

December 2009



Canal Winchester Senior Citizen's, Inc.

Frances Steube Community Center • 22 S. Trine Street • Canal Winchester, OH 43110 • (614) 837-8276

A letter from your president

Dear Members,

The Holiday Season is here. So you better watch out and you better be good. Santa has eyes everywhere.

Many holiday activities and trips will be taking place this month so, when you are out and about be careful.

Our December meeting will be a catered meal prepared by Penny and her mom, Linda and the C.W. Chorale will be performing. Come out and join us.

During this Holiday Season take time out to celebrate the true meaning of Christmas. Pray for all the sons, daughters, spouses and grandchildren who will not be home for Christmas.

Happy Holidays,
Sara Hatton, President

Senior Citizen Coordinator Message

Dear Members,

I hope everyone had a Happy Thanksgiving. Now it's "count down to the Christmas." Every year the decorations, holiday music and Christmas sales at the department stores seem to start earlier. The Halloween candy is off the shelf and replaced with Christmas candy overnight! I refuse to celebrate Christmas before Thanksgiving! I hate to cook, so, please, one "cooking" holiday at a time!

Enjoy the upcoming holiday season and take time to remember the reason for the season. It's not about what you give or receive as gifts but a time for peace, love and joy. It's not the size of the gift but the warmth of the giver that counts.

Linda, Carrie, Lou, Larry and I want to wish you a very Merry Christmas. We hope that your holiday is filled with peace, love and precious memories.

Donna

For Your Information

Canal Winchester Christmas in the Village

Friday, December 4 & Saturday, Dec 5
6:00 p.m. to 9:00 p.m.

Come out to join the festivities including a parade, tree lighting, horse drawn carriage rides, pictures with Santa, an ice sculptor, a gingerbread house contest and more! A Model Train Display and a business bazaar will be featured at the community center. Gingerbread house entries must be received by Friday at 5:00 p.m. at Harvest Moon.

10 MINUTES THAT COULD SAVE YOUR LIFE

Thursday, December 10, 2009
starting at 9:00 am

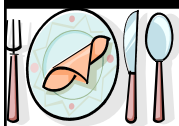
The following screenings will be offered by Life Line Screening at the Canal Winchester Senior Center.

- * Carotid arteries in the neck for Stroke (75% of all strokes are linked to Carotid Artery Blockage) (\$45.00)
- * Carotid arteries in the legs for Peripheral Arterial Disease which is linked to heart disease. (\$45.00)
- * Aneurysms in the aortic vessel of the abdomen (\$45.00)
- * Atrial Fibrillation, for irregular heartbeat. (\$45.00)
- * Osteoporosis - bone density (\$35.00)
- * All 5 tests for \$149.00

This is a preventive program. The tests can reveal problems early so that the issues can be addressed and take care of before they become life threatening. Results are mailed to you and you are referred back to your own doctor. These non-invasive completely painless screenings take about 10 minutes each.

Call 1-877-792-8480 to make an appointment.

Weekly Lunches at the Center



December Senior Lunches

Lunch is served every Tuesday at 11:30 a.m. at a cost of \$2.00. You must call before noon on Friday to sign up for the following Tuesday. On the second Tuesday of each month C. W. Senior Citizen's, Inc hold their monthly meeting and luncheon at noon. These lunches are either a potluck or a catered lunch at a cost of \$6.00. Tickets must be purchased by the noon on the Friday prior to the second Tuesday.

We are able to keep regular Tuesday lunches at the low cost of \$2 thanks to sponsorship donations by our area businesses. Thank you to the following sponsor:

Dec. 15 Home Instead

FREE LUNCH

TUESDAY, DECEMBER 1.

Bring in personal hygiene or cleaning supplies to donate to the C. W. Human Service Adopt a Family Program and you will receive a free lunch on Tuesday, Dec. 1. Items needed are shampoo, soap, deodorant, tooth brushes, tooth paste, lotions, laundry detergent, paper towels, toilet paper, etc. These items should be new and should be valued at \$2.00 or more. These items will be included in the "Family Gift" supplied to adopted families. Show your holiday spirit and give generously.

December 18 Catered Menu

Joyful Jello
Cheerful Chicken
Peaceful Potatoes
Gleeful Green Beans/Corn
Delightful Dessert

Ticket must be purchased by noon on Friday, December 4.

