



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

**MONDAY:**  
 Exercise Class 9am  
 Euchre & Games Tables 1pm

**TUESDAY:**  
 Bingo 10am  
 Learn to play Bridge w/Al 12:30pm  
 Clogging Group 3pm

**WEDNESDAY:**  
 Exercise Class 9am

**THURSDAY:**  
 Chair Yoga 12:30pm

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

**DATES OF NOTE:**  
 Monday June 3rd & 10th *by Appt.*  
 Sole Solutions Footcare Clinic

Tuesday, June 4th 9am  
 Therapeutic Stretching

Wednesday, June 5th  
 Heritage Blood Pressure & Glucose  
 Educational Class 10am  
 Crafting w/ Sonya 1pm

Thursday, June 13th & 27th 8am  
 Produce Delivery  
 Drive Thru-Tenderloin Sale 11am

Tuesday, June 18th 8am  
 Commodity Delivery

**Wednesday-June 19th CLOSED**  
**All Activities Cancelled**

Friday, June 21st Senior Day  
 Pickaway County Fair grounds

Monday, June 24th 1pm  
 Savings Bank: Safe Banking

Monday, June 25th 10am  
 Heritage BP & Glucose Clinic

Wednesday, June 26th  
 OSHIIP 8:30am  
 Birthday Luncheon 11:30am

*From the Desk of the Director*

Greetings from the Center!

I hope you and yours are doing well. Welcome to June and summer!

The Annual Fundraiser was a great success, raising just shy of \$20,000! Thank you to everyone who supported the Center. We appreciate everything you do. After expenses, there's just under \$15,500 to use for equipment and repairs related to home delivered meals and lunch.

The Center was fortunate to receive three low-mileage vans from AEP. These vehicles will be used to replace vans with more than 150,000 miles on them. We feel very fortunate!

We are pleased to offer a drive through tenderloin sale Thursday, June 13, 11am—12pm. Remember to call ahead to preorder. You can get a combo for \$6 or a sandwich for \$4. Funds raised will benefit the Center's memory care respite program (see pages 3 and 12 for more information).

The Center will be closed for all services on Wednesday, June 19.

The Pickaway County Fair is this month. Join us for Senior Day at the Fair, on Friday, June 21. Bingo begins at 1pm, with the Community United Methodist Church's Senior Lunch at 11:30am. The Fun Bunch Cloggers perform at 11am, and the Center's Line Dancers are on at 11:30. Join us for a fun day at the Fair – Seniors aged 60 or better get in free until 4pm! (see p9 for more)

Stop by to sign up for the holiday show trip to Pigeon Forge,

November 18-22. Flyers are available and sign up are happening now! Cost is \$750 per person, double occupancy. (see p3)

Additional trips are being planned and information will be shared next month.

The MidOhio produce truck will be in on Thursdays, June 13 and 27, and the commodities boxes will arrive on Tuesday, June 18.

Now's the time to take stock and think about work you might need to complete around your home. If you have a major or minor renovation or other need at home, please call me. We have funds available to help but only until early September.

Come join us for an activity, exercise, class, or meal! We'll be happy to welcome you to the Center.

*Bonnie*

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.

## 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 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

## PICKAWAY SENIOR CENTER

We are available Monday thru Friday 9am-3pm if you need to stop by to drop off membership dues, memorials, donations, etc.

- Office 740-474-8831
- Toll Free 888-397-7246
- Nutrition 740-474-8617
- Fax 740-477-8114

You may also mail them to:

2105 Chickasaw Drive  
PO Box 565  
Circleville OH 43113

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

PICKAWAY SENIOR CENTER PRESENTS

Pigeon Forge and Smoky Mountains Show Trip



INCREDIBLE PRICE INCLUDES:

- Motorcoach Transportation
- 4 Nights lodging in the Smokies
- 8 Meals: 4 Breakfasts and 4 Dinners
- Three Morning Shows: Smith Morning Variety Show, Patty Waszak Show & Christmas Memories Show
- One Afternoon Show: "ICONS"- The Original Legends Show
- Three Evening Shows: Country Tonight, Paula Deen's Lumberjack Feud Show & "Array"
- Free time in the Historic Downtown Gatlinburg

\$750\*

5 Days 4 Nights

\*PER PERSON, DOUBLE OCCUPANCY

Per Person, Double Occupancy

Nov 18 - 22  
2024

Departure: Pickaway Senior Center,  
2105 Chickasaw Dr, Circleville, OH @ 8 am

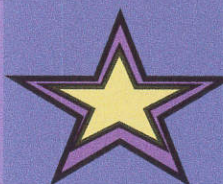


In honor of National Alzheimer's & Brain Awareness month, we would like to spotlight the center's Adult Day Program.

