

March & April 2009

WATCH FOR A
SPECIAL FLYER IN
MARCH FOR THE
BLUEGRASS /
GOSPEL MUSIC
FUNDRAISER.
APRIL 4TH

GOLDEN OLDIES NEWSLETTER

EVENTS

MARCH 18—ST. PATRICKS
DAY LUNCHEON

APRIL 8—EASTER
LUNCHEON (*with special Easter
Bonnet Contest!*)

COME JOIN THE FUN!

A scrap-booking activity is
now being held each
Wednesday at 9:30 am.
Please come and participate.

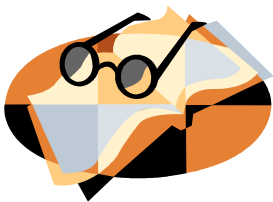
BLUEGRASS FUNDRAISER

The 15th Annual Bluegrass Fundraiser will be held on April 4, 2009. Ron Workman, Lisa Jordan, and other entertainers will be at the Pike County Senior Center. The Golden Oldies Café will be featuring Chicken and Noodle Dinners and other food. If you have any questions, please call 740-947-5555.

TRIPS

March 21—Maple Syrup Festival
Bus Fare—\$1.00

April 25—Dogwood Festival
Bus Fare—\$1.00



PLEASE
REMEMBER
THE
SUGGESTED
MEAL
DONATION OF
\$2.00 TO HELP
COVER THE
COST OF THE
MEAL.



MARCH BIRTHDAYS

1—Rosita Bamba 21—Hollis Pfeifer
4—Ron Campbell 23—Phyllis Rapp
5—James Ratliff 25—Patricia Lemaster
7—Mary Patterson 27—Grace Lahm
8—Virginia Little 31—Darlene Smith
20—Jackie Holt

APRIL BIRTHDAYS

1—Bob Gibson	8—Betty Haga	21—Ed Smith
4—John Paul Brewster	11—Ruth McAllister	23—Ruth Dunham
5—Dolly Cotton	14—Nancy Shepherd	24—Grace Schultz
5—Jack Shepherd	15—Ronald Hurles	25—Richard Becker
5—Ezra Teeters	17—Fern Bandy	26—Betty Brewster
6—Delores Reisinger	19—Evelyn Lewis	29—Joan Teeters
		30—Wanda Gibson

DENTAL CLINIC

The Area Agency on Aging, District 7 and the Community Acton Committee of Pike County are hosting a dental clinic. The Ohio State University Geriatric Dental Clinic will be held at the Pike County Senior Center on March 12 and March 30, 2009 providing free dental services for seniors. Please call 740-947-5555 for more information or to schedule an appointment.

BETTER HEARING PLACE

Melody Wipert from the Better Hearing Place, will be at the Senior Center once 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.

BOOK SALE

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

BUREAU OF MOTOR VEHICLES NEXT OF KIN PROGRAM

The Bureau of Motor Vehicles has a new Next of Kin Program. Through this voluntary program, next of kin information can be included with drivers license information so that Law Enforcement Officers can notify next of kin during accident and home emergency situations. For more information on the Next of Kin Program, call the Senior Program Office or the local Bureau of Motor Vehicle office.

Botkin Funeral Home

Waverly (740) 947-2313

Otway (740) 372-4191

314 E North Street

Waverly, Ohio 45690

Funeral Services & Pre-Need
Services

Printex Same Day Printing

101 Victory Dr.

Waverly, Ohio 45690

(740) 947-8800

Call us for all of your printing needs!

Nutrition Council

Lynn Goble

Frank Dam

Bob Downing

Wanda Lawson

Marie Woods

Troy Smith

PHONE SCAM

Please do not give out personal information such as banking information, social security number, Medicare, or Medicaid number to anyone over the phone. If someone calls asking for your personal information, please notify the Senior Program Office and your local law enforcement agency.

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.

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.