Have a Joyful, Cheerful, Peaceful Gleeful Delightful

MERRY CHRISTMAS

LINDA & PENNY - PAL CATERING

Computers for Seniors

We have 2 computers available to you from 9:00 am to 4:00 pm during office hours. Please stop in to take advantage of this service. You can use the computer to write and receive e-mail from friends and family or to research any topic you can imagine. Linda or Donna will be happy to lend a hand. Don't miss out on this learning opportunity.

Lending Library at the Center

The center has a large number of books which may be borrowed on the honor system, there are also magazines, puzzles and games which you are welcome to borrow. Just stop by the center anytime during office hours.

Activities at Your Center

Mondays—9:00 a.m. Quilting

Contact Joyce Barrett at 833-2325 or just stop in on Monday.

Tuesdays— 9:30 am Crafts

11:30 am Lunch (Be sure to sign up)

Cards after lunch until 3:00 pm

Wednesdays—9:30 Chair Volleyball

Thursdays—10:00 Chorale Stop in to join.

Fridays—Noon Bingo (1st Friday)

Noon Progressive Euchre (2nd Friday)

11:00 a.m. Out to Lunch Bunch (3rd Friday)

Noon Progressive Euchre (4th Friday)



Out to Lunch Bunch

December 18

Hometown Buffett

Brice & Chantry Drive

Van leaves center at 11:00 a.m.

Sign up today

(We can pick you up at home, just call.)

Progressive Euchre December 11



Progressive Euchre is normally the second and fourth Friday of every month from

Noon to 3:00 p.m. Fun, food, and prizes!

October 23 Winners

1st Place – Dave Ball
2nd Place - Betty Vittorio
Loner – Darnell Patrick
Door Prize - Sue Pierce

November 13 Winners

1st Place – Evelyn Schiller
2nd Place - Sharon Jones
Loner – Joan Price
Door Prize— Emily Simon



B-I-N-G-O

Next Bingo—Feb 5

Bingo is normally the first Friday of every month. No January Bingo. Fun, food prizes.....Come try your luck!!!

Happy December Birthday to~

Dec 4 Tom Helber
Dec 6 Almeda Tucker
Dec 7 Mariellen Haynes
Dec 8 Betty Bruce
Dec 9 Susan Pendleton, Joan Wald,
Lois Williams
Dec 10 Carole Graening, Jan Tylka
Dec 12 Bill Wright
Dec 20 Ina Snyder
Dec 21 Nancy Shiley
Dec 22 Jim Hedrick
Dec 24 Mary Ludwig
Dec 26 Darnell Patrick
Dec 31 Charles Dillon, Rita Harrington



Happy December
Anniversary to ~
Dec 7 Ernest & Cleora Becker



I hope this touches you the way it touched me!

GOODBYE MOM

A young man shopping in a supermarket noticed a little old lady following him around. If he stopped, she stopped. Furthermore she kept staring at him.

She finally overtook him at the checkout, And she turned to him and said, "I hope I haven't made you feel ill at ease. Its just that you look so much like my late son."

He answered, "That's okay."

"I know it's silly, but if you'd call out "Good bye, Mom" as I leave the store, It would make me feel so happy."

She then went through the checkout, And as she was on her way out of the store, The man called out, "Goodbye, Mom."

The little old lady waved, and smiled back at him.

Pleased that he had brought a little sunshine into someone's day, he went to pay for his groceries.

"That comes to \$121.85," said the clerk..

"How come so much ... I only bought 5 items."

The clerk replied, "Yeah, but your Mother said You'd be paying for her things, too."

Bet you thought this was going to be a tear jerker.

You can't always trust little old ladies!!!!





November Sunshine Report by Pat Blythe

Sympathy cards were sent to :

Ila Hart for the loss of her brother and to Jim and Lelah Hedricks for the death of their daughter in law.

Please call Pat , Sunshine Committee Chairman, at 920-4681 if you know of a member who is ill or needs remembered.



November Door Prize Winners

Dianna's Flowers - Norene Benson

Orchids & Ivy Florists - Peggy Wilkinson

Water Bottles donated by Fitness Firm -
Virginia Bunch, Roseanne Hale, Arthur Hanson,
Bill Citro, Carrroll Ardrey, Bobbi White, Emma
Wagner, Anne Meadows, Shirley Ann Edwards,
and Sue Conley

50/50 Winner — Linda Webber

Congratulations to the winners and thank you to all who donated prizes.



Podiatrist No November Visit



Dr. Liden is now coming to the center **The next visit to the center to clip toenails is Thursday, Dec 3 from 9:00 a.m. to noon.** Call the podiatrist's office at 614-866-3182 to schedule your appointment.

