THE PICKERINGTON SENIOR CENTER



NEWSLETTER

Monthly Update For Our 50 and Over Members



Inside This Edition

In our August 2025 Newsletter:

- Look into our new activities and functions for August
- Highlight & Discuss Opportunities to Volunteer for PSC
- · Spotlight our Partners & Sponsors
- · Check out our Calendar of Events
- See member's Birthdays in August
- Do our Word Search Puzzle

August 21st is NATIONAL SENIOR CITIZENS DAY!

PSC BOARD MEETING August 14th - 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 Senior 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: Larry Andrews, Gloria Ballard, Dale Baseman, Marilyn Canfield, Susan & Danny Chester, Jean Coburn, Faye Coleman, LuAnn Cooper, Carol Jean & Jim Lobmiller, Paula Deborah Greer, Patty Huston-Holm, Loggins, Linda 8 Ron David Matthews, Crystal Peck, Kay Peters, Donna Potts, Donald Taylor, Russell Taylor, Judith Tourville, Christine Warren, Andrea & Dave Watros, Brenda Wheeler, Sharon Wilson.

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!

FROM THE DIRECTOR

July was another great month at the PSC. We have added approximately 300 members this year. As we grow, I continue to be impressed by our instructors, volunteers and members.

I would also like to recognize our newest "Friend of the Center" the Fraternal Order of Eagles located on Brice Road, Reynoldsburg. The chapter donated \$3,000 to the PSC in July. We deeply appreciate their generosity and encourage all of our members to support the FOE on Brice Road.

We continue to make improvements and are currently updating the card and craft rooms. In the future, the new updates to these rooms will allow us greater flexibility to match the needs activities of and our growing membership base. In August, we will be launching our new craft corner. This room will allow our crafters a new layout to unleash their creativity. Come in and check out crafts in August.

Craig



FRIENDS OF THE CENTER SPOTLIGHT

CHEF HENRY'S CATERING

ABOUT THE BUSINESS: GREAT FOOD GREAT INGREDIENTS



FOOD TRUCK & CATERING SERVICES







Chef Henry has been a chef for over 20 years. He moved to the Columbus area with his wife Leah from Kansas City. They have eight wonderful children. Henry and his wife enjoy passing down the skill sets and lessons to their children through their catering business. Chef Henry serves all types of food including steak, seafood, health forward foods and Asian cuisines.

Chef Henry looks forward to growing with our Pickerington Senior Center through utilizing our commercial kitchen to prepare meals for his existing corporate clients, our PSC rental events and exploring opportunities with Fairfield County Meals on Wheels program. Chef Henry often creates dishes and items for our monthly luncheons.

Chef Henry can be usually be found in the kitchen early in the morning. Make sure to stop in and say Hi to the Chef. He is always happy to discuss a favorite dish and good food!



Two of our members, Jim Lehman and Sally Varnal, reached out to the Fraternal Order of Eagles regarding supporting our Center. The Eagles gifted the Pickerington Senior Center with a donation of \$3,000.

CRAFT & GARAGE SALE

Our Annual Craft & Garage Sale will be held on Saturday, September 20th. To sign up and reserve a table, see Jeff at our front desk.

Cost for tables: 12-foot table \$20

Round tables \$15 Card table \$10

OTHER UPCOMING EVENTS

September 11th / Thursday Versiti Blood Drive at our Center September / Matter of Balance Class September 13th / Saturday Kroger Vaccine Clinic at our Center October 24th / Friday Sheriff Dept. Class - Self-Defense November 1st / Saturday OSU v Penn State Party at our Center

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 / August 11th

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. This month's program will be about volunteering for good health.

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 activity is the perfect way to learn lively steps, meet great people, and enjoy toe-tapping music. This activity offers 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: 153 GOAL: 500



TUESDAYS AT THE CENTER

CHAIR YOGA / 7:30-8:30 am

Location: Main Room Join us for our newest class. Chair yoga offers a gentle and accessible way to experience the benefits of yoga, including improved flexibility, strength, balance and stress reduction.

