

Groveport Senior Center

FEBRUARY 2010

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HOURS OF OPERATION

Hours of operation for the senior center are generally 8:00 a.m.–5:00 p.m.

The senior center is a drop in center. You should always have your key card to enter, but **must** have it if you are entering during non-business hours.

Current drop in hours are:

M-Fri 5:30 a.-9:00 p.
Sat. 8:00 a.-8:00 p.
Sun. 8:00 a.-6:00 p.

SENIOR CITIZENS INC.

MONTHLY MEETING

This month's senior citizens meeting will be held on February 11th and will be a catered meal prepared by Blue Moon Catering. Please see page 5 for the menu. Tickets are \$6.00 for members, \$7.00 for guests and should be purchased by February 4th.

The schedule for the year is as follows: Catered meals are in March, May, June, August, September, November and December. Pot Lucks are in April, July and October.

Please try to join us for some or all of the monthly meetings. Door prizes, including a \$25.00 Kroger gift card are given out.

Hope to see you here!!

COORDINATOR'S CORNER

February.....The month for roses, chocolate and diamonds of course. It is all of these things and more. Since 1963 Congress has required the president to proclaim February as "American Heart Month" as cardiovascular diseases are the nation's #1 cause of death. The American Heart Association works with the administration to draft and sign this annual proclamation. Also, February 6th is "National Wear Red Day" for women's heart disease awareness. So, ladies... and gentlemen, don't forget to wear red on Saturday, February 6th.

Since the January newsletter went out in mid December and it was to early to do so then, I want to take this time to say thanks to all for the many cards, "goodies" and holiday wishes that myself along with my family received over the holiday season. You are all appreciated.

Please check out the article on **page 7** about the Brain Game Activity coming to the center later in the month. I have heard it is a lot of fun and hope to see you.

We are also the site for an **H1N1 clinic** on January 29th. See **page 5** for the details.

Happy Valentines Day!! Deb

PRESIDENT'S POINT

Hello Members,

Here it is the February newsletter already and you need to know that the only thing difficult about being president is this letter. What to write? I thought this year I would try to give you some words of wisdom!! Since I am short on wisdom, I will be forwarding some little tidbits that people have sent to me.

- 1) Avoid cutting yourself when slicing veggies by having someone else hold them while you chop.
- 2) If you have a bad cough, take lots of laxatives and you will be afraid to cough.
- 3) This one is for Deb... put a mouse trap on your alarm clock and it will prevent you from hitting the snooze button over and over again.

More to come. Have a great month, Happy Valentines Day and remember your sweetie.

Linda Cairney, President

See inside for more great information >

MONTHLY INFORMATION

HAPPY BIRTHDAY

- 1-George Carrico
- 2-Henrietta Albright, Donna Root
- 4-Harold Lewis
- 5-Linda Webber
- 7-Dick Goodin, Pat Hampshire
- 9-Bea Danison, Margot Fenner, Jackie Matney
Richard Mullins, Elaine Owen
- 10-Billie Casebolt, Rita Minyo, Joe Redd
- 11-Suzie Price
- 12-Ginny Haner
- 16-Phyllis Doersam, Michael Simpson
- 17-Don Storts
- 18-Leanna Ferguson, Bud Wolman
- 19-Jo Bonsal
- 20-Dorothy Hamler, Norman Kendrick
- 22-Shirley Leonard
- 23-Evelyn Schick
- 24-Pat Dreher, Edith Snyder
- 25-Judy Hayes
- 26-Sharrie Fenstermaker, Terry Jones
- 28-Gerald Thornton
- 29-Sue Harmon

HAPPY ANNIVERSARY

- 13-Gary & Marty Webb
- 16-Chuck & Donna Dye
- 20-George Leonhardt & Nancy Dials

OUTREACH REPORT

Cards were sent to the following people:

Get Well: Thelma Hicks

Thinking of You: None sent this month

We hope everyone is feeling better and back at the center with us soon.

Our Sympathies to: To Rita Minyo for the loss of her daughter and to Charlie & Alice Trott for the loss of their son.

Please call Outreach Chairperson Violet Duffey at **830-0055** to report any illnesses or deaths.

