



GOLDEN OLDIES NEWSLETTER

COMMUNITY ACTION COMMITTEE OF PIKE COUNTY SENIOR PROGRAMS

JANUARY / FEBRUARY

2009

CLOSINGS, TRIPS, & SPECIAL LUNCHEONS

No trips are scheduled for January or February due to the unpredictable Winter weather.

CLOSINGS:

January 1, 2009
New Year's Day

January 19, 2009
Martin Luther King Day

February 16, 2009
President's Day

**SPECIAL
LUNCHEON:**
February 11, 2009
**VALENTINES
DAY
LUNCHEON**

Did you receive Christmas cards this year that are too beautiful to waste? Bring them in to the Senior Program Office or give them to Jeanette Leaker who has graciously offered to send the fronts of Christmas cards to St. Jude's Hospital. The cards will read "From the Pike County Senior Center"

HEAP & EMERGENCY HEAP

- Appointments are now being scheduled.*
- Please call 947-5555 or 289-2371 to schedule an appointment.*

- Thank you to the following*
- businesses and people for helping with the Christmas Treats:*
- First National Bank*
- Boyer Funeral Home*
- Dr. Schmidt, DDS*
- Randy Deering*
- Atomic Credit Union*
- Dixon Jewelers*
- Fifth Third*
- Ohio Valley Bank*
- Kroger*
- Valley Wholesale*
- Ritchie's Foods*
- US Food Service*
- Jessica's Attic*
- Waverly Floral*
- Hello Shop*
- Bob Downing*
- Joan Cox*
- Alma Connors*



HAPPY BIRTHDAY JANUARY

1—RITA CHANEY	9—ROSEMARY POLLARD	20—JEANETTE LEAKER
1—NORMA HORN	9—LOUISE SALYERS	21—DAVID WOODS
1—WANDA LAWSON	12—MURRAY GALLAGHER	22—SONDRA CRABTREE
2—IRENE NOBLE	15—VIVIAN PELFREY	23—MARIE HENDRICKS
4—EDNA LANSING	15—GERALD WEAVER	25—MARY DICUS
5—MARTHA WHITEHOUSE	16—JOAN AMLIN	25—DONNA GOOD
6—MARY KELLER	16—ENOCH TEETERS	29—DOROTHY LOONEY
6—DORIS WENDEL	17—FLORABELL FAILOR	
7—LINDA HARBERT	17—THOMAS HWANG	
8—FLO JENSEN	19—DOROTHY COLLIER	

HAPPY BIRTHDAY FEBRUARY

2—DOROTHY MCCREARY	12—JESSE WILLIAMS	18—WILMA MANGAN
3—JAMES WOLFE	13—MAXINE GILBERT	20—JAKE AMLIN
5—MIA BERNHARDT	13—MAYBELLE MANBEVERS	22—BARBARA WILLIAMS
5—ROBERT BLENKE	13—LEONARD STEVENS	23—MARY WHITT
6—Thomas Trent	14—BILL ARROWOOD	23—HANNAH WILLIAMS
9—DENVER KENNISON	14—VIOLET HURLES	25—ROSCOE MICKEY
10—WILLIAM CAUDILL	16—WILLARD CLAY	25—JUDY NEWMAN
10—SHARON DIXON	16—FRANK DAM	26—JOYCE CHATTIN
12—FANNIE FREIS	18—JOYCE BORDERS	28—PAUL BROWNFIELD
		27—RUBY DIXON

THANK YOU FOR YOUR DONATIONS

Reverend Walter Dawson	Garnet Wilson Public Library	Mia Bernhardt
Pat Lemaster	Virginia Ferguson	Bonnie Vaughn
Vivian Pelfrey	Virginia Heavenridge	Bea Teeters
Ruth Dunham	Joan Cox	Dorothy McCreary
Juanita Bryant	Betty Richardson	Rose Jane Bradshaw
Clarence & Betty Jean Haga	Ruby Dixon	
Norma Shaw	Jerry Pressley	

Botkin Funeral Home
Waverly (740) 947-2313

Otway (740) 372-4191

314 E North Street

Waverly, Ohio 45690

Funeral Services & Pre-Need
Services

www.botkinfuneralservices.com

Printex Same Day Printing

101 Victory Dr.

Waverly, Ohio 45690

(740) 947-8800

*Call us for all of your printing
needs!*

Traditions at Bristol Village

Theresa Trovillo

(740) 947-2133

444 Cherry St.

Waverly, Ohio 45690

An Assisted Living, Memory
Care and Rehabilitation
Community.