CORNHOLE / 10 am

Location: Main Room
Enjoy competition? 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, August 26th. June Tourney was won by Bill Dunnette and Art Jones. 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.

SENIOR JEOPARDY / 1-2:30 pm August 5th

Location: Main Room

Senior Jeopardy will be played on the first Tuesday of each month.. We'll break down into 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

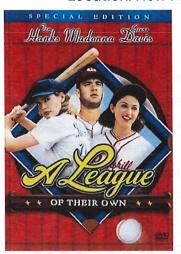
Tuesday: August 5th and 26th

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 / 1 pm / August 12th

Location: New Media Room



A LEAGUE OF
THEIR OWN
TIME: 1 PM
Popcorn, snacks
& bottled water
provided.
Cost: Free
Any questions,
contact
Faith or Doug at

(201)739-7241

MONTHLY LUNCHEON

August Monthly Member Luncheon will be held on **Tuesday, August 19, 2025**

at our center

TIME: 11:30 AM - 2:30 PM

SOUTHERN COUNTRY & GARDEN LUNCH

MENU: Fried Chicken, Corn on the Cob,

Green Beans with New Potatoes, Fresh Sliced

Cucumbers & Tomatoes / Watermelon

ACTIVITIES: Games/Prizes and 50/50

COST: FREE

Sign up on the KIOSK in advance or call the front desk

BINGO / 1 pm Tuesday: August 26th

Location: Main Room

Bingo brings people together for fast-paced, easy-to-learn fun. We play bingo on the <u>fourth Tuesday of every month</u>. Mark your numbers, feel the anticipation build, and shout "Bingo!" when you win. It's a game of luck, laughter, and unforgettable excitement. Will August 26th be your lucky day? Play and find out! Cost is \$1.50.

WEDNESDAYS AT THE CENTER

DUPLICATE BRIDGE / 9:30 am

Location: Card Room

Duplicate Bridge - the ultimate test of strategy, skill, and teamwork! Compete against others playing the same hands - 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 / 10-11 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.

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 craft room door. Join us for a group project or bring your own project to work on while socializing. New ideas are welcome. The money we raise goes back to our Senior Center.

CRAFT PROJECT OF THE MONTH FOR AUGUST

Card suit markers



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 or 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 / August 20th / 1 pm

Location: 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.

BALLROOM DANCING / 7:30-8:30 pm Every Wednesday Evening

Location: Main Room

Time2Dance will be giving ballroom dance lessons at our Center Wednesday evenings No partner needed. Cost: \$10 per lesson per week.



THURSDAYS AT THE CENTER

HEAL2TOE FOOT CARE SERVICES
Thursday / August 7th / 9 am - 1 pm
Thursday / August 21st / 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 / August 28th

Location: Card Room

Our Book Club meets on the fourth Thursday of each month. At our August meeting, we will discuss the biographies that each member chose to read. The book selection for September is The Plot by Jean Hauff Korelitz. New members are always welcome. Call Faith at (201) 739–7241 if you have any questions.



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. 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 August 7th, 14th, 21st & 28th

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.

CALL TO VOLUNTEER!

Volunteers are the heartbeat of our Center. We are grateful for their dedication, commitment & 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 PSC. See Jeff or Craig if you wish to participate.

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 _August 1st & 15th / 10-11:30 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

COFFEE, COOKIES & CONVERSATION August 15th / 10-11:30 am

Location: Media Room

"The Truth About Elder Law." Sponsored by Cheryl from Brookdale and Emily of Embassy Healthcare.

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 Fridays. Gift cards are usually given away as prizes. Come have some fun, don't be a Loner.