Tania Neater, Licensed Massage Therapist One hour Senior Massages - \$30.00

1-740-438-2186

Wednesday, Dec. 2

Monday, Dec. 14



Does a relaxing massage sound nice? Then call Tania Neater at 1-740-438-2186 to schedule an appointment! Tania, a licensed massage therapist, offers one hour massages at the center. They are normally on the first and third Wednesday of every month from 9:00 a.m. to 3:00 p.m.



Penny Specials

These trips and activities are made possible through a grant that Penny Miller, Canal Winchester Human Services Administrator, has obtained for the center. Since there is no cost for transportation this allows us to offer inexpensive fun trips and activities.

All admissions and meals are on your own. You must sign up in advance. A minimum of 5 people is necessary for trips and activities. **Meet at the center at the designated time or call for a pick up at your home.**

Due to funding these trips are limited to Canal Winchester Senior Citizens Inc. members who live in either Fairfield or Franklin County.

You must complete a transportation form and you must be a member of the Canal Winchester Senior Citizens, Inc. to sign up for these trips.

Upcoming Penny Specials

December 4, Friday Polaris Shopping & Lunch

We will leave the center at 9:00 am. After shopping we will meet for lunch before returning to the center.

Lunch on your own.

December 11, Friday River Valley Mall & Kohl's Shopping & Lunch

We will leave the center at 9:00 am. After shopping we will meet for lunch before returning to the center.

Lunch on your own.

December 12, Saturday Candlelight Tour Lancaster Area Churches

Cost is \$8.00 with dinner on your own at Pizza Cottage. Van leaving center at 4:00 p.m.

January 3, Sunday Tran-Siberian Orchestra At Nationwide Arena

Tickets are \$38.00 and payment is due Tuesday, Nov. 24. The van will leave at noon with a stop for lunch on your own before the show.

January 22, Friday Lunch & Movie

Cost of Lunch & Movie is on your own.

February 17, Wednesday Broadway Across America's "Dreamgirls"

Leave Center at 5:00 p.m. Show cost—\$43.00 Dinner on your own—restaurant to be announced. Payment must be made no later than January 12.



Senior Transportation

The C.W. Transportation Program provides free transportation for senior citizens over the age of 60 and disabled persons. This service is offered **only** to residents of the Canal Winchester School District.

To participate in the program you must fill out a client information sheet. If you have not registered, please contact the center to obtain a copy of the guidelines and the client information sheet. All appointments are to be made through the center 614-837-8276.

Appointments should be scheduled at least two working days in advance.
IMPORTANT: *Your appointment must be no earlier than 9 a.m. and no later than 2 p.m. We have been flexible with this rule in the past, but can no longer accept appointments after 2:00 p.m.*

UPCOMING TRIP INFO

The following trips are offered in partnership with Groveport and Pickerington Senior centers. Most trips are open to anyone. Stop in or call the center to register for a trip or for more information. If you would like to travel but don't have a partner, please let the center of-fice know and we might be able to pair you up with a travel partner.

Keep in mind that once we have paid the travel company for a trip, we cannot refund money if you have to cancel. Therefore, it is always best to ask about travel insurance on a trip and purchase it when available.

2010 UPCOMING TRIPS

Start planning now for your 2010 Trips. Many 1, 2 and 3 day trips are being planned for 2010, however, we want to list the "big trips" for 2010 for your consideration. Watch the newsletter for more information!



Caesars Casino Horseshoe Southern Indiana January 12—13, 2009

This topnotch casino located just 20 minutes from Louisville, Ky. has 10 floors and over 500 luxurious hotel rooms. The casino offers the exciting atmosphere of Las Vegas while nestled in scenic southern Indiana. It offers over 100 world class table games and nearly 2000 slot machines in a 90,000 square foot casino.

This deluxe motor coach trip includes overnight accommodations, dinner and breakfast as well as luggage handling. The cost is only \$97.00 per person double occupancy. Payment is due by December 10.

SIGN UP NOW!

February 24, Wednesday LaComedia's *Bubba's Revenge*

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.

Country favorites you will hear include "Islands in the Stream," "On the Road Again," "You're the Reason Our Kids Are Ugly," "Rhinstone Cowboy," "Achy Breaky Heart" and "Everything is Beautiful." If you haven't seen the "Angels" before, don't worry, you'll catch up quick!

Cost \$57.00

Includes show and the famous LaComedia Buffet.