**If You Don't Use It, You Lose It**

This is a common phrase we hear from our clients in the Adult Day-care Services program, so we have fun engaging all parts of their bodies and minds. We serve 8 individuals who have dementia or Alzheimer's. For 4 hours every Tuesday, Wednesday, and Thursday, we use conversation, chair exercise, music, art and games to enhance their quality of life and give their caregivers a much-needed break. We want to add some new dementia-oriented activities and resources to our collection and want to raise about \$500 to purchase them. Reusable water painting palettes are one example of a tool we can use repeatedly to provide a clean, safe and creative outlet for our clients. Updating our music cd collection and purchasing special finger fidget items are also on our list.

**Light of our Lives**



Purchase a star in honor/memory of a loved one. Stars may be purchased at the volunteer office for \$1. Each Star purchased will be displayed throughout the center June 1-June 30. All proceeds will go towards resource purchases for Adult Day Program activities. Or if you wish, you may make a monetary donation, attention to Adult Day Care.

# Events Around The County

**May 29th-June 1st-Deercreek Dam Days Festival**

**June 1st-Fish Fry Circleville Eagles 685**

**June 6th-Acoustic Night with Lori Pritchard 6pm-8pm**

Join us for a delightful summer evening at Rhoadhouse 56 with our Acoustic Night series featuring the talented Lori Pritchard! Enjoy the beautiful **Rhoadhouse 56 setting** and soak up the warm summer air on the Rhoadhouse 56 patio

**June 8th- Circleville Farmer's Market**

8am-Noon; 144 E. Main St. Circleville, Ohio 43113

**June 8th-South Bloomfield Farmer's Market**

8am-Noon; 5000 Park Pl. South Bloomfield, Ohio 43103

**June 15th-Commercial Point Food Truck Festival**

**June 15th-22nd-Pickaway County Fair**

Friday-June 21st-SENIOR DAY

**June 12th-15th-Commercial Point Homecoming Festival**

**June 22nd-Ashville Community Market**

9am-Noon; 165 Walnut St. Ashville, Ohio 43103

**June 22nd-Gypsy Kyngs-Boogie on the Blacktop**

Circleville Eagles Proudly Presents: Boogie on the Blacktop! This summer, immerse yourself in an evening of music and community at Boogie on the Blacktop.

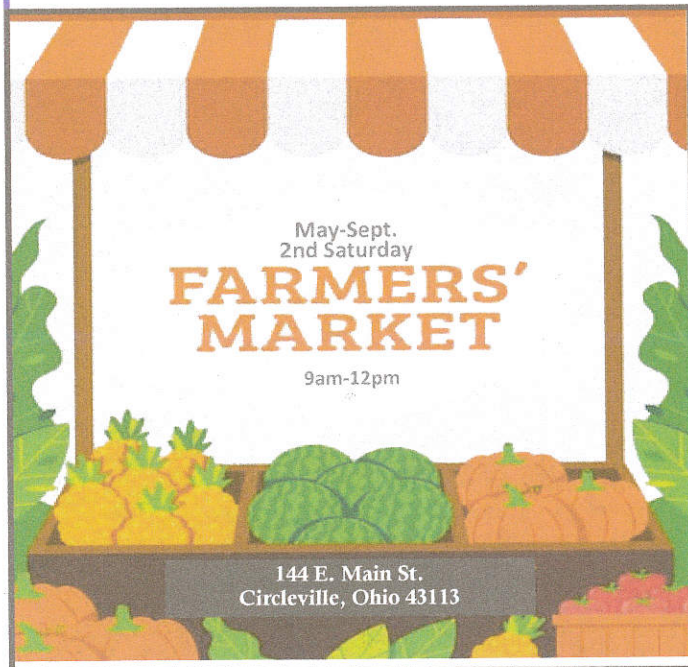
**June 27th-Summer Blooms & Bubbly 6pm-7:30pm**

