



# NEWSLETTER

Monthly Update For Our 50 and Over Members



#### **Inside This Edition**

In our July 2025 Newsletter:

- Look into our new activities and functions for July
- Highlight and Discuss
   Opportunities to Volunteer for PSC
- Spotlight our Partners and Sponsors
- Calendar of Events
- Birthdays in July
- · Word Search Puzzle

PSC will be closed on July 4th to celebrate Independence Day

BOARD MEETING July 10th - 9:30 AM

#### Information

- 150 Hereford Drive Pickerington OH 43147
- **©** (614) 837–3020
- www.pickeringtonseniorcenter.org
- The Pickerington Senior Center (FB GROUP)
  HOURS: M-F 8:30 AM 4:30 PM

**DIRECTOR:** Craig Marcum **ACTIVITIES COORDINATOR:** Jeff Guiler

#### **BOARD OF TRUSTEES**

Bill Cook - President

Patty Bond

Jeanne Carroll

Pat Carroll

Karen Edwards

Faith Hoek

Marilyn Morgan

Jim Schumacher

Vickie Witten

The mission of the Pickerington Center is to promote healthy aging, independence and the well-being of adults aged 50 and above, through health, wellness, educational, cultural, and recreational programs and services.

# WELCOME NEW MEMBERS

We want to welcome the following new members to our Senior Center: Carol Alexander, Cheryl Beddow, Rochelle Brown, Melissa Carter, Stephanie Derga, Eileen Dunham, Ron Evans, Lynn & Jerry Foltz, Nancy & Tim Greene, Ervin Harden, Cathy Kilburn, Dottie Kluesener, Connie Kuhns, Ann Lisk, Lynn Carolyn McDougle, Meadows, Christina Myers, David Nilsen, Greg Cindy Poland, Karen Parsons, Riegelmayer, Bobby Siburian, Mary Stai, Donna Sullivan, Diane Taylor, Clattie Tiggett, Debra Wahleym Sue Ann Walton, Josie Warren, Arthur Washington and Christine Wilson.

COMING IN JULY - BALLROOM DANCE

SEE CRAIG FOR DETAILS



#### FROM THE DIRECTOR

June was another great month for the Senior Center. We continue to our membership and add to activities as we strive to offer a of options variety for our community seniors ages 50 and over. Our Friday forums, lunches activities such new and Dominoes, Hand & Foot, walking club, and Tai Chi have been very popular. We continue to outreach into the community with events such as our Pancake Breakfasts,, quarterly Euchre tournaments, and of the Friends Center our sponsorship program. In July, we will continue the progress with the addition of Ballroom Dance classes, Senior Jeopardy and continued facility improvements. Thanks to everyone for their participation in making our Senior Center the best it can be.

- Craig



# Please support our Friends of the Center who support us!





# Participation Makes the PSC BETTER

#### TRAFFIC ALERT!

We are in the process of evaluating our PARKING LOT traffic patterns, We have many SCOFFLAWS that do not follow the traffic rules (ENTERING THROUGH THE POSTED EXIT). This will eventually lead to an accident. As we work toward a better and safer solution, please follow the current posted traffic pattern and DON'T BE A SCOFFLAW!

#### **CALL TO VOLUNTEER!**

Volunteers are the heartbeat of our Center. We are grateful for their dedication, commitment and contributions, which are the foundation upon which we will continue to build, grow and achieve our mission. We have a variety of volunteer opportunities available for anyone interested in making a difference in our community at the Pickerington Senior Center! See Jeff or Craig if you wish to participate.

## **MONDAYS AT THE CENTER**

#### STRENGTH & EXERCISE / 10-11 am

Location: Main Room / Instructor: Kelley D. Grab a seat and enjoy this class that focuses on building and maintaining upper and lower body strength. The exercises will improve balance and flexibility through stretching and breathing. Please bring weights and exercise bands with you. If you need an exercise band, they are available to purchase at class for \$3.

