

# Golden Oldies

## Golden Oldies Announcements

Please welcome Linda Slone to the Senior Center staff. As the Senior Center Development and Activity Manager, Linda is interested in bringing new ideas to the Senior Center!

Please stop by and see Linda in the Senior Program Office. You may also email Linda at [lslone@pikecac.org](mailto:lslone@pikecac.org).

There will be no trips scheduled for January or February due to the inclement weather.

Also a reminder that if the schools are closed due to snow, there will be no bingo.



### Special Luncheon

February 10th will be the Valentine's Day luncheon. Please remember to sign up for the special luncheons so the cooks can be prepared for the right amount of guests!



**Thank You to the Bingo Committee for the new popcorn machine!**



### Craft Department

The Craft Department would like to thank Donald McLeod for the round quilting frame he donated. It will be put to good use.

The Craft Department also has many items for sale. Items are on display throughout the center and in the craft room. Please stop by and see what is available.



### Craft Room Hours of Operation

The craft room is open Monday - Thursdays 8:30 am to 2:00 pm. Invite your friends to shop! Proceeds from sales sponsor items and projects for Seniors.

*Thanks for your patience during the move into the new senior center!*

### Senior Center Grand Opening

The Grand Opening will be March 24, 2010. Times and Events will be posted at a later date.

# Happy Birthday January

1 - Norma Horn	7 - Martha Osborn	18 - Wilma Mangan
1 - Wanda Lawson	8 - Claire Baker	19 - Dorothy Collier
1 - Margie Manning	9 - Rosemary Pollard	19 - Joanne Roberts
2 - Glen Noble	12 - Murray Gallagher	20 - Jeanette Leaker
3 - Helen Mitchell	12 - Opal Hackworth	21 - David Woods
4 - Edna Lansing	13 - Linda Milam	22 - Sondra Crabtree
5 - Marjorie Johnson	13 - Bessie Mosley	23 - George Hendricks
5 - Martha Whitehouse	15 - Vivian Pelfrey	23 - June Kessler
6 - Judith Harrell	16 - Joan Amlin	24 - Keith Smith
6 - Mary Keller	16 - Enoch Teeters	25 - Mary Dicus
6 - Doris Wendel	17 - Jim Tackett	28 - Glenda Cross
7 - Linda Harbert	18 - James Greenhill	31 - Buenal Agee



# Happy Birthday February

3 - Fola Cartt	14 - Violet Hurles	23 - Mary Whitt
5 - Mia Bernhardt	15 - Gerald Weaver	23 - Hannah Williams
5 - Robert Blenke	16 - Willard Clay	25 - Roscoe Mickey
6 - Thomas Trent	16 - Fran Dam	25 - Judy Newman
7 - Mabel Viar	16 - Judy Johnson	25 - Chester Osborn
9 - Denver Kennison	17 - Maxine Gilbert	26 - Joyce Chattin
12 - Jesse Williams	18 - Joyce Borders	27 - Ruby Dixon
13 - Maybelle Manbeavers	22 - Barbara Williams	28 - Paul Brownfield
13 - Leonard Stevens		28 - George Slone

## Christmas Donations

Please be sure to thank the following people for their donations and help with the Christmas treats.

Fifth Third Bank  
Jessica's Attic  
Hello Shop  
Waverly Floral  
Ohio Valley Bank  
J.F. Heible Electric  
Randy & Susie Deering  
Boyer Funeral Home  
US Food  
Veach Trucking  
Valley Wholesale  
Gordan Food Service

## REMINDER

*If you have not paid for your 2010 membership, please see Shelley in the Senior Program office.*

## Share a Thought . . .

Wednesday February 27th  
from 9:00 am to 10:00 am

Join Linda Slone for coffee and conversation. Bring your ideas for the center!

“Let's Share.”

.....Remember - Dream Big!



