

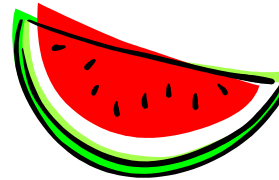
GOLDEN OLDIES NEWSLETTER



Senior Citizens Day—May 15, 2007 !

Senior Citizens Day is May 15, 2007. This year the theme is “Be your Best: Body, Mind, & Spirit” Seating may be limited so reserve your spot early! Dick Sobota is returning to Pike County for the event to auction off homemade baked goods. If you would like to volunteer to help or contribute

something homemade for the auction or bake sale, please let the office staff know. Senior Citizens Day is always a big event in Pike County. Let’s make this year’s Senior Citizens Day the best one ever! The baked goods auction begins at 1:00. Pass the word to area businesses and other Senior



Center supporters.

American Savings Bank
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Call American Savings Bank at
(740) 947-4372 for all your
banking needs.

Meal Costs

Due to the rise in gas prices and raw food costs, suggested donation for lunch at the Senior Center has increased to \$1.75. The cost of private pay

meals increased to \$6.00 per meal. If you have any questions, please call the Senior Program Office at 740-947-5555.

HAPPY BIRTHDAY MAY

7—Margaret
Caughlin
7—Ralph May
8—Ruth Lute
8—June Reisinger
8—Verna Taylor
9—Bill Peterson
10—Mary Elliott
14—Bernice Shell
15—Wilma Weeter



15—Linda Williams
19—Gene Terry
25—Billy Tackett
27—Donald Brown
27—Patsy Clay
30—Helen Gilbert
30—Ruth Kohser
30—Oshel
Montgomery

**CELEBRATE YOUR
BIRTHDAY, FAMILY
REUNIONS, OR ANY GET
TOGETHER AT THE SENIOR
CENTER. CALL US ABOUT
RENTING THE CENTER.**

HAPPY BIRTHDAY JUNE

1—Bill Graham
1—Sharon Green
3—James Kinker
4—Nola Kinker
4—Sandra McDaniel
4—Ruth Walls
5—Shirley Louderback

8—James Patch Williams
10—Robert Reed
11—Jerry Pressley
12—Shirley Wood
13—Aniebelle Dawson
14—Logan Pendleton
15—Charlotte Mineer

15—James Pendleton
17—Marie Woods
21—Carol Dam
21—Elinor Setty
23—Lela Whitt
29—Lois Colburn
29—Walter Dawson
30—Lora Amlin

TRIPS, CLOSINGS, and Special luncheons

TRIPS

May 5—Southbound Flea
Market—\$2.00 for bus.
June 14—COSI in Colum-
bus—Bus is \$10.00 Admis-
sion is \$10.50—Eat at Cosi.

Closings

We will be closed on
May 28, 2007 for
Memorial Day
July 4, 2007 for
Independence Day

LUNCHEONS

May 9—Mother's Day
Luncheon
June 13—Father's Day
Luncheon
June 27—Fourth of July
luncheon

Donations

Thank you NCR at Bristol for donating Bob Evan gift certificates for the Easter Bonnet Contest.

Ruth Dunham
Virginia Heavenridge
Sarah Ballard
Vivian Pelfrey
Lora & Jake Amlin
Norma Shaw



Clarence & Betty Haga
Bonnie Yates
Juanita Bryant
Bethel Fox
Jean Mangan
Pat Lemaster
Ila Martin
Gladys Thompson
Nelvia Hunt
Dolly Cotton
Becky Thompson

Glenda & Walter Tackett
Larrie Connors
Marie Woods
Norma Bethel
Mr. & Mrs. Mike McFarland
Mr. & Mrs. James Tackett
Betty Brewster
Rev. & Mrs. Dawson
Gladys Thompson
Mr. & Mrs. Richard Whitehouse
Bethel Fox

The Better Hearing Place

Melody Wipert of THE BETTER HEARING PLACE in Chillicothe will be coming to the Senior Center the first Friday of each month from 1:00—3:00. She will offer the following services: hearing aid cleanings and checks, hearing aid batteries

and hearing aid repairs. She can also provide hearing screenings and hearing evaluations. To schedule an appointment to see Melody, call Shelley at 740-947-5555.