#### LINE DANCING / 11:15 am-noon

Location: Main Room /Instructor: Marilyn M. Come have fun with us at line dancing, learn the dances, get some exercise and enjoy yourself with friends and great music. Classes are ongoing and only \$1 a week. For additional information, you can contact our certified instructor:

Marilyn Morgan at: mm1126@gmail.com

## WALKING CLUB / 12:15-1:45 pm Monday / July 14th

Trainers: Africa Thomas & Shawn Jones

Love to walk? Join the Wise Movers Walking Club. We will meet on the 2nd Monday of each month for a walk, healthy snack and engaging program. If interested, speak with Jeff or Craig at the front desk. (PLEASE NOTE THE 15 MINUTE CHANGE OF TIME.)

#### BID EUCHRE / 12:30 pm

Location: Craft Room

Come in and play this trick-taking card game that introduces a bidding phase to determine the trump suit.

#### PAINTS & BRUSHES / 1-3 pm

Location: Card Room

Join our Watercolor Class. No prior training or talent necessary, just the desire to express yourself. Our office has a list of supplies you'll need for the class.

#### COUNTRY DANCING / 3-4:30 pm

Location: Main Room

Kick up your heels and get ready for some country-style fun! A country dancing class is the perfect way to learn lively steps, meet great people, and enjoy toe-tapping music. This class brings energy, excitement, and a whole lot of rhythm. Ready to step onto the dance floor? Let's get moving!

# FOLLOW US ON FACEBOOK JOIN OUR FACEBOOK PAGE

FB GROUP NAME:
THE PICKERINGTON
SENIOR CENTER

Photos/Updates/Calendar & more

Current Followers: 145
GOAL: 500

#### TUESDAYS AT THE CENTER

#### CORNHOLE / 10 am

Location: Main Room Enjoy throwing bags? Join us for our weekly cornhole games every Tuesday (with the exception of our monthly luncheon date). This month's tournament will be held on Tuesday,

July 29th. May Tourney was won by Donna Bowers and Bill Dunnette.

If you have any questions, call Doug at (201) 739-7241.

#### MEXICAN TRAIN DOMINOES / 11 am-1 pm

Location: Card Room
All aboard the fun express! Mexican Train
Dominoes is the perfect mix of strategy,
competition, and laughter, making it a
must-play game for friends. Build your own
train or add to the communal "Mexican Train"
as you race to play all your tiles first. Enjoy
one of our newest game offerings every
Tuesday (with the exception of our monthly
luncheon date of July 15th).

#### SENIOR JEOPARDY / 1-2:30 pm JULY 1st

Location: Main Room
Senior Jeopardy will be played on the first
Tuesday of each month.. We'll break down into
3 teams. Have fun with your friends and learn
at the same time. Categories will be areas of
interest to seniors, prizes for the winners.

### TEXAS HOLD 'EM / 12:30 pm Tuesday: July 1st & July 22nd

Location: New Media Room
Want to be part of the PSC Poker Club?
Interested in learning how to play the game we see all over TV the right way? <u>Tournament games will be played the first and fourth Tuesdays of each month</u>. The entry fee is \$10.
Please see Craig or Mark to learn more about our Texas Hold 'Em games.

#### MOVIE MATINEE /1pm / July 8th

Location: New Media Room



TIME: 1 PM
Popcorn, snacks
& bottled water
provided.
Cost: Free
Any questions,
contact
Faith or Doug at
(201) 739–7241

## MONTHLY LUNCHEON

July Monthly Member Luncheon will be held on **Tuesday**, **July 15**, **2025** at our Center.

TIME: 11:30 AM - 2:30 PM MENU: Spaghetti, Garlic Bread, Salad & Dessert

ACTIVITIES: Games/Prizes and 50/50 drawing

COST: FREE

(Emily from Brookdale will be available to take blood pressure readings) Sign up on the KIOSK in advance or call the front desk

### BINGO / 1 pm Tuesday: July 22nd

Location: Main Room Bingo brings people together for fast-paced, easy-to-learn fun. We play bingo on the 4th Tuesday of every month. Mark your numbers, feel the anticipation build, and shout "Bingo!" when you win. It's a game of luck, laughter, and unforgettable excitement. Will July 22nd be your lucky day? Play and find out! Cost is \$1.50.