May 14-22, 2010

Trains and Canyons of the Southwest

This amazing trip will include round trip air from Columbus, hotel accommodations with daily breakfast at the Courtyard at Marriot in Scottsdale, Arizona, The Orchards Inn in Sedona, Arizona, The Hilton in Santa Fe, New Mexico and the Sheraton in Albuquerque, New Mexico. Enjoy train rides on the Verde Canyon Railroad, the Grand Canyon Railway, as well as a trip on the world's longest aerial tramway, the Sandia Peak Tramway. View the Grand Canyon, the Petrified Forest National Park, a panoramic view of the Sandia Peak and so much more. **ONLY 20 SPOTS AVAILABLE!**

Stop by the center to pick up a brochure with all the details of this trip. Cost is \$2,649.00 pp for a double occupancy. Trip Cancellation Waiver and Insurance is recommended at a cost of \$140.00 per person.



November 1—10

Reflections of Italy

We toured southern Italy in 2006 now its time to tour the rest of this historical country. Plan now for this once in a lifetime tour with Collette Tours. Stay in beautiful hotels, enjoy delicious local cuisine, visit the historical cathedrals, churches, castles, and art museums including Michelangelo's incredible statue of David. Tour medieval villages with time to shop and explore. This fabulous trip starts in Rome, and includes visits to Umbria, Siena, Florence, Venice, Murano Island, Como, and Lugano, Switzerland.

Cost is \$3049.00 pp for double occupancy. Cancellation Waiver and Insurance is \$200.00 per person. *Be sure to watch the newsletter for the 2010 Reflections of Collette Vacation's Presentation and slide show to be presented after January 1.*

BROCHURES ARE AVAILABLE NOW!!

December

Canal Winchester Senior Citizens, Inc

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:30 Crafts 11:30 Lunch & Cards Food Pantry Drive	2 9—4 Massages	3 9-Noon Podiatrist  11:00 a.m. Volleyball Team Christmas Party	4 9:00 Van leaves for Polaris 12:00 - 3:00 Bingo <i>Christmas in the Village 6-9 pm</i>	5  <i>Christmas in the Village 6 - 9 p.m.</i>
6 <i>Toy Drive 2-4:00</i>	7 9:00 Quilting 10:00 Senior Board Meeting 6:00 pm Boy Scouts	8 Noon—Catered Lunch & Meeting 7:30 pm C.W. Garden Club	9	10 9—4:00 Life Line Screening 1-877-792-8480	11 9:00 Van leaves for River Valley Mall 12:00 - 3:00 Progressive Euchre	12 9:00 a.m. Breakfast with Santa <i>Rented 6-7:30</i>
13 <i>Rented 12:30—3:00</i>	14 9:00 Quilting 9—4 Massages 6:00 pm Boy Scouts	15 9:30 Crafts 11:30 Lunch & Cards Sponsor—Home Instead	16 8:15 Bus leaves from Groveport for LaComedia	17	18 11:00 Out to Lunch Bunch	19 <i>Rented 2-5:00 p.m</i>
20 <i>Rented 2-6:00 p.m.</i>	21 9:00 Quilting 6:00 pm Boy Scouts	22  9:30 Crafts 11:30 Lunch & Cards	23 Noon—Lions Club Meeting	24  Christmas Eve	25  Center Closed	26 <i>Rented 9 am -7:00 pm</i>
27	28 9:00 Quilting 6:00 pm Boy Scouts	29 9:30 Crafts 11:30 Lunch & Cards	30	31  New Year's Eve		

Canal Winchester Senior Citizens, Inc.
22 S. Trine Street
Canal Winchester, OH 43110
614-837-8276

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December Newsletter

Dated material. Please deliver promptly

Merry 
Christmas

*From: The Senior Center Staff and C. W.
Senior Citizen Officers and Board Members —*

*Carrie, Donna, Linda, Lou, Larry,
Penny, Sara, Conrad, Jeanne, Anna,
Jackie, Marian and Dorothy*

Frances Steube
Community/Senior Center
22 S. Trine Street
Canal Winchester, OH

Center Staff:

*Carrie Hoover, Community Affairs Director
Donna Warren, Senior Citizen Coordinator
Linda Tennison, Receptionist
Lou Snyder, Senior Transportation Driver
Larry Dowler, Senior Transportation Driver
Penny Miller, C.W. Human Services*

2009 –2010 OFFICERS

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Conrad Yeater—Vice President
Secretary—Jeanne Johnston
Treasurer—Anna Francis