**BOYER FUNERAL HOME,
INC.**

125 West Second St.

Waverly, Ohio 45690

(740) 947-2161



SENIOR ADVISORY COUNCIL

MEMBERS:

BOB DOWNING (CHAIR)
LARRY TEETERS (CO-CHAIR)
JUANITA BRYANT
JOAN COX
RUBY DIXON
JEAN MANGAN
EDNA LANSING
WALTER DAWSON
ELINOR SETTY

PEGGY MICKEY
FRANK DAM
WANDA LAWSON
ALMA CONNORS
HANNAH WILLIAMS
ALT (1) JOY BORDERS
ALT (2) LILLIE MURRAY

BOOK SALE

Please remember that there are books in the lounge for sale and on the second floor. If you want to look at the books on the second floor, please see the office staff.

RENTAL

If you are planning a meeting, get together, family reunion or birthday party, please consider renting the Senior Center facility for your function. See the office staff for prices and availability.

SOUTHERN OHIO LEGAL SERVICES

A Southern Ohio Legal Services (SEOLS) representative is at the senior center every two months to help low income people and senior citizens with legal matters. If you would like to schedule an appointment with SEOLS, please call 1-800-686-3668.

BINGO COMMITTEE

WITH WINTER WEATHER UPON US, THE BINGO COMMITTEE WOULD LIKE TO REMIND EVERYONE TO LISTEN TO THE RADIO ON SNOWY DAYS TO FIND OUT IF THERE WILL BE BINGO. IF SCHOOLS ARE CLOSED, THEN THERE WILL BE NO BINGO.

LET'S PLAY EUCHRE

Come in on Tuesday's at 12:30 and play Euchre!!! If you do not know how to play or you want to teach a new game, come on in and join the fun.

