



Evening Meals

Evening meals will be served during the months of September and October on the dates listed below. Please sign up in the Senior Program Office and join us for these evening meals.



*American Savings Bank
951 West Emmitt Avenue
Waverly, Ohio 45690
Personal, Vehicle, Mortgage,
Commercial and
Construction Loans.
Checking, Savings, CD's,
Money Market Accounts,
IRA's and CDAR's.
Call American Savings Bank
at (740) 947-4372 for all
your banking needs.*

September 10

September 17

September 24

October 8

October 22

LIFELINE SCREENING

The mission of Lifeline screening is to make people aware of an undetected health problem and encourage

them to seek follow up treatment with their physician.

Lifeline will be at

the Pike County Senior center on October 12. Please call 1-800-897-9177 to schedule your appointment.

Bayer Funeral Home

Located in Waverly and Piketon

Our Family serving your Family for

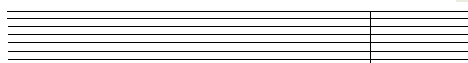
Generations

(740) 947-2161

VOLUNTEERS NEEDED:

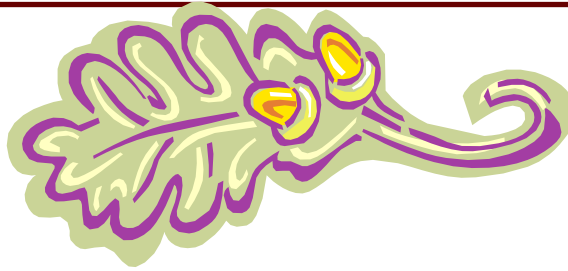
The Senior Center needs volunteers for the Home Delivered Meal Program.

If you would like to volunteer a couple hours a week, please see the senior program office staff.



September Birthdays

1—Marlene Wilder
3—Mike McFarland
4—Goldie Leffler
6—Donald McLeod
10—Bernice James
10—Cleo Teeters
11—Lynda Gullion
12—Barb Osborn
13—Patty Todt
16—William Echard
20—Bob Lemaster
22—Helen George



A CELEBRATION OF LIFE !

22—Glenda Tackett
22—Anne Young
23—Fannie Sibole
24—Richard Whitehouse

26—Harold Bumgardner
26—Bethel Fox
27—Lola Charles
27—Frankie Rinehart
28—Jane Baumann
28—Jack Heavenridge
28—Ruth Moore
29—Francis Smith

October Birthdays

1—Ted Entler
1—Bea Teeters
4—Betty Smith
6—Amanda Skinner
7—Betty Turner
8—Clarence Haga
9—Don Beavers
9—Betty Richardson
10—Cora Keechle

11—Trudy Dobbins
12—Bonnie Yates
13—Betty Mulhair
13—Freda Sandoval
14—Juanita Bryant
15—Pearl McFarland
18—Marvin Turner
19—Donald Cornwell
19—George Little

22—Albert Donohoe
23—Gordon Leffler
25—Bill Rothley
27—Rose Borders
28—Carole Phares
31—Janet Bucy
31—Juanita Hopkins
31—Betty Pressley

Trips

Sept. 14—Senior Expo:
Lucasville Fairgrounds

Bus Fare:
\$5.00



October 12—Bob Evans
Farm Festival:

Bus Fare: \$10.00

Admission: \$5.00

Please remember to pay for
your bus fare in the Senior
Program office the Wednes-
day before each trip.

CRAFT DEPARTMENT/ BINGO / BOOK SALE

The Craft Department will be at the Senior Expo again this year. If you would like to volunteer in the craft department, please see Edna Lansing.

Thank you Craft Department for purchasing the new air conditioner for the Senior Center Lounge.



So far this year, the book sale has raised \$209.59 for the Senior Center.

Beginning January 2008, proceeds from the book sale program will be announced in each *Golden Oldies Newsletter*.



Thank you for your Donations !

Ruth Dunham
Marie Woods
Pat Lemaster
Vivian Pelfrey
Lora Amlin
Bea Teeters

Ruth Lute
Juanita Bryant
Sarah Ballard
Helen Slaughter
Jean Mangan
Bonnie Yates
Bethel Fox
Gerri Arrowood
Ruth Lute

Judy Pendell
Rita Perry
Gladys Thompson
Mike & Pearl McFarland
Connie McQuay
Lesla Natoli
Mia Bernhardt
Alvia Weaver

Committees and Members

SENIOR ADVISORY COMMITTEE:

Joan Cox, Ruby Dixon, Wanda Lawson, Elinor Setty, Gene Terry, John Harbert, Edna Lansing, Betty Blanton, Bob Downing, Walter Dawson, Larry Teeters, Juanita Bryant,

Ed Smith, Peggy Mickey, Jean Mangan, Ted West.

SENIOR NUTRITION:

Virginia Ferguson, Troy Smith, Marie Woods, Frank Dam, Wanda Lawson

Area Agency on Aging Senior EXPO

2007

★ ★ ★ ★ ★ ★ ★ ★
Under the
★ ★ ★ ★ ★ ★ ★ ★



★ ★ ★ ★ ★ ★ ★ ★
Big Top
★ ★ ★ ★ ★ ★ ★ ★

Friday, September 14, 2007

The Area Agency on Aging District 7, Inc. Senior EXPO is only a couple months away and we need your help! One of the features this year is a Cake Auction. We would like to have a cake from each of our Senior Centers, that will in turn be auctioned off **AND the proceeds will go to YOU the Senior Center!!**

What can YOU do to get a cake entered? Sponsor a Cake-Bake Off in your county. Just make sure that the cakes are baked by one of your counties senior citizens, they are homemade (NOT store bought), in a disposable plate and the recipe accompanies it.