MONTHLY DOOR PRIZE WINNERS

The January meal was a pot luck meal with over 50 people in attendance. Lucky winners for the month were:

Door Prizes: Billie Casebolt, Betty Stinemetz, Marcie Hepe, Ruby Bailey, Donna Dye, Lily Franks

\$25.00 Kroger Gift Card: Betty Evans



FEBRUARY LUNCH SPONSORS

Thanks to the many businesses who sponsor our Thursday lunches. It is because of their generosity that we can continue to charge only \$2.00 per week.

Sponsors for February are: Western-Southern Life and Monterey Health Care.

Thanks to January sponsors, Winchester Place Nursing & Rehab and Altercare of Canal Winchester.

WEEKLY ACTIVITIES

PROGRESSIVE EUCHRE

Progressive Euchre is held every Monday at 12:30 p.m. and each Saturday evening at 4:00 p.m. The cost is just \$1.50 with prizes and snacks provided. If you enjoy this popular card game, join your friends in the fun.

DOUBLE DECK PINOCHLE

This popular game is played several times a month. You may choose to play at 12:00 each Tuesday afternoon or at 5:00 p.m. each Wednesday evening. No need to sign up, just drop in and play.

QUILTING

The quilting group meets each Wednesday at noon. They have already started working on the quilt for the 2010 Apple Butter Day. Stop in and take a look at it.

If you are interested in being a part of this group please call Nancy Stoltz at 836-3647.

BOWLING

Eastland Lanes on Courtright Road offers "seniors only open bowling" **each Friday at noon**. Simply stop in and you can participate. You can bowl with current friends and/or make new ones as there are no teams. The cost is only \$5.00 for three games. Bowling is not only enjoyable but great exercise as well.

MANIPULATION

Manipulation is played each Wednesday at 10:00 a.m. Stop in if you enjoy playing this fun card game. If you don't know how to play, you can learn in about 10 minutes. Come and join the fun.

BRIDGE

Drop in on Monday if you enjoy playing bridge, which begins promptly at 11:30 a.m. **The bridge group is in need of players, call the center if you are interested.**

LUNCHES

Lunch is served each Thursday at 11:45 a.m. The cost is only \$2.00 per person for the meal and an additional 50 cents for the ice cream bar. You must sign up by the preceding Monday in order to participate as we prepare for the number of registered participants. Stop in or call to get signed up. Remember, if you sign up and cannot make it, you must cancel ahead of time or you will be charged the \$2.00 anyway. The exceptions are illness or emergencies.

CRAFTS

The craft group meets each Thursday at 9:30 a.m. to make items for sale at the center. These ladies also decorate the tables for our monthly meeting. If you would like to join the craft group, stop in the senior center on Thursday. The group will certainly welcome your skills and ideas. Have questions? Call committee chair, Ginny Haner at 236-4637.

LINE DANCING

Line dance classes are offered on Tuesday mornings at 9:30 a.m. Join the many members that participate in this popular class. This activity is free to our members. You should wear comfortable clothing and either leather soled shoes or tennis shoes with a smooth bottom.

HAND AND FOOT

This popular game has been added to our Thursday schedule. The times are as follows: each Thursday morning from 10:00-11:30, the 1st and 2nd Thursday from 12:30-4:00p.m., the 3rd Thursday following Bingo until 4:00 p.m. and the 4th Thursday from 12:30-4:00 if you do not play .50 euchre. If there is a 5th Thursday, it will also be played before and after lunch.

MONTHLY ACTIVITIES

SENIOR COUNCIL MEETING

The next Senior Citizens Council meeting is **Friday, February 5th at 9:30 a.m.** If you have a concern or a question for council, please put it in writing and bring it to the office. I will present it at the next board meeting and bring an answer back to you. You may also speak with any current council member and they will do the same.

GAME DAY

The 1st Thursday of each month prior to lunch is "Game Day". Activities begin at 10:00 a.m. and include euchre, chicken foot dominoes, hand & foot, five crown etc., or you may just visit if you wish. Remember, you must be signed up for lunch if you intend to stay to eat.

NEXT GAME DAY IS FEBRUARY 4TH

MONTHLY MEETING & LUNCHEON

The 2nd Thursday of the month is the Senior Citizens, Inc. monthly meeting. There is either a catered meal, in which members pay \$6.00 for a ticket and the meal is prepared by a local caterer or a potluck meal where you bring a covered dish to share and your own plate. Following the meal there is a short business meeting and tickets are drawn for door prizes.