## *Thank you for your donations*

Clarence & Betty Jean Hagr - Coffee & Creamer  
Pearl McFarland - Tea  
Buenal Agee - Magazines  
Garnett A Wilson Library - Books  
Bea Teeters - Sugar & Creamer  
Betty Mulkare - Coffee, creamer, & sugar  
Virginia Heavenridge - Coffee  
Tom Brown - Books  
Marie Woods - Books  
Jean Dickerson - Hot chocolate  
Doris Murray - Books  
Sharon Daniels - Books  
Val Matney - Coffee & Filters  
Linda Campbell - Books & Flowers

Rev. & Mrs. Walter Dawson  
Mabel Flanagan - Sugar  
Pat Lemaster - Coffee  
Clair Baker - Coffee  
Ruth Dunham - Coffee, Tea, & Creamer  
Danny Daniels - Books  
Juanita Bryant - Books & Plastic Box  
Jim Hudgins - Coffee  
Marie Woods - Coffee  
Helen Slaughter  
Helen Pooler - Books  
Mia Beruhardt - Books and Crafts  
Alvia Weaver - Napkins & Creamer  
Janice Tackett - Tea

**Senior Programs are always in need of donations as well as volunteers. Please let the office staff know if you would like to make a donation or volunteer.**  
**Thanks!**

### **Movie & Popcorn & Refreshments**

**Thursday, January 28th**

**1:00 pm to 3:00 pm**

**Thursday, February 25th**

**1:00 pm to 3:00pm**

**Movie to be announced**

**Kick back and enjoy a good movie with your friends!**

### **Dental Clinic**

The Area Agency on Aging District 7 and Community Action Committee of Pike County Senior Program Division will once again host the dental clinic. The Ohio State University Dental Clinic **will be posted when a date is set.** Please put your name on the waiting list at the Registration desk.

### **New and Used Books for Sale**

Monday - Friday from 8:00 am to 4:30 pm. Books are \$.25 each. Tell your friends.

Remember money made buys the coffee, tea, sugar, creamer, etc. Help support the book sales.



### **Tax Assistance**

Starting February 1st Tax Assistance will be available at the Waverly Senior Center building on Mondays and Wednesdays.

Please call the Community Action Committee at 740-289-2371 to set up an appointment.



## *Guitar Lessons*

Starting Friday, January 15, 2010, from 9:30 am to 11:30 am. Chuck Montgomery will provide beginning guitar lessons at the Senior Center. Bring your guitar and join the fun!



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## **Nutrition Class**

OSU Extension provides a nutrition class every Monday from 11:00 am to 11:45 am. Following exercise class, enjoy nutrition tips from Sherry Williams. Sherry enjoys sharing tips and fun ways to stay healthy and happy.

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## **Blood Pressures**

Blood Pressures will be taken every Wednesday from 10:00 am to 11:00 pm by Family Health Center.

## **Hearing Aid Repair and Services**

Melody Wipert, BC-HIS of The Better Hearing Place will be donating her time monthly at the Senior Center the first Friday of each month from 1:00 pm to 4:00 pm. Melody is a Board Certified Hearing Instrument Specialist. She will provide hearing screenings, clean, and repair hearing aids. She will also have batteries and other items that you may need to maintain your hearing aids. Please call Melody's office toll free at 1-877-799-4327 to schedule a free hearing exam. Remember the first Friday of each month for your hearing needs!!!

## **Southeastern Ohio Legal Services**

**(FREE attorney services for the elderly)**

Attorneys from Southeastern Ohio Legal Services are available to assist seniors free of charge. Please let Linda Slone know if you would like to see an attorney from Southern Ohio Legal Services.

## **Closing due to Snow Emergency**

The Senior center will be closed when the Pike County Sheriff declares a level 3 snow emergency. Listen to your radio station for notice of closing.

## **Book Club In-A-Box**

Handy kits for starting your own book club? Provided by Portsmouth Public Library. Interested in hosting a book club? Call Linda Slone at the Senior Center for more information.



## **Volunteers Needed!!!**

Have a talent you would enjoy sharing or just want to help out? Call Linda Slone at the Senior Center for more information. Together we can make it happen!!