#### WEDNESDAYS AT THE CENTER

#### DUPLICATE BRIDGE / 9:30 am

Location: Card Room

Step up your game with Duplicate Bridge—the ultimate test of strategy, skill, and teamwork! Compete against others playing the same hands, proving that success isn't just about luck—it's about making the smartest moves. Duplicate Bridge offers endless excitement, intense competition, and the chance to sharpen your card-playing prowess. Cost is \$1 and all money is paid out in prizes.

#### STRENGTH & EXERCISE / 10 am

Location: Main Room Instructor: Kelley D.

Grab a seat and enjoy this class that focuses on building and maintaining upper and lower body strength. The exercises will improve balance and flexibility through stretching and breathing. Please bring weights and exercise bands with you. If you need an exercise band, they are available to purchase at class for \$3.

#### CRAFTS / 10:00 am-noon

Location: Craft Room

A wide variety of crafts are made by our crafters. They are for sale off the shelves in our entryway and also next to the craftroom door. Come join us for a group project or bring your own craft project to work on while socializing. New craft ideas are always welcome. The money we raise goes back to our Senior Center.

# OF THE MONTH FOR JULY

Either a Buckeye Tree or a Buckeye Necklace.



#### **EUCHRE / 12:30 pm**

Location: Main Room

DON'T GO IT ALONE . . . Join your friends and play Euchre. Actually, GO IT ALONE and join friends in our weekly member tournament. Cost is \$2.25 which includes games and loner pot. Potluck snacks and goodies are also on tap. Please arrive at least 10 minutes early to get signed in, so we can start on time at 12:30.

#### CREATIVE WRITING & DISCUSSION / 1 pm

Location: Library & Craft Room Interested in joining a group of innovative, imaginative, inventive and clever friends? If so, the Creative Writing & Discussion Group meets weekly to share original essays, stories, poetry and ideas. We meet every Wednesday at 1 pm. We gather in the library and will hold our meeting there or in the craft room. You are invited to join in the creativity.

#### DIAMOND DOTS / July 16th / 1 pm

Location: Library & Craft Room
Bring your Diamond Dots project to work on
with other members. We'll have some card
projects available also. If Darlene is here, she
will have kits with her which will contain
everything you need to make a beautiful
project.

#### THURSDAYS AT THE CENTER

#### **HEAL2TOE FOOT CARE SERVICES**

Thursday / July 17th / 9 am-1 pm Thursday / July 24th / 9 am-1 pm

Schedule an appointment with Ohio RN Tonia (614) 686-3646

30 Minute Treatment for \$35 includes: Expertly trim, thin and file nails File and buff corns and callouses All tools are sterilized for each patient

Payment is due at time of service, self-pay only.

Medicare or insurance NOT accepted.

#### TITLE BOXING / 9:15-10 am

Location: Main Room / Instructor: Maria M.

Maria Manzo from Title Boxing will lead the class at our Center. Sessions are around the Rock Steady Boxing Curriculum, which increases the neuroplasticity of the brain to help produce healthy brain cells. The exercises are designed to improve quality of life, have fun and get results.

#### BOOK CLUB / 9:30 am / July 24th

Location: Card Room

Our Book Club meets on the fourth Thursday of each month. At our July meeting, we will discuss "Same Kind of Different as Me" by Ron Hall. For the month of August, each member will select a biography of their choice to read. New members are always welcome. Call Faith at (201) 739–7241 if you have any questions.

