

September 2008

October 2008



COMMUNITY ACTION COMMITTEE OF PIKE COUNTY

Golden Oldies Newsletter

Activity

Tuesday—
Bingo at 10:30
Euchre at 12:30

Wednesday -
Music 11:00
Blood Pressure
Checks 10:30

Thursday -
Bingo 10:30

Friday -
Bingo 10:30
Dance 6:00

Trips

September 12—
Senior Expo
Bus Fare: \$6.00

October 10—
Bob Evans Farm
Festival
Bus Fare: \$12.00

Admission:
\$5.00

Trip Information

You must sign up
for trips and
special luncheons
in the office.

All transportation
fees for Senior
Trips must be paid
for in advance at
the Senior Center
office.

Ohio Consumer Council

The Ohio Consumer Council will be at the Pike County Senior Center on September 15th at 11:00 to talk to people about home winterization and controlling utility bills. Please join us for the informational seminar.

Southeastern 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. The next SEOLS visit is scheduled for September 9th. If you would like to schedule an appointment with SEOLS, please call 1-800-686-3668 prior to September 9.

HAPPY BIRTHDAY SEPTEMBER

1— Kay Wilder
4—Goldie Leffler
6—Donald McLeod
9—Betty Richardson
10—Bernice James
10—Cleo Teeters
11—Charlotte Lindsay
12—Barb Osborn
13—Patty Todt
15—Pearl McFarland
18—Howard Smith



20—Bob Lemaster
22—Helen George
22—Glenda Tackett
22—Anne Young

23—Fannie Sibole
24—Richard Whitehouse
26—Harold Bumgardner
26—Bethel Fox
27—Lola Charles
27—Francis Rinehart
28—Jack Heavenridge
29—Frances Smith

HAPPY BIRTHDAY OCTOBER

1—Beatrice Teeters
3—Tom Brown
3—Mike McFarland
4—Betty Smith
6—Amanda Skinner
8—Clarence Haga

9—Don Beavers
10—Cora Keechle
11—Trudy Dobbins
12—Bonnie Yates
13—Betty Mulhair
13—Freda Sandoval

14—Juanita Bryant
17—Leroy Seals
19—George Little
23—Gordon Leffler
25—Bill Rothley
28—Carole Phares
31—Janet Bucy
31—Betty Pressley

SENIOR ADVISORY COUNCIL MEMBERS

BOB DOWNING—CHAIR
PERSON
LARRY TEETERS—CO
CHAIRPERSON
JOAN COX
RUBY DIXON
EDNA LANSING
PEGGY MICKEY
WANDA LAWSON

JEAN MANGAN
JUANITA BRYANT
WALTER DAWSON
ELINOR SETTY
ALMA CONNORS
HANNAH
WILLIAMS
JOHN HARBERT



FRANK DAM
ALTERNATE: JOYCE
BORDERS

Thank you for your donations

Bonnie Yates
Pat Lemaster
Lora Amlin
Brenda Hartley
Karen Rowland
Jeanette Leaker
Becky Saunders
Juanita Bryant
Doris Murray
Ruth Dunham

Clarence & Betty Haga
Helen Slaughter
Mia Bernhardt
Dorothy McCreary
Avonelle Allison
Zelma Rowland
Alvia Weaver
Tom Brown

Senior Programs are always in need of donations as well as volunteers. The following items are needed at this time.

Please let the office staff know if you are able to donate any of these items.

Thanks!

DONATIONS ARE NEEDED FOR SENIOR EXPO. IF YOU WOULD LIKE TO DONATE MONEY, EGGS OR FLOUR. PLEASE SEE THE OFFICE.

FACILITY 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.

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 for some fun.

The Better Hearing Place

Melody Wipert, from the Better Hearing Place, will be at the Senior Center one Friday a month. If your hearing needs tested, hearing aid needs adjusted or repaired, or if you have questions, please make an appointment with Shelley to see Melody.

NOTE FROM THE OFFICE:

Please join the Senior Advisory Council and Senior Program Staff in making newcomers and guests feel welcome. Remember, there are no reserved seats in the dining room. Seating is always on a first come, first served basis.

Thank you for helping support the nutrition programs by making your donations at meal time. As you know, the Senior Advisory Council increased the suggested donation to \$2.00 per meal as of July 1, 2008. That helps defray the high cost of food we all face. The Senior Program staff thanks all who are able to donate.

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

BOYER FUNERAL HOME,
INC.

125 West Second St.

Waverly, Ohio 45690

(740) 947-2161

An Assisted Living, Memory Care
and Rehabilitation Community.