# New Classes

## NEW EXERCISE CLASS

The Monday exercise class 10:00 am to 10:30 am will focus on Health and Wellness. Did you know that just 30 minutes of exercise a day can promote health and wellness? 30 minutes of exercise a day can decrease the risk of cardio vascular disease, decrease signs of depression, improve mental clarity, and prevent falls, among many other benefits.

This will be an open exercise group so please feel free to ask questions, and bring suggestions of what you enjoy. Wear comfortable clothes and join in!



Classes are under the direction of Shelly Boldman, Occupational Therapist and Director of Rehabilitation Pleasant Hill Manor. Shelly has been an occupational Therapist for four years working specifically with the senior population.

Invite a friend and join us for exercise every Monday 10:00 am to 10:30 am.

## Craft Classes



The January Tuesday sewing classes from 9:00 am to 2:00 pm and the February, Tuesday working with beads class from 9:00 am to 2:00 pm will be

taught by Mature Service worker Betty Tewksbury.

Betty loves teaching and is excited to help you get started for the first time or refresh skills you haven't used for awhile. Supplies for the class will be provided by donations, so "just bring yourself." Invite a friend and have fun learning!

## Beginning Zumba

Zumba is a Latin inspired dance/fitness class that incorporates Latin and international music and dance movements, which create a dynamic, exciting and effective fitness system! Zumba integrates some of the basic principles of aerobic, interval, and resistance training to maximize caloric output, cardiovascular benefits, and total body toning. IT'S FUN! IT'S DIFFERENT! IT'S EASY! IT'S EFFECTIVE!

Zumba is indeed great for the mind, body, and soul. Classes start Thursday, January 14th from 9:00 am to 9:45 am. Join us each Thursday morning for fun! Bring a friend. \$2.00 for Seniors.

Starting in February beginning Zumba classes will be offered on Saturday's from 9:00 am to 10:00 am. Price for Saturday classes will be \$2.00 for Seniors and \$5.00 for non-seniors.

Instructed for the class will be Autumn Adams. Autumn is a certified Zumba instructor and she is excited about teaching Sumba! Wear comfortable clothing and bring a small towel.

# Programs Returning in 2010

## Euchre

Tuesdays at 12:30 pm in the Senior Lounge. Don't play Euchre? Want to learn? Join and have a great time. Want to play another game? Bring your ideas. See you on Tuesdays.



## Friday Night Dance

Fridays 7:00 pm to 10:00 pm; \$3.00 seniors. Square dance, line dance, and slow dance. Come dance, make friends and enjoy good music. Invite a friend!



## Bingo

Tuesdays, Thursdays, and Fridays from 10:30 am to 11:30 am. Bring a friend! \$.20 per senior.

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Reservations for the meal is encouraged, please call 740-947-5555 by 1:00 pm the day before or make a standing reservation. Suggested donation \$2.00 for seniors 60 or older. Can't keep your reservation? please call and cancel by 9:00 am.

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## Winter Computer Classes

Two different classes will be offered February.

### Computer Basics

No previous computer knowledge is required. You will learn how to turn on the computer, basic functions of the mouse, and get comfortable with exploring the computer. Class will be held on Wednesday, February 24th. from 9:30 am to 11:00 am.



### Key Boarding

Feel like you can't find the right key or would like to improve on your typing speed? Sign up to learn keyboarding techniques designed to strengthen your skills and speed. Class will be held on Wednesday, February 24th from 9:30 am to 11:00 am.

Julie Decamp of Westmoreland Place in Chillicothe has teamed up with Pike County Senior Center to offer computer classes. Julie was born and raised in the surrounding Pike County area and is a graduate of Eastern High School. She earned her Bachelor's Degree in Communication Studies at Ohio University. Julie is employed by Westmoreland Place of Chillicothe as the Community Relations Director which enables her to spend time with outside organizations offering outside resources that enrich the lives of seniors. Space is limited so sign up with Linda Slone or call 740-947-5555. Learning is Fun!!