JANUARY, 2009

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat or alternate 3 oz				CLOSED FOR NEW YEAR'S	SCALLOPED POTATOES w/ HAM AND CHEESE - 8oz portion GREEN BEANS -3/4 cup PINEAPPLES 3/4 cup ROLL - 2 / MILK
vegetable or fruit 1-cup fruit	SALISBURY STEAK-3oz SWEET POTATO Patty-4-oz BROCCOLI-1/2 cup PEACHES-1/2 cup WHOLE WHEAT BR.-2 slices MILK-8 oz 5	HEARTY POTATO CHOWDER-8oz <i>Pailled Pork</i> -3oz on Whole Wh. Bun-1 COLE SLAW-1/2 cup TROPICAL FR. BLEND 1/2 cup CRACKERS-1-4-pack MILK-8oz 6	CHICKEN A LA KING-6 oz portion OVER RICE-1/2 cup CARROTS-1/2 cup GREEN LIMAS-1/2 cup PINEAPPLES-1/2 cup ROLL-1. / MILK-8 oz 7	SPAGHETTI w./ Parmesan Cheese-8 oz GARDEN SALAD-1 cup CAN OF 100% JUICE-1 PEARS-1/2 cup ITALIAN BREAD-1 slice MILK-8oz 8	SLICED TURKEY-3 oz/GRAVY-1 oz WHIPPED POTATOES-1/2 cup ITALIAN VEGETABLE-1/2 cup APPLESAUCE-1/2 cup ROLL - 2 MILK-8oz 9
Bread 1 serving Butter - 1 tsp.	MEAT LOAF-3 oz MASHED POTATOES-1/2 cup PEAS-1/2 cup MANDARIN O. SLICES-1/2 cup WHOLE WHEAT BR.-2 slices MILK-8 oz 12	SALMON PATTY-3oz O'BRIEN POTATOES-1/2 cup BRUSSEL SPROUTS-4 oz TROPICAL FR. BLEND 1/2 cup WHOLE Wh.BREAD-2 sl. MILK-8 oz 13	HAM & BEANS w/ Onions-8 oz 100% CAN OF FRUIT JUICE-1 SPINACH @ / vinegar-4 oz PEACHES-1/2 cup CORNBREAD - 2 oz. MILK-8 oz 14	CREAM OF BROCCOLI SOUP. 8oz port. SL. CHICKEN BR.-3oz/ Whole Wh. Bun 100% CAN FRUIT JUICE - 1-4oz MIXED FRUIT-1/2cup CRACKERS-1-4ct. Pack MILK-8 oz 15	PARMESAN-GARLIC CHICKEN & PASTA DISH-8 oz portion GREEN BEANS -1/2 cup TOSSED SALAD-1 cup/dressing APPLESAUCE-1/2 cup WHOLE WH. ROLL-1 / MILK-8 oz 16
Dessert 1/2 cp.	CLOSED FOR MARTIN LUTHER KING DAY 19	SCALLOPED POTATOES-8oz portion w/ HAM & CHEESE KALEw/Vinegar-3/4 cup PINEAPPLES-3/4 cup CORNBREAD - 2 oz. / MILK-8oz 20	OVEN BAKED FISH-3oz portion MACARONI & TOMATOES-1 cup POTATO SALAD-1/2 cup MIXED FRUIT CUP-1/2 cup WHOLE GRAIN BUN-1 / MILK-8oz 21	COUNTRY STEAK-3oz /GRAVY-1oz WHIPPED POTATOES -1/2cp HARVARD BEETS-1/2 cup PEARS-1/2 cup WHOLE Wh. BR.-2 slices / MILK-8oz 22	SLOPPY JOE-3oz/Whole Wh. Bun OVEN BROWNED POTATOES-4 oz COLE SLAW-1/2 cup FRUIT CUP-1/2 cp MILK-8oz 23
	CHICKEN PATTY-3oz SUCCOTASH - 1 cup APPLESAUCE-1/2 cup WHOLE Wheat BREAD-2 slices MILK-8oz 26	JOHNNY MARZETTI-8 oz GARDEN SALAD - 1-cup MIXED VEGETABLES-1/2 cup FRUIT SALAD-1/2 cup WHOLE Wh.BREAD-1 sl. / MILK-8oz 27	PORK TENDERLOIN-3oz/Kraut-1/2cp MASHED POTATOES-1/2 cup PEAS-1/2cup JELL-O with FRUIT CUP-1/2cp fruit CORNBREAD - 2 oz. / MILK 28	CHICKEN NOODLE CASSEROLE-8oz GREEN Beans 1/2 c. COOKED CELERY & CARROTS-1/2 cp APPLESAUCE-1/2cp WHOLE WHEAT BREAD -1 slice MILK-8 oz 29	HAMBURGER VEGETABLE SP - 8oz BOLOGNA(1.5oz) Salad/Wh. Wheat Bun <i>Three Bean Salad</i> 1/2 cup TANGERINE-1 /CRACKERS-4 ct. MILK-8oz 30

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: 947-5555 OR 1-800-820-1165

J. McGovern RD, LD

**COMMUNITY ACTION COMMITTEE OF PIKE
COUNTY SENIOR PROGRAMS**



The Senior Advisory Council is participating in the Kroger Cares Fund Raising Program. The program provides proceeds from the purchase of Kroger Gift Cards to non-profit organizations. Please see Shelley in the Senior Programs office to purchase a Kroger gift card for this Senior Advisory fund raising endeavor.

Pike County Senior Center
408 Walnut St.
Waverly, Ohio 45690