***DO NOT REGRET GROWING OLD. IT IS A PRIVILEGE
DENIED TO MANY!***

SEPTEMBER -- 2008

MENU IS SUBJECT TO CHANGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat or alternate 3 oz	CLOSED FOR LABOR DAY 9/2/2008	MEAT LOAF PARSLIED BUTTER POTS. PENNY CARROT SALAD MIXED FRUIT WHOLE GRAIN BREAD / MILK 9/3/08	HOT DOG ON BUN w. MEAT SAUCE POTATO SALAD CARROT PINEAPPLE SALAD BANANA / MILK 9/4/2008	TUNA VEGS. PASTA DISH w/ 1/2 cps. assorted Veggies & Fruits APPLESAUCE BRAN MUFFIN CRACKERS MILK 9/5/2008	SMOKED SAUSAGE MASHED POTATOES SPINACH APPLESAUCE BISCUIT - 2oz / MILK 9/5/2008
vegetable or fruit 1-cup fruit	SAUSAGE PATTY STEWED APPLES KALE HASH BROWNS BISCUIT - 2oz / MILK 9/8/2008	OVEN BAKED CHICKEN WHIPPED POTATOES GREEN BEANS MIXED FRUIT ROLLS / MILK 9/9/2008	FISH ON BUN w/ CHEESE SL. BUTTERED PEAS & CARROTS COLE SLAW TROPICAL FRUIT BLEND MILK 9/10/2008	LASAGNA TOSSED SALAD APPLE JUICE - 1 can PEACHES ITALIAN BREAD / MILK 9/11/2008	CLOSED FOR SENIOR EXPO SEE YOU AT LUCASVILLE FAIR GROUND 9/12/2008
Bread 1 serving Butter - 1 tsp.	CHICKEN PATTY GREEN LIMAS BUTTERED CARROTS PEARS WHOLE GRAIN BREAD MILK 9/15/2008	SLOPPY JOE ON BUN OVEN BAKED POTATOES COLE SLAW APPLESAUCE MILK 9/16/2008	JOHNNY MARZETTI TOSSED SALAD - 1-cup PEARS GRAPE JUICE - 1-can ITALIAN BREAD MILK 9/17/2008	FISH ON BUN MACARONI w/STEWED TOMS. PEAS MIXED FRUIT MILK 9/18/2008	PORK TENDERLOIN BUT. PARSLIED POTATOES CABBAGE/CARROTS BANANA CORNBREAD - 2 oz / MILK 9/19/2008
Dessert 1/2 cp.	CHICKEN & NOODLES GREEN BEANS BANANA ORANGE JUICE - 1- can WHOLE GRAIN BREAD / MILK 9/22/2008	BEEF STEW TOSSED SALAD MIXED FRUIT PINEAPPLE JUICE -1-can BISCUIT - 2oz / MILK 9/23/2008	CHEF SALAD w/HAM & TURKEY 1/2 BOILED EGG/ VEGETABLES JELL-O w/MIXED FRUIT CRACKERS WHOLE GRAIN BREAD / MILK 9/24/2008	PEPPER STEAK HASH BROWN PATTY CARROT RAISIN SALAD PEARS WHOLE GRAIN BREAD / MILK 9/25/2008	TACO SALAD w/ MEAT SAUCE TOMATOES/ LETTUCE CHEESE & SOUR CREAM TACO CHIPS & CRACKERS TROPICAL FRUIT BLEND / MILK 9/26/2008
	TURKEY SUB. w/ Tomato Sls. Lettuce/ Onion / Pickles POTATO SALAD/ ORANGE 1-4oz. Can of juices MILK 9/29/2008	TACO SALAD on LETTUCE Bed TACO CHIPS/Cheese/Tomatoes Sour Cream / MIXED FRUIT CRACKERS MILK 9/30/2008			