# January 2010

MENU IS SUBJECT TO

Monday	Tuesday	Wednesday	Thursday	Friday
Easy Chicken and Biscuits (includes Broccoli/Cauliflower/Carrots) Spinach Tropical Fruit Angel Food Cake/Milk <b>4</b>	Corned Beef Cabbage/Potatoes Cherry Gelatin w/ Pears Cornbread/Margarine Milk <b>5</b>	Baked Lemon Fish Brown Rice Stewed Tomatoes Cole Slaw Peach Cobbler/Milk <b>6</b>	Roast Pork & Stuffing Butter Beans Carrots Applesauce Bread/Margarine/Milk <b>7</b>	Open-Faced Roast Beef Sandwich Texas Toast/Whipped Potatoes Beef Gravy Green Beans Orange/Milk <b>8</b>
Cream of Potato Soup Thin sliced Roast Beef on Beef Carrot Salad Fresh Pear Crackers Mustard/Mayo/Milk <b>11</b>	Chicken Cacciatore Spaghetti Kale Fruit Cocktail Cheesy Garlic Biscuit Milk <b>12</b>	Glazed Baked Ham Scalloped potatoes Stewed Apples Steamed Broccoli Roll/Margarine Iced Cake/Diabetic Cake/Milk <b>13</b>	Chicken & Noodles Tossed Salad/Dressing Banana Kiwi/Strawberry Juice Crackers Oatmeal Raisin Cookie/Milk <b>14</b>	Meatloaf Oriental Vegetable-3/4 cp Brown Rice Pineapple-3/4 cp Bread/Margarine Milk <b>15</b>
Closed for Martin Luther King, Jr. Day <b>18</b>	Beef Stew with Potatoes, Carrots, Onions, Celery Green Beans Tangelo Biscuit/Margarine/Milk <b>19</b>	Chicken Parmesan Yam Pattie Buttered Spinach Pears Vanilla Wafers/Vanilla Pudding Milk <b>20</b>	Mini Meatball Sub Peas Tossed Salad/Dressing Tropical Fruit Milk <b>21</b>	Pinto Beans and Ham Cold Pickle Beets Onions, Chopped 1/4 cp Cornbread/Margarine Apple Milk <b>22</b>
Cream of Broccoli Soup Pimento Cheese Sandwich on Bun Brown Bean Salad Fresh Baby Carrots & Dill Raisins/Crackers/Milk <b>25</b>	Pork Tenderloin Red Cooked Cabbage Potato Salad Tropical Fruit-Graham Crackers Whole Wheat Bread/Marg/Milk <b>26</b>	Chili Con Carne-Shredded Cheese Waldorf Salad Grape Juice Cornbread/Margarine Brownie/Milk <b>27</b>	Southern Fried Chicken Vegetable Couscous Mixed Greens Pineapple Upside Down Cake Milk <b>28</b>	Beef Vegetable Soup 1/2 cp Cottage Cheese Peaches Cracker/Orange Juice Whole Grain Muffin-1oz Milk <b>29</b>

