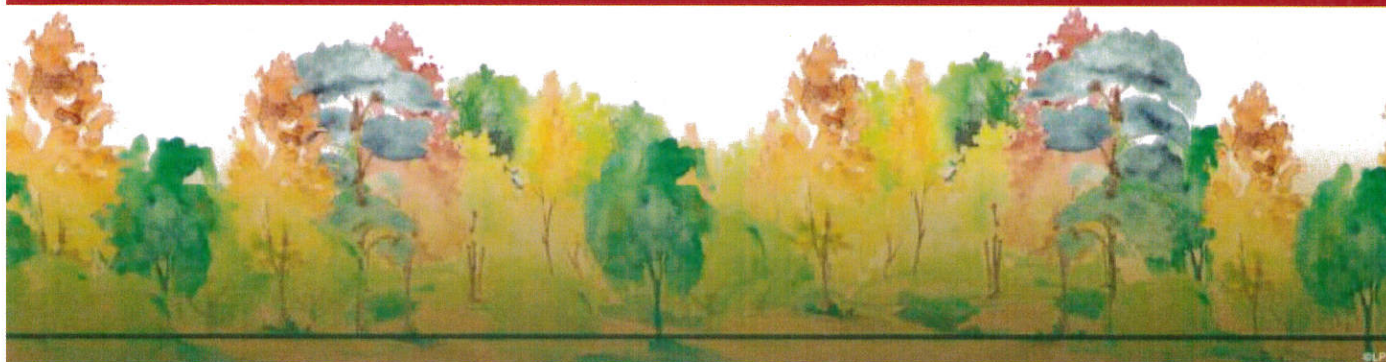
☐ Memory of: or ☐ Honor of:

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



*Members and Donors make our work possible
~ you hold the Center ~ thank you!*

New Members

Virginia Black
Penny Cooper
Brenda Curtiss
Patricia Funk
Kenneth Higginbothan
Jerry Kiger
Robin Kiger
Vickie Lamb
Becky Levernier
Suellen Ott
Diana Shamblin
Gary Shamblin
Alma Simons
Pamela S Wolfe
George Wolfe

~~~~~

*Your  
donations  
make a difference  
in our Community!*

~~~~~

~~~~~  
**\$10 Fund Donations**

Naomi Adkins  
Jeane Crider  
Richard & Peggy Hunter  
Charles & Susan Patrick  
Linda Harden

~~~~~

**Memorial/Honor of
Donations**

In Memory of
Shirley Walters

Given by,
The Line Dancers

~~~~~

In Memory of  
**Terry Allen**

*in appreciation of Meals on Wheels*

Given by,  
Larry & Julia Marple

~~~~~

~~~~~  
In Memory of  
**Cheryl Hursey**

Given by,  
Deb Schooley  
Diane Rhymer

~~~~~

Have a safe, happy thanksgiving
All Senior Citizens

Given by,
Linda & Joan

~~~~~

In Memory of  
**Ron Harber**

*in honor of our  
November 27 anniversary*

Given by  
Anna Harber  
*Wife of 45 years  
I miss you!*

~~~~~


Pickaway Health Network & Pickaway Senior Center Present:



Nov. 3 at 9 am - 12 pm
Pickaway County Fairgrounds

Food - Raffle Prizes - Screenings - Give Aways

Tai Chi Demos by OSU Extension Office

Fraud and Scams - Cyber Safety:
Ken Affeldt, Asst. US Atty., So. District of OH

Flu Clinic by Pickaway County Public Health





**MEDICARE
CHECKUP
ALL DAY
EVENT**

Monday, November 27

Review and compare:

- 2024 Part D Plans
- Medicare Advantage
- Learn ways to save on Rx & Medicare costs

ALSO, ATTEND THE LUNCH & LEARN on Thursday, November 16 to find out how Medicare Open Enrollment (October 15—December 7) can work FOR you!

BY APPOINTMENT ONLY

— SIGN UP NOW

740.474.8831

**Have legal questions but
can't pay an attorney?**

Volunteer attorneys can answer legal questions or help you find resources.