Bluegrass Fundraiser

Thank you to all of the volunteers and donors for the 13th Annual Bluegrass fundraiser. All proceeds will go to the senior center and will be published in the next newsletter. Baked goods donated by

Kathryn Pendleton Joanne Cox
Nola Kinke Bea Teeters
Connie McQuay Cleo Teeters
Aniebelle Dawson Wanda Lawson
Marie Woods June Reisinger
Jean Mangan June

Robinette Janice
Tackett Fred Charles
Lola Charles
Violet Hurles
Opal Williams
Bethel Fox
Joan Teeters
Betty Richardson



Walter Dawson
Peggy Mickey
Mr. & Mrs. Arrowoods
Jim Oates
Ralph Cooper
Juanita Bryant
Connie McQuay
Lena Pritchett

If you volunteered but do not see your name on the list, please let Shelley know.

**EASTER BONNET WINNERS
WERE
BETTY RICHARDSON AND
RICHARD BECKER**

PIKE COUNTY

SENIOR CENTER JACKETS ARE NOW ON SALE XS—XL 25.00

(small extra fee for larger sizes)

FOR MORE INFORMATION, PLEASE CALL SHELLEY AT 740-947-5555. THIS IS A FUNDRAISING PROJECT. ORDERS WILL BE

Volunteers: Senior Center Staff &

Jean Mangan
Rev & Mrs. Dawson
Sharon Anderson Joyce Borders

MENU IS SUBJECT TO CHANGE

MAY, 2007

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat or alternate 3 oz		COUNTRY STEAK WHIPPED POTATOES PICKLED BEETS BANANA / MILK WHEAT BREAD 1	SLOPPY JOE ON BUN OVEN BAKED POTATOES COLE SLAW APPLESAUCE MILK 2	CHICKEN PATTY GREEN LIMAS / CORN CARROT RAISIN SALAD BROWNIES WHEAT BREAD / MILK 3	JOHNNY MARZETTI ITALIAN VEGETABLES PEARS WHEAT BREAD / MILK OATMEAL COOKIE 4
vegetable or fruit 1-cup fruit	PORK TENDERLOIN PARSLEY BUTTERED POTS. COOKED CABBAGE / APPLE CORNBREAD / BUTTER MILK 8	CHEESEBURGER ON BUN TATOR TOTS COLE SLAW MIXED FRUIT MILK 9	CHICKEN & NOODLES GREEN BEANS BANANA ORANGE JUICE 1-CAN WHEAT BREAD / MILK 10	BEEF STEW TOSSED SALAD PEARS BISCUITS / BUTTER MILK 11	SLICED HAM SCALLOPED POTATOES BROCCOLI WHITE CAKE w/CHERRY FRUIT WHEAT BREAD / MILK 11
Bread 1 serving Butter - 1 tsp.	PEPPER STEAK HASH BROWN POTATOES CARROT/CAULIFLOWER SALAD MANDARIN ORANGE SLS. WHEAT BREAD / MILK 14	SENIOR CITIZEN'S DAY CHICKEN CORDON BLEU BAKED POTATO GREEN BEANS / TOSSED SALAD ROLLS PIE 15	CHILI GARDEN SALAD APPLESAUCE CRACKERS MILK 16	HAM LOAF SWEET POTATO PATTIES BROCCOLI WHEAT BREAD / MILK BROWNIES 17	TUNA NOOLDE CASSEROLE GREEN LIMAS STEWED TOMATOES PEACHES WHEAT BREAD / MILK 18
Dessert 1/2 cp.	SPAGHETTI w/MEAT SAUCE GARDEN SALAD PEARS ITALIAN BREAD / MILK 21	TURKEY & GRAVY WHIPPED POTATOES ITALIAN VEGETABLES WHEAT BREAD / MILK YELLOW CAKE/APPLE TOPPING 22	MEAT LOAF PARSLEY BUTTERED POTATOES PENNY CARROT SALAD CANTALOUPE CUBES WHEAT BREAD / MILK 23	HAM & BEANS / ONIONS SPINACH APPLESAUCE CORNBREAD / BUTTER 24	HOT DOG w/ SAUCE ON BUN POTATO SALAD GREEN BEANS FRUIT CUP MILK 25
	CLOSED FOR HOLIDAY 28	SAUSAGE PATTY HASH BROWN POTATOES STEWED APPLES/BISCUIT/BUTTER PEANUT BUTTER COOKIES 29	OVEN BAKED CHICKEN QTERS WHIPPED POTATOES GREEN BEANS/ROLLS/MILK WHITE CAKE w.CHERRY TOPPIN 30	LASAGNA /1/2 BOILED EGG TOSSED SALAD PEACHES ITALIAN BREAD/BUTTER/MILK 31	