CHOICE OF BEVERAGES AVAILABLE

CONDIMENTS AVAILABLE

DIABETIC DESSERTS AVAILABLE

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

# February 2010

MENU IS SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday
Chuck Wagon Steak Whipped Potatoes/Gravy Green Beans Tangerine/Ginger Snap Bread/Margarine/Milk  1	Oven Baked Chicken Qtrs Succotash/Spinach Mixed Fruit Roll/Margarine/Milk White Cake-Toppine  2	Beef Pot Roast with Carrots, Potatoes, Celery, Onion Fruity Applesauce Bread/Margarine Milk  3	Broccoli Fish Bake Baked Beans Peaches & Pears Whole Grain Muffin/Margarine Milk  4	Mostaccioli topped with Mozzarella Cheese Italian Mixed Vegetables Mixed Green Salad/Mandarin O. Sls Bread Stick/Milk  5
Easy Chicken and Biscuits (includes Broccoli/Cauliflower/Carrots) Spinach Tropical Fruit Angel Food Cake/Milk  8	Corned Beef Cabbage/Potatoes Cherry Gelatin w/ Pears Cornbread/Margarine Milk  9	Baked Lemon Fish Brown Rice Stewed Tomatoes Cole Slaw Peach Cobbler/Milk  10	Roast Pork & Stuffing Butter Beans Carrots Applesauce Bread/Margarine/Milk  11	Open-Faced Roast Beef Sandwich Texas Toast/Whipped Potatoes Beef Gravy Green Beans Orange/Milk  12
<b>Closed            For            President's Day</b>  15	Chicken Cacciatore Spaghetti Kale Fruit Cocktail Cheesy Garlic Biscuit Milk  16	Glazed Baked Ham Scalloped potatoes Stewed Apples Steamed Broccoli Roll/Margarine Iced Cake/Diabetic Cake/Milk  17	Chicken & Noodles Tossed Salad/Dressing Banana Kiwi/Strawberry Juice Crackers Oatmeal Raisin Cookie/Milk  18	Meatloaf Oriental Vegetable-3/4 cp Brown Rice Pineapple-3/4 cp Bread/Margarine Milk  19
Cornmeal Breaded Fish Baked Beans Butter Tricolor Bowtie Pasta Broccoli/Cauliflower Applesauce/Milk Bread/Margarine  22	Beef Stew with Potatoes, Car- roots, Onions, Celery Green Beans Tangelo Biscuit/Margarine/Milk  23	Chicken Parmesan Yam Pattie Buttered Spinach Pears Vanilla Wafers/Vanilla Pudding Milk  24	Mini Meatball Sub Peas Tossed Salad/Dressing Tropical Fruit Milk  25	Pinto Beans and Ham Cold Pickle Beets Onions, Chopped 1/4 cp Cornbread/Margarine Apple Milk  26

CHOICE OF BEVERAGES AVAILABLE

CONDIMENTS AVAILABLE

DIABETIC DESSERTS AVAILABLE

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




# January 2010

## Senior Citizens Program Pike County

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b> Exercise 10:00 am to 10:30am  Nutrition 11:00 am	<b>5</b> Beginning Sewing 9:00 am –2:00 pm Bingo - 10:30 am Euchre - 12:30 pm	<b>6</b> Blood Pressures 10:30 am to 11:30 am Music 11:00 am to 12:00 pm	<b>7</b> Coffee and Conversation with Linda 9:00 am to 10:00 am Bingo - 10:30 am	<b>8</b> Beginning Guitar 9:30 am to 11:30 am Bingo - 10:30 am Hearing Clinic 1:00 pm - 4:00 pm Dance 7:00 pm to 9:00 pm
<b>11</b> Exercise 10:00 am to 10:30am Nutrition 11:00 am	<b>12</b> Beginning Sewing 9:00 am –2:00 pm Bingo - 10:30 am Euchre - 12:30 pm SEOL Legal Aide 1:00 pm - 4:00 pm	<b>13</b> Computer Basics 9:00 am to 11:00 am Blood Pressures 10:30 am to 11:30 am Music 11:00 am to 12:00 pm	<b>14</b> Beginning Zumba 9:00 am to 9:45 am Bingo - 10:30 am	<b>15</b> Beginning Guitar 9:30 am to 11:30 am Bingo - 10:30 am Dance 7:00 pm to 9:00 pm
<b>18</b> <b>Center Closed for Martin            Luther King, Jr. Day</b>	<b>19</b> Beginning Sewing 9:00 am –2:00 pm Bingo - 10:30 am Euchre - 12:30 pm	<b>20</b> Blood Pressures 10:30 am to 11:30 am Music 11:00 am to 12:00 pm	<b>21</b> Beginning Zumba 9:00 am to 9:45 am Bingo - 10:30 am	<b>22</b> Beginning Guitar 9:30 am to 11:30 am Bingo - 10:30 am Dance 7:00 pm to 9:00 pm
<b>25</b> Exercise 10:00 am to 10:30am Nutrition 11:00 am	<b>26</b> Beginning Sewing 9:00 am –2:00 pm Bingo - 10:30 am Euchre - 12:30 pm	<b>27</b> Keyboarding 9:30 am to 11:00 am Blood Pressures 10:30 am to 11:30 am Birthday Party - 11:00 am Music 11:00 am to 12:00 pm Senior Advisory - 1:00 pm	<b>28</b> Beginning Zumba 9:00 am to 9:45 am Bingo - 10:30 am Popcorn & Movie 1:00 pm to 3:00 pm	<b>29</b> Beginning Guitar 9:30 am to 11:30 am Bingo - 10:30 am Dance 7:00 pm to 9:00 pm