Have a Suggestion? Drop it in our suggestion box at the front desk beginning June 1st

#### CHAIR VOLLEYBALL / 11 am-2 pm

Location: Main Room

Take a seat and get ready for non-stop fun with chair volleyball! This exciting, inclusive game lets players enjoy fast-paced action while seated, making it perfect for all ages and abilities. With teamwork, laughter, and thrilling volleys, chair volleyball keeps you engaged and moving.. Ready to serve up some fun? PLEASE NOTE this activity has a new start time of 11 AM beginning. If you have any questions, contact Darie Wilson at (740) 358-6394.

#### **BRIDGE / 12:30 pm**

Location: Card Room

A game of logic and communication, Bridge challenges you to outthink your opponents while working seamlessly with your partner. Ready to test your strategy and make brilliant plays? The cards are in your hands—let's play!

### TAI CHI / 2-3 pm July 3rd, 10th, 17th & 24th

Location: Main Room

A series of slow movements to improve health, mind-body awareness, strength, stretching and balance. Research suggests Tai Chi has many health benefits and may improve your immune system, mood, body awareness, activity tolerance and more. (NO CLASS JULY 31st)

#### <u>CRASE CLASS</u> July 31st / 2-4 pm

Location: Main Room (Civilan Response to Active Shooter Event. The Fairfield Sheriff's Department will show us strategies and guidance based on the Avoid, Deny, Defend (ADD) Strategy.

#### FRIDAYS AT THE CENTER

#### CARDIO FITNESS / 9:15-10 am

Location: Main Room

This is a 45-minute cardio class every Friday. It is a total workout. See the power you have and make great things happen for your health and well-being. We have plenty of room for you to move and groove to great music with our instructor Maria Manzo.

#### HAND & FOOT CARDS / 10 am

Location: Craft Room
Get ready for a thrilling card game full of strategy,
teamwork, and the right amount of luck—Hand
and Foot! In this variation of Canasta, players work
to build their "hand" and "foot" piles, racing to play
all their cards before their opponents. We will
play 1st and 3rd Friday of each month

#### PICKLEBALL / 10:30 am

Location: Main Room OR Outside

Join us for the game everyone is playing. If you have paddles, bring them with you. If you don't, and have never played, come on in and our instructor Fred will be happy to teach you with our PSC Center provided paddles. We play outside weather permitting.

#### SOCIAL EUCHRE / 11 am

Location: Card Room

Join us for this relaxed paced euchre game. This is a great way to unwind, learn or teach euchre and make new friends on Friday afternoons. Gift cards are usually given away as prizes. Come have some fun, don't be a Loner.

# FRIDAY FORUM: FUN & FACTS July 11th / 1:30-3:30 pm

Location: Main Room

Are you immortal? If so, no need to read any further. If not, this month's Friday Forum will be of interest to you. Our speaker will be Rob Yanko, of Spence Funeral Home, who will address everything you ever wanted to know about funeraplanning but were afraid to ask. He'll demystify the memorial service experience and explain how the avoid emotional overspending. There will be question & answer period and a mystery gray which will be given away. We hope you will join Sign-up with Jeff in our front office.

# PANCAKE BREAKFAS

The July Pancake Breakfast will b

on Saturday, July 12, 2025

at our center.

TIME 8:00 - 11:00 AM

MENU: Pancakes, Sausages, French Toast, Fruit Cup,

Orange Juice, Milk, Coffee or Hot Tea COST: \$7 Adults

\$2 Children 5-10 - under 5 eat free All you can eat while supplies last!



Members that joined to date: 51

GOAL: 200

1st Quarter Donations to PSC: \$104.88

2nd Quarter GOAL: \$200





#### **UPCOMING TRAVEL EVENTS**

#### CLEVELAND & MEDINA / August 5th & 6th

2 days / 1 night.. Visit Miss Molly's Tea House, Castle Noel, Gervasi Winery Tour & Tasting, First Ladies Museum & Library, Pro Football Hall of Fame, and Stan Hywett Hall & Gardens. and more. Includes hotel and bus. Availability 54 spots. Payment due at sign up.