LEMON COOKIES

1 box Lemon Cake Mix

1 egg

2 1/2 cups Thawed Cool-Whip

Stir until well mixed

Drop by teaspoons into powdered sugar

Roll around

Lightly place 1 1/2 inch apart on greased pan

Bake at 350 degrees

12–15 minutes until lightly brown

Do not over bake

Traditions at Bristol Village

(740) 947-2133

444 Cherry St.

Waverly, Ohio 45690

An Assisted Living, Memory Care
and Rehabilitation Community.

BOYER FUNERAL HOME,
INC.

125 w Second St.

Waverly, Ohio 45690

(740) 947-2161

SPAGHETTI PIE

8 oz spaghetti, cooked & drained

1/2 cup grated parmesan cheese

1 egg, lightly beaten

1 lb ground beef, cooked & drained

(or use 1/2 lb sausage & 1 lb hamburger—very good!)

2 cups spaghetti sauce

1 pkg. (8 oz) mozzarella cheese

Toss cooked spaghetti, parmesan cheese and egg. Place in 9 inch pie plate. Press along bottom and sides to form crust.

Mix cooked meat and spaghetti sauce.

Spread meat mixture over spaghetti

crust. Sprinkle with mozzarella cheese.

Bake at 350 degrees for 30 minutes or

until thoroughly heated.

Let stand 5 minutes before cutting into wedges. Makes 8 servings.

Special Extra: Spoon additional heated spaghetti sauce on serving plate. Top with slice of Spaghetti Pie - Or, heat up sauce and put on top of slice of Spaghetti Pie.

Submitted by: Sandy Bolen

Senior Advisory Council Members

Bob Downing	Larry Teeters	Juanita Bryant
Joan Cox	Ruby Dixon	Edna Lansing
Peggy Mickey	Walter Dawson	Jean Mangan
Wanda Lawson	Elinor Setty	Alma Connors
Hannah Williams	Frank Dam	Joyce Borders (alternate)



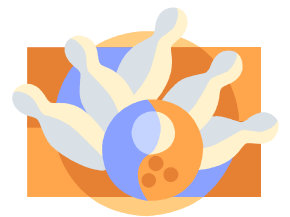
*Looking for a volunteer project for 2008?
Please consider the Senior Center.*

FREE TAX ASSISTANCE

If you need help preparing and filing your taxes, please contact the Community Action Committee of Pike County at 289-2371 or the Pike County Senior Center 947-5555 for an appointment.

THANK YOU FOR YOUR DONATIONS

	Ruby Dixon	
Patricia Lemaster	Ruth Dunham	Don Chapman
Wanda Lawson	Mr. & Mrs. Ezra Teeters	
Helen Slaughter	Fannie Sibole	
Rosejane Bradshaw	Mr. & Mrs. Enoch Teeters	