FRIDAY FORUM: FUN & FACTS August 8th / 1:30-3:00 pm

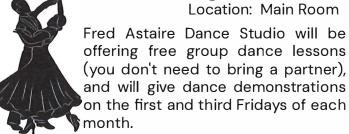
Location: Main Room
Make a "gutsy move" and come to our August
Friday Forum. Deidre Arms will give a presentation
on Gut Health. Some of the topics she'll discuss will
be: good bugs and bad bugs in the digestive track;
foods that heal and seal the gut; medications that
can affect the gut; the importance of hydration,
movement and stress management; and much
more.

Deidre is a MSN, APRN, CNP, and co-founder of the Desire Wellness Group. She works with Ohio ANNP as a chapter lead and educates graduate students as an adjunct faculty member at Otterbein University.

NEW ACTIVITY

BALLROOM DANCE / 2-3 pm

August 1st and 15th Location: Main Room



PANCAKE BREAKFAST

Our August Pancake Breakfast **Saturday, August 9th**

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!



PSC TRAVEL





UPCOMING TRAVEL EVENTS

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 River Walk Boat Cruise and authentic Texas barbecue dinner.

Includes: Non-stop airfare from Columbus to Dallas, 5 nights hotel, luxury motor coach, 5 breakfasts, 2 dinners & 1 lunch, all admissions, tour director and local guides. \$200 deposit due at sign up. We're closing this trip soon. If interested in going, sign up and pay in full by August 19th.

Cost per	person:	Single:	\$2,275
		Double	.\$1,830
		Triple	\$1.690

FINAL PAYMENT DUE BY: AUGUST 19th

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,, La Comedia tickets and delicious buffet meal. Availability: 54 spots. Payment due at sign up. Bus leaves promptly at 8 am, please arrive at least 15 prior to departure time. A small number of seats are still available.

Sign sheet at the front desk if any upcoming trips are of interest to you

<u>LANCASTER, PA</u> November 9th-12th

Visit Flight 93 National Memorial, National Train Museum, Story of Noah at Sight & Sound Theatre, Amish smorgasbord dinner, and more. \$200 deposit due at sign up. This trip is filling up fast, there are just a few spaces available. Sign up quickly before they're gone.

Cost per person:	Single:	\$1,050
	Double	
	Triple	

TRIPS IN PLANNING STAGES

Oct. 9, 2025 - The Wilds & Dickerson Longhorn Cattle Ranch (Day Trip)

May 2026 - Rescheduling of Cleveland, Medina, Canton trip

June 2026 - Trip to Badlands, Crazy Horse, Mt. Rushmore

Sept. 2026 - Trip on Princess Cruise Ship from New York to Halifax, Nova Scotia

Nov. 2026 – Christmas at the Biltmore, Asheville, Tennessee

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

AUGUST BIRTHDAYS

- Nora Greathouse, Rosemary Kralovich, Nancy Sasfy, Christine Warren
- 2 NONE
- 3 Kathy Binkiewicz, Diane Otto
- 4 Sharon Jackson, Ruth Ann Marshall, Jerry McCloud
- 5 Vince Pulles, Bobby Siburian,
- 6 Brenda Wheeler
- 7 Laura McClary
- 8 Barb Nelson, Greg Parsons
- 9 Eve Davis, Doug Hoek, Favonia Marquart, Katie McCann
- 10 Mary Boyer, Judy Evans, Nancy McGinnis, Janice McKeever, Steve Osborne, Mary Stai, Jackie Whitehead
- 11 Marianne Brooks, Jackie Denton, Jo Hensel, Gary Johnston, Judith Nolan, Monica Zalewski
- 12 Valerie Ardrey, Hattie Hunt, Jerry Lewis, Rachel Sandhofer, Jenene Warmbier
- 13 Robin Lynch, Clattie Tiggett
- 14 Jonas Hoover, John McCoy
- 15 Florence Cheney, Wilma Hill
- 16 Velda Ellis, Ruth Ann Lanter, Cecilia Wittenmeier
- 17 Vicki Schmoyer, Janette Scott
- 18 Harriet Howell, Carolyn Meadows, Kim Simon
- 19 David Matthews
- 20 Donna McIntire
- 21 Paul Heizer, Patsy Rospenda, Jean Walrath
- 22 Jill Holm Anders, John Coleman
- 23 Margaret Frazier
- 24 Lil Falk
- 25 Carol Alexander, Dorothy Kavanaugh, Mary Jane Kopral, Angie Smyers, Darie Wilson
- 26 Nancy Campbell, Jim Easley, Barbara Fleming, Sheri Kreinbihl, Barbara Matchack, Lucy Perez
- 27 Patty Bond, Janet Quelhorst, Susan Smith
- 28 NONE
- 29 Ann Lisk, Joanne Price, Toni Walton
- 30 Diane Cain, Cindy Poland, Gordon Walton
- 31 Chris Turnbull