#### **TEXAS TREASURES / October 2nd-7th**

See Fort Worth Stockyards & cattle drive, Magnolia Market at the Silos, historical Waco tour, the Alamo and other missions, San Antonio Riverwalk Boat Cruise and authentic Texas barbecue dinner.

Includes: Non-stop airfare from Columbus to Dallas, 5 nights hotel, luxury motorcoach, 5 breakfasts, 2 dinners & 1 lunch, all admissions, tour director and local guides. Availability 19 spots. \$200 deposit due at sign up.

Cost per person: Single:......\$2,275

Double.....\$1,830

Triple.....\$1,690

WE NOW ACCEPT
DEBIT AND CREDIT CARDS
FOR TRAVEL AND
OTHER PAYMENTS

#### **LA COMEDIA / October 17th**

#### "Legally Blonde"

This musical is based on the award winning movie of the same name and explodes with memorable songs and dynamic dances Price includes: transportation to show,, LaComedia tickets and delicous buffet meal. Availability: 54 spots. Payment due at sign up. Bus leaves promtly at 8 am, please arrive at least 15 prior to departure time.

#### LANCASTER, PA / November 9th-12th

Visit Flight 93 National Memorial, National Train Museum, Story of Noah at Sight & Sound Theatre, Amish smorgasbord dinner, and more. Availability 54 spots. \$200 deposit due at sign up.

Cost per person: Single:...... \$1,050

Double...... \$850

Triple...... \$775

#### 2026 TRIPS IN PLANNING STAGES

September - Trip by ship from Bayonne, NJ to Halifax, Nova Scotia

> Suggestions for a Trip? See Karen Edwards

# JULY BIRTHDAYS

- 1. Deepak Mehta, Marilyn Morgan,
- \*\* Betsy Preston, Patrick Seymour
- 2. Charlene Nutter, Brian Roy
- 3. Rochelle Brown
- 4. Robert Johnson, Debra Zang
- 5. NONE
- 6. Laura Bracken, Terri Campbell, Tim Carte,
- \*\* Susan Pryor
- 7. NONE
- 8. Rose Karoly, Barbara Taylor
- 9. Barbara Douglas, Jim Van Kannel
- 10. Judy Washington
- 11. NONE
- 12. Nancy Davis
- 13. NONE
- 14. Fred Campbell
- 15. Rosemary Begany, Shirley Coburn
- 16. Mike Shanesy
- 17. NONE
- 18. Pam Beretich
- 19. Laurie Price
- 20. Mary Moore, Kathleen Smith
- 21. Betty Kleen, Jeannie Mauger,
- \*\* Karen Riegelmayer, Loretta Schwartz
- 22. Criss McFadden
- 23 Alyce Giles, Rebecca Johnson,
- \*\* Christine Morrison
- 24. Beverly Carlisle
- 25. Mary Ann Macioce, Oksana Pakush,
- \*\* Susan Strup
- 26. Ken Planisek
- 27. Kelley Deibert, Sonnie Stewart, Carol York
- 28. Jeanne Dawson, Mark Decker, Donna Harter
- 29. Larry Frazee, Adrienne O'Deens,
- \*\* Carol Vaughn
- 30. Barb DeBoard, Mary Hipp, Peggy Portier
- 31'. Joyce Dawson, Jan Knauff











IN LOVING MEMORY OF:

**Eve Davis** 

Jeff Lee

MEMBERS KNOWN ILL:

Jim Schumacher - pacemaker implanted

Jerry Smith - ill

CONGRATULATIONS:

Brenda & Bill Dunnette on the birth of their great-grandson Grayson James Dunnette



JULY Word Search Puzzle

0 D E E K R 0 X 0 A C H B G 0 Z A A E W C E R N D X T E T SH M E U E N S S T

AMERICA	ICE CREAM	SPARKLER			
ANTHEM	FAN	STARS			
BETSY ROSS	FLAG	STRIPES			
BLUE	LIBERTY	SUN			
EQUALITY	OARS	UNÇLE ŞAM WHITE			
FIREWORKS	PARADE				
HOT	RED	YANKEE DOODLE			