# February 2010

## Senior Citizens Program Pike County

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Exercise 10:00 am to 10:30 am Nutrition - 11:00 am Tax Assistance Begins Every Monday and	<b>2</b> Beginning Beading 9:00 am to 2:00 pm Bingo - 10:30 am Euchre - 12:30 pm	<b>3</b> Blood Pressures 10:30 am to 11:30 am Music 11:00 am to 12:00 pm	<b>4</b> Zumba 9:00 am to 9:45 am Bingo - 10:30 am	<b>5</b> Beginning Guitar 9:30 am - 11:30 am Bingo - 10:30 am Hearing Clinic 1:00 pm to 4:00 pm
<b>8</b> Exercise 10:00 am to 10:30 am Nutrition - 11:00 am	<b>9</b> Beginning Beading 9:00 am to 2:00 pm Bingo - 10:30 am Euchre - 12:30 pm	<b>10</b> Computer Basics 9:30 am to 11:00 am Blood Pressures 10:30 am to 11:30 am Music	<b>11</b> Zumba 9:00 am to 9:45 am Bingo - 10:30 am	<b>12</b> Beginning Guitar 9:30 am - 11:30 am Bingo - 10:30 am Dance 7:00 pm to 9:00 pm
<b>15</b> <b>Center Closed for            President's Day</b> 	<b>16</b> Beginning Beading 9:00 am to 2:00 pm Bingo - 10:30 am Euchre - 12:30 pm	<b>17</b> Coffee and Conversation with Linda 9:00 am to 10:00 am Blood Pressures 10:30 am to 11:30 am Music	<b>18</b> Zumba 9:00 am to 9:45 am Bingo - 10:30 am	<b>19</b> Beginning Guitar 9:30 am - 11:30 am Bingo - 10:30 am Dance 7:00 pm to 9:00 pm
<b>22</b> Exercise 10:00 am to 10:30 am Nutrition - 11:00 am	<b>23</b> Beginning Beading 9:00 am to 2:00 pm Bingo - 10:30 am Euchre - 12:30 pm	<b>24</b> Key Boarding 9:30 am to 11:00 am Blood Pressures 10:30 am to 11:30 am Music 11:00 am to 12:00 pm Senior Advisory - 1:00 pm	<b>25</b> Zumba 9:00 am to 9:45 am Bingo - 10:30 am Popcorn & Movie 1:00 pm to 3:00 pm	<b>26</b> Beginning Guitar 9:30 am - 11:30 am Bingo - 10:30 am Dance 7:00 pm to 9:00 pm
	Beginning Zumba is \$2.00 for Seniors	Tax Assistance Begins February 1st. Call Community Action at 740-289-2371 to set up an appointment	Beginning Zumba for anyone will begin Saturday, February 6th from 9:00 am to 10:00 am. Non-Seniors will be \$5.00	



## Senior Center Closed

Monday, February 15th to  
observe President's Day

Phone: 740-947-5555

Fax: 740-947-7648

Email: [shelleylyon@pikecac.org](mailto:shelleylyon@pikecac.org)

## Ohio Scramble

Unscramble these words about the great state of Ohio!

1. ndlaciarr
2. eceuvbk
3. umuColbs
4. vtduanree
5. rkapastset
6. smpnerutakmae
7. avaniit
8. korcraolndl
9. esmusum
10. icaErekL

**Answers:** 1. cardinal 2. buckeye 3. Columbus 4. adventure 5. state parks 6. amusement park 7. aviation 8. rock and roll 9. museums 10. Lake Erie

**Pike Co. Senior Center**  
402 Clough Street  
Waverly, Ohio 45690