**Free Legal Advice Clinic
Last Wednesday of Each Month
9:30—11:30am**



Free for those aged 60 or better

For issues related to landlord-tenant, public benefits, consumer debt, domestic, wills, property transfers, powers of attorney, and expungement.

**In the Law Library, bottom floor
207 S Court St, Circleville**

VETERANS DAY RECOGNITION

On Thursday, November 9, SALT Council will honor Veterans, during Lunch at the Center, with a *Tribute to the Veterans Table* and *Fallen Soldier Table*, including a decorated cake, tribute, flowers, balloons, a book of discounts for Veterans that weekend, and a drawing for a \$15.00 Bob Evans gift card. Lunch begins 11:30am; **please RSVP by November 6.**



CIRCLEVILLE HIGH SCHOOL will honor all who served with a special assembly and luncheon **Friday, November 10, 12:30pm.** RSVP to 470.474.4846 or Darci.Valentine@CVCSD.com.



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PROMEDICA & RIGHT AT HOME



**EACH THURSDAY AT
12:30PM**



CRAFTING WITH
Sonya
of Pickaway Manor

**WEDNESDAY 11/1 • 1PM
RSVP • 740.474.8831**

HEALTHY HEARING + GIFTS!

Dr Kristin Wilson, Audiologist, and Clint Snedegar, Hearing Instrument Specialist, from Circleville/Luebbe Hearing Center will share: **Hearing Loss and the Newest Solutions** with us on **Tuesday, November 14**, following lunch.

NOW HEAR THIS!

The presentation & conversation follow lunch **AND** there will be a welcome table with gift basket raffle — gift cards, goodies of all kinds, and coupons. The drawing will be held immediately after the presentation; you must be present to win!



HOME ENERGY ASSISTANCE PROGRAM **Monday, November 20** **12—3pm**

Home Energy Assistance helps maintain utility services to help you stay safe and warm. It can help if facing utility disconnection, have been disconnected, or have less than 25 percent supply of bulk fuel in your tank.

**FALL BACK ONE HOUR
Sunday, November 5
CHANGES YOUR SMOKE
DETECTOR BATTERY!**



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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. What do you win?

Mini Coca Cola Cooler with Polar Bear& Coke bottle Christmas ornament,\$20.00 Sonic Gift Card/Coke lunch bag&Insulated tumbler,\$25.00 Wal-Mart Gift Card-cooking with coke (2) Cookbooks,(2) cooking with Coke gift bags(Chili&Gingerbread),Lots of Coca Cola Treats, Christmas Family Fun Coca Cola Box(coca cola checkers,opoly playing cards, jigsaw puzzle),Coke candy, Coke popcorn bucket filled with popcorn treats, N.Y. Times 720 Crossword Puzzles and 360 Word Search(large print),cherry coke book club classic, Coke Christmas polar bear tees(his&her),Coke, Coke contemporary CD holiday classics, And More...Coca Cola Cooler Raffle will be on display at Senior Center until November 8. Tickets are **\$5.00 Each**. **Winner takes ALL**.Fill-out enclosed ticket with a check or money order for **\$5.00**. Mail to **S.A.L.T. Council Raffle 480 Lancaster Pike,#53 Circleville,OH 43113**

Call 419-460-1452-----detach

Name:_____

Address:_____

Phone:_____

A ticket will be placed in Bucket. And your ticket #number recorded/saved.

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RETURN SERVICE REQUESTED

Current Resident



DON'T MISS OUT

**Check out upcoming
events and activities
at the Center!**

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SEPTEMBER STATISTICS

Transportation

34 people
234 transports
4220 miles

Adult Day Care

6 people
952 miles

Hot Meals Delivered

7731 meals
7714 miles

Meals Served In Person

521 congregate meals

Fresh Produce Disbursed

4250 pounds of produce

Commodities Disbursed

107 families served



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

Donations received by October
20 are included this newsletter;
those received after 10/20 will
be included in the December
newsletter.

**Thank you for your
generosity**

WE MAKE A
LIVING BY
WHAT WE GET.
WE MAKE A
LIFE BY WHAT
WE GIVE.

WINSTON CHURCHILL