NEXT MEETING IS FEBRUARY 11TH

LUNCH MUNCHERS

Join your fellow members and myself on the 1st Friday of each month for "Lunch Munchers". We go out for lunch and usually include an additional activity as well. You can meet at the center to car pool (**please check the sign up sheet for the departure time**), or if you wish, you may choose to meet at the pre-determined restaurant at 11:30 a.m. You must sign up at least one day in advance and please remember to let me know if you need to cancel.

NEXT LUNCH MUNCHERS IS FEBRUARY 5TH

WELLNESS CLINIC

Senior Independence will have a nurse here for us on the 2nd Thursday of each month from 9:30-11:30 a.m. to No need for an appointment, just stop in and see the nurse at your convenience.

The next Wellness Clinic is February 11th.

.50 EUCHRE

The 4th Thursday of each month following lunch \$.50 euchre is played. Prizes are given for loners and for 1st and 2nd place winners. Other prizes are given for low score and there is also a door prize winner. Join us for lunch and stay to play euchre. Where else can you have so much fun for fifty cents?

NEXT .50 EUCHRE IS FEBRUARY 25TH

SUPER GAME DAY

Join us on the 4th Wednesday for a day of fun & games. This activity runs from 10:00 a.m.-2:00 p.m. Spend the day with friends playing shuffleboard, ping pong, corn hole, euchre, pinochle or chicken foot dominoes. Signing up in advance let's me know how many to set up for, but you may drop in if you aren't sure in advance.

NEXT SUPER GAME DAY IS FEBRUARY 24TH

BINGO

On the 3rd Thursday following lunch is cash bingo. The cost is only \$.50 for your card and prizes are given according to the number of participants. The more players, the better the prizes.

NEXT BINGO DATE IS FEBRUARY 18TH

THIS-N-THAT

H1N1 CLINIC

WHAT: H1N1 Vaccine Clinic

WHEN: Friday, January 29th 1:00-3:00 p.m.

WHERE: Groveport Senior Center Multi-Purpose Room.

Appointments are required and may be scheduled by calling the Franklin County Board of Health at 614-462-7462. There is no cost to receive the vaccine and appointments for all ages are accepted.

LENDING LIBRARY

The senior center has available to you as members, a lending library. There are many books (including large print), and puzzles. Stop in to borrow some leisure material if you wish. When returning books, please place them in the box in front of the book cases. **Thanks to Gerry Zwayer for her continuous hard work keeping the book cases neat & tidy and to Janet Jennings for filling in when Gerry is in Florida in the winter.**

LANYARDS FOR SALE

If you would like to purchase a lanyard to hold your senior identification badge, they are available in the senior center office and at the front desk of the recreation center for only \$2.00. They are a great way to keep track of your badge as you can wear it around your neck while at the center and then hang it in your car when you are not. That way, you always have it with you. This is a great thing for those of you who may not remember to bring your badge when coming to the center. They also make a great small gift idea for friends birthdays.

MOVE ALONG DAYS

Don't forget about Move Along Days at the rec center. You can walk on the indoor track on Monday, Wednesday and Friday from 9:00-10:00 a.m. for only \$1.00 each day. Just stop at the front desk, sign in, pay your \$1.00 and your on your way to a better you.



SENIOR CITIZEN OF THE MONTH

This month's senior of the month is **Peg Johnson**. Peg has been a member at the senior center for about 4 years. During that time she has introduced many people to new games and card games and has been the organizer of getting many otherwise lonely people to come to the senior center to participate in activities that they may not have. She has made many soups and casseroles to share during these events, has hosted activities at her home when the center is closed for holidays etc. and is willing to help out wherever she can.

Peg will get her regular Thursday meals at no cost and will be served first each week for the next month as well as get her March catered meal ticket at no cost. Thanks Peg for enriching the lives of many senior citizens with your kindness.

FEBRUARY CATERED MEAL MENU

Spinach Salad

Chicken & Noodles

Mashed Potatoes

Vegetable

Rolls & Butter

Apple or Cherry Pie

The cost is \$6.00 for members and \$7.00 for guests and should be purchased by February 4th.