A Floral Arrangement Workshop. Join us at Rhoadhouse 56-Rhoads Garden Center for a delightful evening of creating your own stunning summer bouquet

**June 28-Manchester Hill Winery-Open Mic Night 7pm-9pm**

Hosted by Manchester Hill Winery, Manchester Muse Night welcomes talents to showcase their skills in a friendly, judgment-free environment.

**June 30th-July 4th-Ashville's 4th of July Celebration-**



## PICKAWAY COUNTY COMMUNITY MARKETS

### Ashville

May 25, June 22, July 27, August 24,  
September 21, October 19

### Circleville

May 11, June 8, July 13, Aug. 10, Sept. 14


### Commercial Point

May 4, June 1, July 13, Aug. 10, Sept. 7

### South Bloomfield

June 8, July 20, Aug. 17, Sept. 14

MORE INFO AT [PICKAWAY.COM](http://PICKAWAY.COM)




**HERITAGE HEALTH CARE**  
Quality Home Care Centered Around You

Heritage Health Care will provide a Blood Pressure and Glucose clinic on the 4th Tuesday of each month from 9:30am-10:30am

**Upcoming Educational Class**  
June 5th-The Ins-and-Outs of Blood Pressure & Glucose Monitors

**Upcoming Clinics**  
June 24th  
July 22nd




**OSHIIP**  
**Wednesday**  
June 26th, 2024

**Review and compare:**

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

**STOP ON IN  
NO APPT. NECESSARY**

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 each month on the 2nd Thursday from 2p-3p at the Pickaway County Library 1160 N. Court St. Circleville, Ohio 43113

- Alzheimer's Association support groups, conducted by trained facilitator's, are a safe place for people living with dementia and their care partners to:
- Develop a support system
- Exchange practical information on challenges and possible solutions
- Talk through issues and ways of coping
- Share feelings, needs and concerns
- Learn about community resources

Please call to register : 1-800-272-3900

**PROMEDICA PRESENTS:**



**CHAIR YOGA**

**EACH THURSDAY AT 12:30PM**

**NEW in 2024**


**Therapeutic Stretching**

From beginner to advanced. Therapeutic stretching benefits everyone. It aids in postural correction, pain management & promotes increased flexibility of muscles. Join us the first Tuesday of every Month!!

**Next session: June 4th @ 9am**



**LEARN to play BRIDGE**  
**TUESDAYS**  
**AT 1PM**




**CRAFTING WITH**

*Sonya*  
of Pickaway Manor

**WEDNESDAY-JUNE 5TH**  
**@ 1PM**  
**RSVP • 740.474.8831**

*The Savings Bank,*  
**SmartBanking**  
**June 24th @ 1:30PM**

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.