LIFE HIGHLIGHTS

IN LOVING MEMORY OF:

Wanda Harvey's brother

MEMBERS KNOWN ILL:

Ray Knight - cardioversion procedure

CONGRATULATIONS:

Ellen and Ted Amland on the birth of their grandson Andrew Ryan

Janet and Lin Connell on the birth of their great-granddaughter Maya Estrella



AUGUST
WORD SEARCH
PUZZLE

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	SUN
PICNIC	SUNSCREEN
SAILING .	SURF
SAND	SWIM
SEA	TAN
SHELL	VACATION
SHOVEL	WATERMELON
SUNGLASSES	WAVES
	SAILING . SAND SEA SHELL SHOVEL

AUG 2025 CALENDAR

SUNDAY	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
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									CARDIO FITNESS	9:15	RENTAL 12-2	_
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RENTAL 2-7	STRENGTH	10:00	CHAIR YOGA	7:30	DUP BRIDGE	9:30	FOOT CARE	9-1:00	CARDIO FITNESS	9:15	PANCAKE BREAKFAST	Ī
	LINE DANCING	11:15	CORNHOLE	10:00	STRENGTH	10:00	BOXING	9:15	PICKLEBALL	10:30	(8-11:00)	_
	BID EUCHRE	12:30	MEX TRAIN DOMIN	CES 11	CRAFTS	10:00	BOARD MEETING	9:30	SOCIAL EUCHRE	11		-
	PTS & BRUSHES	1:00	TEXAS HOLD 'EM	12:30	EUCHRE	12:30	VOLLEYBALL	11:00	FRIDAY FORUM	1:30-3		_
	COUNTRY DANC	E 3-4:30	JEOPARDY 1-2:30		WRITING CLASS	1:00	BRIDGE	12:30				_
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	CITY of PICK. 6	3:00-7:00							FRIENDLY TIES	7:30-10		_
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	LINE DANCING	11:15	CORNHOLE	10:00	STRENGTH	10:00	BOARD MEETING	9:30	COFFEE & CONV	10-11:30		
	WALKING CLUB	12:15-1:45	MEX TRAIN DOMIN	OES 11	CRAFTS	10:00	VOLLEYBALL	11:00	HAND & FOOT	10:00		
	BID EUCHRE	12:30	MOVIE 1:00		EUCHRE	12:30	BRIDGE	12:30	PICKLEBALL	10:30		
	PTS & BRUSHES	1:00			WRITING CLASS	1:00	TAI CHI	2-3:00	SOCIAL EUCHRE	11:00		
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RENTAL 2-5	STRENGTH	10:00	CHAIR YOGA	7:30	DUP ERIDGE	9:30	FOOT CARE	9-1:00	CARDIO FITNESS	9:15	RENTAL 4-10	1
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	4.		ĝ		DIAMOND DOTS	1:00		-				
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	BID EUCHRE	12:30	MEX TRAIN DOMIN		CRAFTS	10:00	VOLLEYBALL	11:30				
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