Please let me know who will be bringing a cake from your county, so that we can recognize them.

Any questions or for more information, please contact Janet Saunders at the Area Agency on Aging District 7, Inc, 1-800-582-7277, ext. 225.

SEPTEMBER -- 2007

MENU IS SUBJECT TO CHANGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat or alternate 3 oz	CLOSED FOR LABOR DAY 9/3/2007	MEAT LOAF PARSLIED BUTTER POTS. PENNY CARROT SALAD MIXED FRUIT WHEAT BREAD / MILK 9/4/07	HOT DOG ON BUN w. MEAT SAUCE POTATO SALAD CARROT PINEAPPLE SALAD BANANA / MILK 9/5/2007	SALMON PATTY OVEN BAKED POTATO WS. PEAS CANTALOUPE CUBES WHEAT BREAD / MILK 9/6/2007	SMOKED SAUSAGE & KRAUT MASHED POTATOES SPINACH APPLESAUCE BISCUIT - 2oz / MILK 9/7/2007
vegetable or fruit 1-cup fruit	LASAGNA TOSSED SALAD APPLE JUICE - 1 can PEACHES ITALIAN BREAD / MILK 9/10/2007	OVEN BAKED CHICKEN WHIPPED POTATOES GREEN BEANS MIXED FRUIT ROLLS / MILK 9/11/2007	FISH ON BUN w/ CHEESE SL. BUTTERED PEAS & CARROTS COLE SLAW TROPICAL FRUIT BLEND MILK 9/12/2007	SCALLOPED POTATOES w/ HAM & CHEESE KALE / CORN PINEAPPLES CORNBREAD - 2oz / MILK 9/13/2007	CLOSED FOR SENIOR EXPO SEE YOU AT LUCASVILLE FAIR GROUND 9/14/2007
Bread 1 serving Butter - 1 tsp	CHICKEN PATTY w/ BUTTERED NOODLES GREEN LIMAS BUTTERED CARROTS PEARS WHEAT BREAD / MILK 9/17/2007	SLOPPY JOE ON BUN OVEN BAKED POTATOES COLE SLAW APPLESAUCE MILK 9/18/2007	JOHNNY MARZETTI TOSSED SALAD - 1-cup PEARS GRAPE JUICE - 1-can ITALIAN BREAD / MILK 9/19/2007	CHEESEBURGER ON BUN PICKLE SLICES TATOR TOTS COLE SLAW APPLE / MILK 9/21/2007	PORK TENDERLOIN BUT. PARSLIED POTATOES CABBAGE/CARROTS BANANA CORNBREAD - 2 oz / MILK 9/21/2007
Dessert 1/2 cp.	CHICKEN & NOODLES GREEN BEANS BANANA ORANGE JUICE - 1- can WHEAT BREAD / MILK 9/24/2007	BEEF STEW TOSSED SALAD MIXED FRUIT PINEAPPLE JUICE -1-can BISCUIT - 2oz / MILK 9/25/2007	HAM SLICE SCALLOPED POTATOES BUTTERED BROCCOLI JELL-O w/MIXED FRUIT WHEAT BREAD / MILK 9/26/2007	PEPPER STEAK HASH BROWN PATTY CARROT RAISIN SALAD PEARS WHEAT BREAD / MILK 9/27/2007	TACO SALAD w/ MEAT SAUCE TOMATOES/ LETTUCE CHEESE & SOUR CREAM TACO CHIPS & CRACKERS TROPICAL FRUIT BLEND / MILK 9/28/2007

MENU SUBJECT TO CHANGE

Choice of Beverages Available

Condiments Available

Diabetic Desserts Available

TO OBTAIN INGREDIENT'S INFORMATION, CONTACT THE MANAGER AT YOUR NUTRITION SITE



Area Agency on Aging
1-800-582-7277

Pike County Career & Technology Center
175 Beaver Creek Rd
Piketon, Ohio 45661
(740) 289-2721

Career & Technology for Juniors & Seniors

PRINTEX SAME DAY PRINTING for all your printing needs

101 Victory Dr.
Waverly, Ohio 45690
(740) 947-8800

**COMMUNITY ACTION COMMITTEE
OF PIKE CO.**

CAC of Pike Co.
408 Walnut Street
Waverly, Ohio 45690

Phone: 740-947-5555
Fax: 740-947-7648
Email: shelleylyon@pikecac.org

We're on the web!
www.pikecac.org

AARP 55 ALIVE DRIVING COURSE

WHEN: NOVEMBER 8 & 9, 2007

TIME: 10:00-3:00

WHERE: PIKE CO. SENIOR CENTER

COST: \$10.00

GREAT WAY TO GET A DISCOUNT ON YOUR INSURANCE.

CALL THE SENIOR CENTER AT 740-947-5555 TO PRE-REGISTER.

Services provided with funding, in part, from the Ohio Department of Aging, the Area Agency on Aging, District 7, inc., the Pike County Dept. of Human Services, Community services Block Grant, The Pike County Commissioners and Title III-B and III-C of the Older Americans Act. All Services provided on a nondiscriminatory basis.