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

Condiments Available

Diabetic Desserts Available

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

MENU IS SUBJECT TO CHANGE

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JUNE, 2007

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat or alternate 3 oz					FISH ON BUN WITH CHEESE SL. BUTTERED PEAS & CARROTS COLE SLAW MIXED FRUIT MILK 1
vegetable or fruit 1-cup fruit	SCALLOPED POTS. & HAM 2" CHEESE CUBE KALE w. VINEGAR PINEAPPLES CORNBREAD/BUTTER / MILK 4	COUNTRY STEAK WHIPPED POTATOES PICKLED BEETS CANTALOUPE CUBES WHEAT BREAD/BUTTER / MILK 5	SLOPPY JOE ON BUN OVEN BROWNED POTATOES COLE SLAW FRUIT CUP MILK 6	CHICKEN PATTY GREEN LIMAS & CORN CARROT RAISIN SALAD BROWNIE WHEAT BREAD/BUTTER / MILK 7	JOHNNY MARZETTI ITALIAN VEGETABLES PEARS VANILLA WAFERS WHEAT BREAD / MILK 8
Bread 1 serving Butter - 1 tsp.	CHEESEBURGER ON BUN TATOR TOTS COLE SLAW ORANGE MILK 11	PORK TENDERLOIN PARSLEY B. POTATOES COOKED CABBAGE APPLESAUCE CORNBREAD/BUTTER/MILK 12	CHICKEN CASSEROLE GREEN LIMAS BANANA/ORANGE JUICE-1-CAN WHEAT BREAD/BUTTER 13	BEEF STEW TOSSED SALAD PEARS BISCUITS/BUTTER MILK 14	BRATWURST POTATO SALAD GREEN BEANS YELLOW CAKE/APPLE TOPPING WHEAT BREAD / MILK 15
Dessert 1/2 cp.	PEPPER STEAK HASH BROWN POTATOES CARROT RAISING SALAD PEACHES WHEAT BREAD/BUTTER/MILK 18	OVEN BAKED CHICKEN QTERS. WHIPPED POTATOES TROPICAL FRUIT BLEND SPICED BEETS BISCUITS / BUTTER / MILK 19	CHILI / 1/2 BOILED EGG GARDEN SALAD/ DRESSING APPLESAUCE / CRACKERS MILK 20	HAM LOAF SWEET POTATO PATTY BROCCOLI BROWNIE WHEAT BREAD/ BUTTER/MILK 21	HAMBURGER ON BUN FRENCH FRIES SLICED TOMATOES PEACHES COOKIES 22
	SPAGHETTI/MEAT SAUCE GARDEN SALAD/DRESSING PEARS RYE BREAD MILK 25	SLICED TURDEY & GRAVY WHIPPED POTATOES ITALIAN VEGETABLES MIXED FRUIT WHEAT BREAD/BUTTER / MILK 26	MEAT LOAF PARSLEY BUTTERED POTS. PENNY CARROT SALAD WATERMELON WHEAT BREAD/BUTTER/MILK 27	HAM & BEANS/CHOPPED ONIONS SPINACH / VINEGAR PEACHES CORNBREAD/BUTTER MILK 28	TUNA PATTY OVEN BROWNED POTATOES THREE BEAN SALAD FRUIT CUP WHEAT BREAD / MILK 29

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

Condiments Available

Diabetic Desserts Available

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FRIDAY
JOHNNY MARZETTI ITALIAN VEGETABLES PEARS WHEAT BREAD / MILK MEAL COOKIE 4
SLICED HAM OVEN POTATOES BROCCOLI KE w/CHERRY FRUIT WHEAT BREAD / MILK 11
OLD CASSEROLE GREEN LIMAS MED TOMATOES PEACHES WHEAT BREAD / MILK 18
MEAT SAUCE ON BUN POTATO SALAD GREEN BEANS FRUIT CUP MILK 25

MENU IS SUBJECT TO CHANGE



Area Agency on Aging
1-800-582-7277

Pike County Career & Technology Center

175 Beaver Creek Rd

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(740) 289-2721

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**Community Action
Committee of Pike
County, Inc**

CAC of Pike Co.
408 Walnut Street
Phone: 740-947-5555
Fax: 740-947-7648
Email:
shelleylyon@pikecac.org



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Golden Oldies
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First Class Mail

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.