# JULY 2025 CALENDAR

July-25 SUNDAY	MONDAY		TUESDAY		ICKERINGTON SE WEDNESD		THURSDA	Y	FRIDAY		(614) 837-3020 SATURDAY
- Culture				1	T, EST, ESS	2		3		4	Griotarii
			CORNHOLE	10:00	DUP BRIDGE		BOXING	9:15	CENTER CLOS	ED	RENTAL 12-3
			MEX TRAIN DO	MINOES 11	STRENGTH	10:00	VOLLEYBALL	11:30	HAPPY 4TH C	F	RENTAL 4-7
			SR JEOPARDY	1-2:30	CRAFTS	10:00	BRIDGE	12:30	JULY		
			TEXAS HOLD 'E	M 12:30	EUCHRE	12:30	TAI CHI	2-3:00			
					WRITING CLASS	1:00					
6		7		8		9		10		11	
RENTAL 1-3	STRENGTH	10:00	CORNHOLE		DUP BRIDGE		BOXING	9:15	CARDIO FITNESS		PANCAKE BREAKFAS
	7.7.52 5- 1514.7	11:15	MEX TRAIN DO				BOARD MEETING		PICKLEBALL	10:30	(8-11:00)
	BID EUCHRE	12:30	MOVIE 1:00		CRAFTS	10:00	VOLLEYBALL	11:30	SOCIAL EUCHRE	11	RENTAL 5-8
	PTS & BRUSHES		,,,,,,		EUCHRE	12:30	BRIDGE	12:30	FRIDAY FORUM		
	COUNTRY DANC				WRITING CLASS	1:00	TAI CHI	2-3:00			
	CITY of PICK. 6	:00-7:00			FRIENDLY TIES	6-8:30			FRIENDLY TIES	:30-10	
13		14		15		16		17		18	
	STRENGTH	10:00	MONTHLY LUI		DUP BRIDGE		FOOT CARE		CARDIO FITNESS	9:15	RENTAL 12-2
		11:15	11:30 - 3	:00	STRENGTH	1	BOXING	9:15	HAND & FOOT	10:00	RENTAL 4-8
	WALKING CLUB		5		CRAFTS	10:00	VOLLEYBALL	11:30	PICKLEBALL	10:30	
	BID EUCHRE	12:30			EUCHRE	12:30		12:30	SOCIAL EUCHRE	11:00	
	PTS & BRUSHES				WRITING CLASS	1:00	TAI CHI	2-3:00	Z DM Dage	SV.	
	COUNTRY DANC				DIAMOND DOTS	1:00				)	
	CITY of PICK. 6	:00-7:00							FRIENDLY TIES 7		
20		21		22		23		24		25	
	STRENGTH	10:00	CORNHOLE		DUP BRIDGE	9:30	FOOT CARE	9-1:00	CARDIO FITNESS	9:15	RENTAL 12-11
	LINE DANCING	11:15	MEX TRAIN DO				BOXING	9:15	PICKLEBALL	10:30	
	BID EUCHRE	12:30	TEXAS HOLD 'E		CRAFTS		BOOK CLUB	9:30	SOCIAL EUCHRE	11:00	
	PTS & BRUSHES		BINGO	1:00	EUCHRE	12:30	VOLLEYBALL	11:30			
	COUNTRY DANC	E 3-4:30			WRITING CLASS	1:00		12:30			
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NDLY TIES 6-8:30	CITY of PICK. 6				FRIENDLY TIES						
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	BID EUCHRE	12:30			CRAFTS	10:00		12:30			
	PTS & BRUSHES				EUCHRE	12:30	SHERIFF-CRASE				
	COUNTRY DANC	E 3-4:30			WRITING CLASS	1:00	(ACTIVE SHOOTE	R) 2-4			