**SOLE SOLUTIONS**  
*Nurse Delivered Footcare*



**BY APPOINTMENT ONLY**

June 3rd 8:30am-3:00pm  
June 10th 8:30am-3:00pm

**Call the center**  
**740.474.8831**  
to schedule your appointment

**\$35 FOR ½ HOUR APPOINTMENT**



|                                  |                                     |                                    |                                 |                                |                                  |
|----------------------------------|-------------------------------------|------------------------------------|---------------------------------|--------------------------------|----------------------------------|
| <b>June 1</b><br>Cathyern Causey | <b>June 7</b><br>Kay Brown          | Joy Laveck                         | Ann Perrill                     | Everett McCormick              | Mary Dean                        |
| <b>June 2</b><br>Dianna Clark    | Mary Elliott                        | <b>June 13</b><br>Patricia Danison | Doris Young                     | <b>June 23</b><br>Libby Amlin  | Pat Knecht                       |
| Lilijana Nechovski               | Charles Hammond                     | Denny Hart                         | <b>June 19</b><br>Jane Chumley  | Sue Goble                      | Linda Knisley                    |
| Vickie Robinson                  | Sue Marburger                       | <b>June 14</b><br>Mary Haynes      | <b>June 20</b><br>Joe Carle     | <b>June 24</b><br>Ann Cullum   | Carolyn Purdue                   |
| Gary Walker                      | Bill Rice                           | Charles Weaver                     | George Donohew                  | Robert Johnson                 | Peggy Robbins                    |
| <b>June 3</b><br>Louise Boesiger | Dorothy Massie                      | <b>June 15</b><br>Pam Crabtree     | Rosemary Elder                  | <b>June 25</b><br>Linda Burns  | Sharon Walrath                   |
| <b>June 4</b><br>Diana Moore     | Dale Sisung                         | <b>June 16</b><br>Dayna Anderson   | Ethel Hart                      | Teresa Pitt                    | <b>June 29</b><br>Teresa Emerine |
| William Pyle                     | Judy Weaver                         | Laura Bethel                       | Laurie Juliano                  | Anna Scarberry                 | Larry Jean                       |
| Robert Stant                     | Thomas Bingham                      | Louise Jones                       | Cindy Miller                    | <b>June 26</b><br>Thomas Frank | John McCabe                      |
| <b>June 5</b><br>Florence Bigham | Patricia Cupp                       | Karen Miller                       | Terry Richmond                  | David McDaniels                | Betty McGuckin                   |
| Carol Edwards                    | Jim Miller                          | Roger Newlon                       | Pauline Woods                   | Dallas Sapp                    | Kathy Stout                      |
| Harry Hosler                     | <b>June 10</b><br>Patricia Dresbach | Harley Wing                        | <b>June 21</b><br>Mary Baughman | Debi Teets                     | <b>June 30</b><br>Patrick Cherry |
| Merlin Meddock                   | Damon Lively                        | Gene Donahue                       | Diana Secrest                   | <b>June 27</b><br>Carolyn Kyle | Trudi Jo Crabtree                |
| Anita Nardi                      | Darlene Weaver                      | Linda Keller                       | Shirley Thompson                | Virgie Reynolds                | Mary Downs                       |
| Norma Studer                     | <b>June 11</b><br>Pam Hamilton      | Boyd Oliver                        | <b>June 22</b><br>Pat Cavinee   | <b>June 28</b><br>Helen Burns  | Janet Endicott                   |
| <b>June 6</b><br>Mary Lundberg   | <b>June 12</b><br>Lea Cave          | <b>June 18</b><br>Daniel Cook      | Anna Crocker                    |                                |                                  |
|                                  |                                     |                                    | Ann Eisman                      |                                |                                  |
|                                  |                                     |                                    | Christine Johnson               |                                |                                  |

## FATHERS DAY

### WORD SEARCH

FIND AND CIRCLE EACH WORD!

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| B | A | R | B | E | C | U | E | Y |
| E | E | P | R | F | A | H | L | S |
| A | D | A | D | I | M | R | R | U |
| C | P | R | C | S | P | U | A | T |
| H | I | K | E | H | R | S | I | I |
| T | P | B | B | T | J | U | N | E |
| R | E | I | E | S | E | N | T | R |
| G | O | L | F | E | C | L | E | T |
| F | A | T | H | E | R | P | L | E |

June  
Barbecue  
Park

Hike  
Sun  
Father

Fish  
Golf  
Tie

Beer  
Camp  
Dad

## FATHER'S DAY

### Puzzle 16

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 1 |   | 9 |   |   |   |   |
|   | 4 | 3 |   |   |   | 6 | 2 |   |
|   |   |   |   | 3 | 2 |   | 5 |   |
| 8 |   | 4 |   | 5 |   |   | 1 | 2 |
|   | 9 |   |   |   |   |   |   | 3 |
| 1 | 3 |   |   | 2 |   | 5 |   | 6 |
|   | 8 |   | 1 | 6 |   |   |   |   |
|   | 1 | 2 |   |   |   | 7 | 6 |   |
|   |   |   |   | 7 |   | 8 |   |   |