MARCH, 2009

MENU IS SUBJECT TO CHANGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat or alternate 3 oz.	ITALIAN GRILLED CHICKEN PATTY-3oz With Bun-1 / mustard & salad dressing OVEN FRIES-4oz / GREEN LIMAS-4oz PINEAPPLES-4oz MILK 2	SALISBURY STEAK-3oz meat MASHED POTATOES-4oz MIXED VEGETABLES-4oz PEARS-4oz / MILK WHOLE-GRAIN BREAD-2 slices 3	HAM &PINTO BEANS w/ ONIONS-8oz MIXED GREENS-4oz STEWED APPLES-4oz / 100%Fr. Juice CORNBREAD MUFFIN -2oz. MILK / CHEESE CUBE 4	OVEN BAKED PORK TENDERLOIN-3OZ SOUR CREAM & CHIVE POTS-4OZ BROCCOLI-4OZ MIXED FRUIT-4OZ BISCUIT-2oz. / MILK 5	CHILI -8OZ GARDEN SALAD-1cup / DRESSING APPLESAUCE-4oz 100% CAN JUICE CRACKERS-4-5 packs (4count) / MILK 6
vegetable or fruit 1-cup total	CUBE STEAK w./ MUSHROOM GRAVY WHIPPED POTATOES-4oz STEAMED CARROTS & CELERY-4oz WHOLE-GRAIN BREAD-2 slices PEACHES-4 oz MILK 9	BBQ PULLED PORK /pickle sls BUN-1 OVEN-BAKED POTATOES-4oz COLE SLAW-4oz MIXED FRUIT-4oz / MILK JELL-O CAKE 10	OVEN BAKED COD -3OZ PARSLEY BUTTERED POTATOES-4OZ GARDEN SALAD - 1-cup WHOLE GRAIN BREAD-2 slices FRUIT CUP-4 oz MILK 11	CHICKEN STRIPS-3oz w/ DIP SCALLOPED POTATOES-4oz GREEN BEANS-4oz MANDARIN ORANGE SLICES-4oz ROLL - 2oz. MILK 12	POTATO SOUP-8oz TURKEY-3oz ON BUN/must/mayo packets GREEN PEPPER COLE SLAW -4oz MIXED FRUIT-4oz CRACKERS -(4 count) 1 packet MILK 13
Bread 1 serving Butter 1 tsp.	SCALLOPED POTATOES w/HAM-8 oz KALE-4oz w/ VINEGAR PACKET BUTTERED PEAS-4oz PINEAPPLES-4oz CORNBREAD MUFFIN - 2oz MILK 16	LASAGNA- 8 oz TOSSED SALAD - 1 cup GREEN BEANS-4oz PEACHES-4oz BREAD STICKS-1 each MILK 17	ROAST BEEF-3oz & GRAVY-1oz WHIPPED POTATOES-4oz CALIFORNIA BLEND VEGETABLES-4oz FRUIT SALAD-4oz ROLL - 2oz. MILK 18	CREAM OF BROCCOLI SOUP-8oz PIMENTO CHEESE-3oz ON BUN-1 APPLESAUCE-4 oz 100% can of FRUIT JUICE-1 CRACKERS-(4 count) -1 pack MILK 19	TURKEY-oz / GRAVY-1oz SWEET POTATOES patty -4oz PEAS -4 oz TROPICAL FRUIT MIX-4 oz WHOLE GRAIN BREAD-2 xlices MILK 20
Dessert 1/2 cp.	PORK TENDERLOIN-3oz & DRESSING-2oz COOKED CABBAGE-4oz BUTTERED POTATOES-4oz TANGERINE-1 each WHOLE-GRAIN BREAD-1 slice / MILK 23	HAM &GREAT NORTHERN BEANS-8oz CHEESE CUBE 2" / Chopped Onions SPINACH-4ozw./VINEGAR PACKET FRUIT CUP-4oz/ CORNBREAD - 2oz. 100% CAN OF JUICE-1 / MILK 24	COUNTRY STEAK-3ozmeat w/ GRAVY-1oz WHIPPED POTATOES-4oz BEETS-4oz PEARS-4oz in JELL-O BISCUIT - 2oz. / MILK 25	CHICKEN & NOODLES-8oz GREEN BEANS-4oz BUTTERED CAULIFLOWER-4oz BANANA-1 each WHOLE GRAIN BREAD-1sl. / MILK 26	BEEF POT ROAST-3oz with pots/carrots/celery/onions-1cup GARDEN SALAD-1cup / DRESSING BISCUIT - 2oz. MILK 27
	MACARONI & CHEESE WITH HAM-8oz LIMA BEANS-4oz CARROTS-4OZ APPLESAUCE-4 oz WHOLE GRAIN BREAD-1 slice MILK 30	OVEN BAKED COD-3oz PARSLEY BUTTERED POTATOES-4oz GARDEN SALAD - 1-cup WHOLE GRAIN BREAD-1 slice FRUIT CUP-4 oz MILK 31			

Choice of Beverages Available

Condiments Available

Signature of Approval: Jane Ellen McGovern,RD LD:

Low Sugar Desserts Available

MENU IS SUBJECT TO CHANGE

APRIL, 2009

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat or alternate 3 oz			CHEF SALAD FRENCH ONION SOUP CROUTONS-1cup MILK BROWNIE 1	OVEN FRIED FISH MINI BAKED POTATOES CREAMY COLE SALW CORNBREAD MILK / MANDARIN ORANGES 2	BBQ CHICKEN CORN BAKED SPINACH PINEAPPLES / MILK BISCUIT 3
vegetable or fruit 1-cup fruit	PORK TENDERLOIN SWEET POTATOES COOKED CABBAGE CINNAMON APPLESAUCE WHOLE GR. BREAD / MILK 6	BEEF/CHEESE ENCHILADAS MEXICAN CORN ROMAINE SALAD PEACHES MILK 7	CHICKEN & NOODLES GREEN BEANS GLAZED CARROTS BANANA / ROLL MILK 8	MEATBALL SUBMARINE with MARINARA SAUCE BROCCOLI APRICOTS MILK 9	TURKEY ROLL-UP LIMA BEANS CAULIFLOWER CHERRY JELL-O w MIXED FR. MILK 10
Bread 1 serving Butter - 1 tsp.	CHICKEN SALAD SANDWICH on Wheat Bun CREAM OF POTATO SOUP ORANGE / CRACKERS MILK 13	BREADED BAKED COD FISH BAKED BEANS CARROTS APPLE / ROLL / MILK LEMON PUDDING CAKE 14	OPEN FACED ROAST BEEF WHOLE GRAIN BREAD-2 WHIPPED POTS/GRAVY BROCCOLI / PINEAPPLES MILK 15	HAM LOAF KALE MIXED CORN & GR. BEANS CORNBREAD / MILK TROPICAL FRUIT SALAD 16	CHEESEBURGER ON WHEAT BUN/LETTUCE/TOMATO/ ONION/PICKLE / PEARS Mustard & Salad Dressing HASH BR. CASSEROLE/ MILK 17
Dessert 1/2 cp.	HOT DOGS-2 with KRAUT WHIPPED POTATOES MANDARINE ORANGE SLICES WHOLE GR. BREAD-2 MILK 20	LASAGNA TOSSED SALAD ASPARAGUS CHEESY GARLIC BISCUIT APRICOTS / MILK 21	TUNA SALAD ON LETTUCE BED w/ SLICED TOMATOES CUCUMBERS/RADISHES/Cot. Ch. BANANA MUFFIN TROPICAL FR. / MILK 22	HEART SMART BAKED CHICKEN SWEET POTATOES BRUSSEL SPROUTS APPLESAUCE / RICE ROLL / MILK 23	BEEF POT ROAST CARROTS/POTS/CELERY ONIONS / PEACHES (HD PEACH COBBLER) MILK / WH. GR. BREAD 24
	NAVY BEANS w/ HAM SPINACH BEETS STRAWBERRIES MILK 27	PARM.-GARLIC CHICKEN w/ PASTA / GREEN BEANS TOSSED SALAD GRAPES WHOLE GR. BREAD / MILK 28	SWEDISH MEATBALLS WHIPPED POTATOES CORN ON THE COB ORANGE JELL-O w/ FRUIT WHOLE GR. BREAD / MILK 29	PORK TENDERLOIN TURNIP GREENS CASSEROLE APPLE & CARROT SLAW PEACHES / ROLL MILK 30	

Choice of Beverages Available (2% milk / skim / buttermilk)

Condiments Available

Diabetic Desserts Available

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

MENU SUBJECT TO CHANGE

COMMUNITY ACTION
COMMITTEE OF PIKE COUNTY

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



Do you, or someone you know, need help with winter heating bills? The HEAP Program is still available and operates through March 31, 2009. HEAP Guidelines are attached to the Newsletter.

**Pike County Senior
Center**
408 Walnut St.
Waverly, Ohio 475690

Label here