THIS-N-THAT CONTINUED....

RECIPE OF THE MONTH

Pistachio Eclair Cake

3-cups cold milk

1-3.4 ounce Instant Pistachio Pudding

1-3.4 ounce Instant French Vanilla pudding mix

1-8 ounce tub Cool Whip

1-package 14.4 ounce Graham Crackers

1-16 ounce can Chocolate Frosting

In large bowl, whisk pudding mixes with milk for 2 minutes. Let stand for 2 minutes. Fold in cool whip. In 9x13 dish: layer 1/3 of graham crackers and 1/2 of the pudding mix. Repeat layers. Top with remaining 1/3 of graham crackers. Spoon frosting in to a microwave safe bowl, cover and microwave for 15-20 seconds, until softened. Stir and spread over graham crackers. Refrigerate overnight. Yield 15-20 servings.

ENJOY!!

Thanks to **the person that** the above recipe came from.

Have a great recipe you would like to share? If so, mail it or drop it off at the senior center. We would love to try it out. Be sure to put your name on it so we all know who it came from.

HELP.....WE ARE IN NEED OF EASY TO PREPARE RECIPES!!

QUOTE OF THE MONTH

“The most beautiful thing to see is a person smiling...

And even more beautiful is knowing that you are the reason behind the smile.”

Author unknown

WELCOME NEW MEMBERS

We welcome the following new members to the senior center and hope you join us for some of our activities.

Dale Deible	Joyce Fridley
2225 Cedar Hill Rd.	300 Holton St.
Canal Winchester, 43110	Groveport, 43125
Birthday: November 30	Birthday: January 17

Louis & Barb Kendrick	Stan & Anna Runyan
215 Walnut St.	8910 Woodside St.
Groveport, 43125	Canal Winch. 43110
Birthday:	Birthday:
Louis-September 29	Stan-November 27
Barb-January 22	Anna-February 11

James & Linda Fairchild	Thomas Parker
3625 Peany Lane	940 Carron Circle
Canal Winchester, 43110	Pickerington, 43147
Birthday: James-March 3	Birthday: Dec. 30
Linda-May 28	

AMERICAN CONSUMPTION

HOW MUCH WE CONSUME PER PERSON, PER YEAR

Coffee: 1,205 cups

Milk: 21 gallons

Poultry: 16 chickens

Cheese: 30 pounds

Pizza: 6 pizza pies

Ice Cream: 6 gallons

Chocolate: 12 Pounds

Soda Pop: (teens) 600 cans

EVEN MORE THIS-N-THAT

COMMUNITY MEALS, ETC.

If your service organization or church is hosting a fund raising community meal, craft show, etc., please drop off a flyer to post on the bulletin board to advertise it. You may also, if you wish, request that an article be in the monthly newsletter and if there is space available, I would be happy to put an article in about it. I would need the information no later than the 10th of the month prior to the event in order to get it in the newsletter (example: if your event is March 22th, I need the info by February 10th). What a great way to get the information out to the public.

NAME TAGS

If you would like to order a name tag identifying you as a Groveport Senior Citizens member please stop in the office to order one. The cost is \$3.00 each and should be paid for when you order it. Many have asked about these because with all the new members we have, some don't know each other. Thanks to Jim Hedrick for making them for us

LION'S CLUB RECYCLES FOR SIGHT

Don't throw your old glasses away!! Bring them into the senior center and put them in the box outside the office door for the Lion's Club. They recycle them for those who cannot afford to purchase new one's.

SHIRTS FOR SALE

There are still a few golf style shirts available for purchase for \$21.00 each. They are great for casual wear on trips and at the senior center. Stop by the office if you are interested.

BRAIN GAME ACTIVITY

Wesley Ridge Retirement Community and our friend Africa Thomas will be here on Thursday, February 25th at 12:30 p.m. (following lunch) to present:

"The world's most advanced brain fitness system designed just for seniors".

Dakim BrainFitness makes getting a rigorous brain workout feel like watching your favorite television game show. Designed just for older adults, no computer experience is necessary to use the system and benefit from the Dakim's special brand of cognitive training exercises that are as fun as they are good for your brain. Join us as we "challenge our brains" together in a unique group activity.