**April \$10 Fund Donations**

**Special Thanks**  
 Exercise Class donated a Grand Total of \$238.75 to the Center during the month of April!!

**April New Members**

|                  |              |
|------------------|--------------|
| Priscilla McCain | Lori Dunnnn  |
| Mary Shultheis   | Cindy Bucher |
| Denise Marshall  | Don Bucher   |
| Earl Degenhart   | Denny Hart   |

Stephanie Sharpnack  
 Jeane Crider  
 Linda Harden  
 Linda Adams  
 Harold Brill  
 Richard Groff

Your donations are VITAL to daily Center operations! Donations received *by* May. 1st are included in this newsletter. Submissions must be made **2 months** prior to ensure publication for requested month. I.e.: July publications must be received by May 31st  
**Thank You for your generosity!!**

**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



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 Circleville, OH**

**740.474.3121**



In Memory of  
**Bill Fee**

On the day of our Anniversary  
June 13th  
Given by,  
Janet Fee

~~~~~

In Memory of  
**Bob Valentine**

Given by,  
James & Diane Rhymer

~~~~~



*In Loving  
Memory*

In Memory of  
**Raymond Russell**

(The Cookie Man)

On his Birthday

June 28th

Given by,

Roger & Shirley Evans

In Memory of  
**Daniel McNamara**

1959-2018

Given by,

Mother-Gloria Wilcox

~~~~~

In Loving Memory of  
**Bill & June Ankrom**

Given by,

Teresa Ankrom

~~~~~

*Sincere condolences to Family & Friends of our dear Members who passed in April*

*Janice Wiseman*

*Esther Hudson*

*Kenneth Martin*

*Sue Tipton Robert Valentine*

*Lester Marburger*

*Please notify the center of a Members passing. We will respectfully publish the following month*



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**CONTACT ME Dan Goben**

[dgoben@lpicommunities.com](mailto: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](mailto: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



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[www.luxerehabcenter.com](http://www.luxerehabcenter.com)

**957 BECKS KNOB RD., LANCASTER, OH 43130**





**June 5th @ 10am and bring your Blood Pressure & Glucose monitors!**  
Heritage will be in the building conducting an educational class centered around Glucose & Blood Pressure monitor use.



Come see us at the

**PICKAWAY COUNTY FAIR**  
Friday-June 21, 2024

The Saving's Bank Senior Day  
Sponsored by:  
Pickaway Senior Center,  
Community United Methodist Church, Grotsky Insurance & Brown Memorial Home

- 11:30am Meal for Seniors provided by Community United Methodist Church
- 1pm Bingo by Pickaway Senior Center
- 11:30am Fun Bunch Cloggers
- 12:00pm-Line Dancers

**FREE admission for Seniors 60+ until 4pm**



Exciting events are in the planning stages for the next few months! We have enjoyed and continue to welcome your suggestions and ideas, Keep them coming!

Pay special attention to upcoming Newsletters as details are finalized!

June

Drive Thru-Tenderloin Sale

July

Pumpkin Show Band & Food Truck Event

August

Mini Fellowship!

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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  
Special Topics ..... p3  
Monthly Activities ..... p4  
Travel & Community..... p5  
Birthdays ..... p6  
Memberships & Donations p7  
In Memory ..... p8  
Special Announcements ... p9  
Menu Calendar .....p10  
Activities Calendar .....p11  
Statistics & Thank You's ... p12

**APRIL STATISTICS**

Transportation

36 people  
234 transports  
3,719 miles

Adult Day Care

8 people  
533 miles

Hot Meals Delivered

7,540 meals  
7,600 miles

Meals Served In Person

468 congregate meals

Fresh Produce Disbursed

4,656 pounds of produce

Commodities Disbursed

135 families served

**IT'S BACK!!**

TENDERLOIN TENDERLOIN  
TENDERLOIN TENDERLOIN



DRIVE THRU  
TENDERLOIN SALE  
THURSDAY-JUNE 13, 2024  
11AM-12PM

COMBO: \$6  
(Sandwich, chips, cookie & soda)  
SANDWICH ONLY: \$4

**MUST CALL AHEAD TO PREORDER**  
740-474-8831

**\*ALL PROCEEDS WILL BENEFIT  
ADULT DAY CARE**