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

OCTOBER -- 2008

MENU IS SUBJECT TO CHANGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat or alternate 2 oz. - 3oz.			OPEN FACE ROAST BEEF-2oz ON TEXAS TOAST 2 oz. M.POTS- 1/2 cp. & GRAVY OVER TOP GR.BEANS - MIXED FRUIT-1/2 c. each MILK 1	CHILI 8oz. GARDEN SALAD 1cup APPLESAUCE 4oz 100% Fruit Juice/(1) & MUFFIN - 2oz CRACKERS- 4ct. & MILK 3	BBQ/2oz ON BUN -- PICKLE SLICES OVEN BAKE POTATOES 4oz COLE SLAW 4oz CAKE w/ 1/2cup FRUIT TOPPING MILK 4
vegetable or fruit 1-1/2 cup Combination total of the two.	Cube Steak-2-3oz w/ Mushroom Gr. HOMINY - 4oz BROCCOLI-4oz MIXED FRUIT-4oz ROLL -- 2 oz. / MILK MILK 6	Spaghetti -4oz/ MEAT S. /8oz portion GREEN BEANS-4oz GARDEN SALAD-1 cup PEACHES 4oz ITALIAN BREAD-1 slice MILK 7	TURKEY-2oz w/ GRAVY MASHED POTATOES-4 oz MIXED VEGETABLES-4 oz. MANDARIN ORANGE SLICES-4 oz BISCUIT - 2 oz. MILK 8	MEAT LOAF-2oz P. BUTTERED POTATOES-4oz PENNY CARROT SALAD-4oz PINEAPPLES-4OZ WHOLE GRAIN BREAD-2 slices MILK 9	POTATO SOUP -- 8 oz HAM / 2oz SW. ON BUN COLE SLAW-4oz TROPICAL FRUIT BLEND-4oz CRACKERS-4pack MILK 10
Bread/Grain 2 serving Butter 1 tsp.	MEAT BALLS/2-3oz in Marinara S. RICE-4 oz PEAS- 4 oz PINEAPPLES-4oz WHOLE GRAIN BREAD-1 slice MILK 13	CHICKEN POT PIE w/Biscuit Topping 2oz. Chicken/ 1/2 cup mixed vogs. COLE SLAW-4oz. APPLESAUCE-4oz. MILK 14	PORK TENDERLOIN-2/3oz HASH BROWN POTS. -4oz STEWED APPLES-4oz SPINACH w./ vinegar-4oz BISCUIT - 2 oz. MILK 15	BBQ CHICK Wings-- 2/3 will - 2 oz WHIPPED POTATOES-4oz GREEN BEANS-4oz TROPICAL FRUIT BLEND-4oz ROLL--2oz MILK 16	LASAGNA-8oz portion TOSSED SALAD-1 cup PEAS-4oz FRUIT CUP-4oz ITALIAN BREAD-1 slice MILK 17
Dessert 1/2 ep.	FISH - 3oz portion on BUN -- tartar s. BUTTERED CARROTS-4oz GARDEN SALAD-1 cup APPLE-1 whole MILK 20	Fall Garden VEGETABLE SOUP - 8 oz. BOLOGNA SALAD-2oz on Bun PINEAPPLES-4oz 100% FRUIT JUICE-1 can CRACKERS-1(4count) & MILK 21	HUNGARIAN STEW o/ NOODLES-8oz SUCCOTASH-4oz HARVARD BEETS-4oz MIXED FRUIT-4oz WHOLE GR. BREAD-1 slice & MILK 22	SLOPPY JOE-2oz / BUN / pickle slices POTATO WEDGES-4oz COLE SLAW-4oz APPLESAUCE-4oz MILK 23	BR.Chicken Paty-2oz meat/1/2-bread TATAR TOTS-4oz GREEN BEANS-4oz PINEAPPLE CARROT SALAD-4oz WHOLE GR. BREAD & MILK 24
	JOHNNY MARZETTI-8oz. CAULIFLOWER-4oz GREEN BEANS-4oz PEARS-4oz ITALIAN BREAD-1 slice & MILK 27	CHICKEN a' la KING-6oz o/ RICE-4oz LIMA BEANS-4oz COLE SLAW-4oz. MIXED FRUIT-4oz WHOLE GR. BREAD-1 slice & MILK 28	Pork Tenderloin-2/3oz& Dressing-2oz PEAS-4oz COOKED CABBAGE-4oz BANANA-1 whole WHOLE GR. BREAD-1 slice & MILK 29	SMOKED SAUSAGE 2- 3 oz MASHED POTATOES 4oz PEAS 4oz STEWED APPLES - 4oz BISCUIT-2oz. & MILK 30	Salisbury Steak/2oz o/NOODLES/4oz HASH BROWN & ONION BAKE- 4oz. LIMA BEANS- 4 oz PEACHES- 4oz WHOLE Gr. Bread 1 slice & MILK 31

Choice of Beverages Available

Condiments Available

Low Sugar Desserts Available

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

**COMMUNITY ACTION COMMITTEE
OF PIKE COUNTY**

Pike County Senior Center
408 Walnut Street
Waverly, Ohio 45690
Phone: 740-947-5555
Fax: 740-947-7648
Email: shelleylyon@pikecac.org

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.

EMERGENCY HEAP INFORMATION

- *Emergency HEAP begins November 3, 2008.*
- *Appointments may be scheduled beginning October 20, 2008.*
- *Please call 289-2371 for more information or to schedule an appointment.*

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

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

Services provided with funding, in part, from the Ohio Department of Aging, the Area Agency on Aging, District 7, Inc., the Pike County Department of Job and Family Services, Community Services Block Grant, The Pike County Commissioners and Title III-B and III-C of the Older Americans Act. All services are provided on a non-discriminatory basis.