DIME BANK PROJECT

Senior center member and former board member, Jean Hornyak has started a project which is going around the senior center. It is called the "Dime Bank Project." What goes on with this project is: you purchase a small piggy bank from Jean for **\$5.00** and start filling it with dimes each time you have some. Sometime in November, everyone who has a bank will get together and count their dimes. The person with the most amount of dimes in their bank gets to choose which charity everyone's dimes get donated to. This is a great project and some lucky charitable organization is going to be thrilled to get this money. Last year, Nancy Stoltz had the most dimes (she beat me by like 40 cents) and deciding to keep it local, donated 1/2 to us for the adopt-a-family project and the other 1/2 directly to Go Groveport for the same project. It was fun counting and waiting to see who won and I think many people are looking forward to it again this year. I have a few banks here so stop by to purchase a bank and get started. The sooner you start, the more dimes you can save!

TOURS & TRAVEL

The bus is leaving: at 8:15 a.m. on February 24th for La Comedia Dinner Theatre.

LA COMEDIA DINNER THEATRE PRESENTS: THE HONKY TONK ANGELS FINAL CHAPTER BUBBA'S REVENGE

February 24- A country show with great impersonators, a spooky séance, a foot stompin' gospel jubilee and a "sensitive" Bubba all combine in this hilarious new musical comedy and final sequel to the smash hit, *The Honky Tonk Angels*. Singing country favorites such as "Islands in the Stream", "On the Road Again", "You're the Reason Our Kids are Ugly", "Rhinestone Cowboy", "Achy Breaky Heart" and "Everything is Beautiful" the cast at La Comedia will have you in stitches. If you haven't seen Honky Tonk Angels before, don't worry, you'll catch up quick. The cost is \$57.00 and includes, transportation, lunch buffet and the show. Payment is due on registration.

SPACE AVAILABLE

LUCK OF THE IRISH

March 17- Join us as we travel east to the Longaberger Golf Course for an Irish Celebration of music, food and bingo! We will begin our day in Zanesville with a tour of Hartstone Pottery and of course some time to browse and shop. Then it's off to Nashport where we will be entertained upon arrival with Irish sing alongs, etc. Lunch will be a buffet with all sorts of Irish goodies, including corned beef and cabbage. Following lunch, more Irish favorites by another entertainer and to end the afternoon, there will be BINGO where winners will depart with a "handful of greenbacks"!!

The cost is \$72.00 per person which also includes transportation and gratuities, and is due by February 11th.

SPACE AVAILABLE

LACOMEDIA DINNER THEATRE PRESENTS: PHANTOM OF THE OPERA

April 14- It has been 10 years since this blockbuster musical haunted the La Comedia stage. This chilling and dramatic, bitter-sweet love story has been captivating audiences since its opening. The Tony Award-winning authors have transformed the novel into an American musical sensation that captures audiences and critics with beautiful songs and an expertly crafted script. The cost is \$57.00 per person and includes transportation, lunch buffet and the show and is due by March 11th.

NEW TRIP

TRAINS & CANYONS OF THE SO. WEST

Featuring Scottsdale, Sedona & Santa Fe

May 14-22- Highlights include: Scottsdale, Phoenix, Verde Canyon Railroad, Sedona Trolley Tour, Grand Canyon Railway and Sandia Peak Tramway. Also included is roundtrip air from Columbus, air taxes & fees, hotel transfers, baggage handling, 13 meals and much more. The cost is \$2,649.00 per person double occupancy with a \$250.00 deposit due on sign up. Trip cancellation insurance is \$140.00. Stop in for a complete brochure.

JUST A FEW SPACES AVAILABLE

REFLECTIONS OF ITALY

November 1-10 If you missed Southern Italy in 2006, here is your chance to get to the other parts of this beautiful country. Included are the following: Rome, Colosseum, Assisi, Perugia, Siena, Florence, Chianti Winery, Venice, Murano Island, Como and Lugano, Switzerland. Other inclusions are roundtrip airfare, hotel transfers, air taxes, baggage handling, 14 meals and more! The cost is \$3,049.00 per person, double occupancy with a \$200.00 deposit due on registration. Trip cancellation insurance is also available for an additional \$200.00. Stop in for a full brochure on this great tour.