



Canal Winchester Senior Citizens, Inc.

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

President's message,

The Veteran's Breakfast and March went well. We had a good turnout for each. **Thanks to all who helped.** We couldn't have done it without you.

The Holiday Concert, which is sponsored by the Canal Winchester Senior Citizens group, is December 4 at 2pm. The concert is being held at Oley Speaks auditorium. All donations are to benefit the Adopt-A-Family Christmas program.

Merry Christmas and Happy New Year to all !!

Mike Felkey

A Note from your Center Coordinator

I hope everyone had a Happy Thanksgiving. Now it's "count down to Christmas." Every year the decorations, holiday music and Christmas sales seem to start earlier.

Enjoy the upcoming holiday season and take time to remember the **reason for the season.** It's not about the gifts, but about the birth of the baby Jesus. It's a time for peace, love and joy.

Amanda and I wish you a very Merry Christmas!

Linda

Thanks to the many businesses of CARE for providing the "Soup for the Soul" lunch November 15. Regina Hill - Downsizing expert, Sheryle Powell - Brookdale, Kyle - Heartland, Teri Mutchler - Inn at Winchester Trail, Natasha McIntire - Arbors East, Valerie - Altercare, Jenny Arter - Carroll Place, Amber- CareTenders, Kim Shook- Fairhope Hospice, Jody Amspauagh - HomeHelpers, LA Castle - Southern Care Hospice, Dave- Vitas, Traci -Primrose, Brittany Hogue- Homewell.



Senior Holiday Dinner

**American Legion Post 677
11410 Smith Rd, Lithopolis**



Sunday, December 11

12 - 3pm

Sign up at the Center.



"Christmas in the Village" December 2 & 3

Canal Winchester's annual storybook Christmas celebration kicks off the holiday season in downtown Canal Winchester December 2nd and 3rd. (Friday December 2nd 6-9 pm & Saturday December 5th 5-8 pm).

Christmas in the Village will feature Santa visits, ice sculpting, kids' activities, mule drawn wagon rides, a chance to Meet the Grinch, and much more!

Santa Claus will arrive downtown to start each night with a Christmas tree lighting.



Bad Weather Warning

If Canal Winchester Schools are cancelled because of weather, senior transportation is also cancelled. In addition, transportation may be altered and/or cancelled should the transportation staff feel weather provides a risk to safety at any time.



The Community Center staff will be in, however, **senior activities will be cancelled.**

Happy Birthday

- Dec 1 Allena Jordan, Jean Eberle
- Dec 2 John Colbert
- Dec 4 Janet Fry, Tom Helber
- Dec 5 Vicky Riddle, Bobbie Shumway
- Dec 6 Jackie Koehler, Almeda Tucker
- Dec 9 Mary Cornett, Joan Wald, Lois Williams
- Dec 10 Carole Graening
- Dec 11 Anna Hall
- Dec 12 Roger Fry, Bill Wright
- Dec 14 Keith Cline
- Dec 15 Jan Dowler, Emily Simon, Ellen McCarty
- Dec 17 Mark Polley
- Dec 18 Marsha Windbigler
- Dec 20 Ina Snyder, Ruth Manson
- Dec 22 Jim Hedrick,
- Dec 30 Martha Cox



Happy Anniversary

- Dec 19 Jim & Kathy McGuire
- Dec 26 Cecelia & Douglas Behrens, Donald & Shelby Grieves
- Dec 27 Hank Houck & Vanessa Miles
- Dec 29 Earl & Marilyn Cathers



Red Hat Meeting



Tuesday December 6

Davis Shai House

301 Central Parkway, Heath

Contact Sandy Mendel at 614-214-2477 for details.



B-I-N-G-O Friday December 2

Noon - 3pm

Cost is \$2 for 2 cards and \$1 for lunch. Join the group for **\$10 cash** for door prize and **\$10 cash** for coverall.

Don't miss the prizes and fun!!

Chair Volleyball

Reminder to Chair Volleyball team members - Christmas party will be held Wednesday, December 7 from 10-1



BLOOD PRESSURE SCREENINGS

3rd Tuesday of Each Month

Madison Township Firefighters will be offering blood pressure screenings at the center on the 3rd Tuesday of each month before our weekly lunch.

They will also provide help obtaining **Medical History Bracelets**. Pick up a medical history form here or at the firehouse. Fill it out and they will input your information into your medical bracelet. The cost is only \$20 for this service.



CANAL WINCHESTER HOLIDAY COMMUNITY CONCERT

SUNDAY, DECEMBER 4 AT 2PM

Hosted By: CW SENIOR CITIZENS, INC.

Oley Speaks Auditorium
(in the old High School)

Enjoy beautiful holiday music provided by several local church choirs. Refreshments will be served.

All donations of food or money go to C.W. Human Services



Activities at Your Center

MONDAY

9:00 am - 3:00 pm Quilting Club
(Contact Joyce Barrett at 833-2325)

TUESDAY

11:30 am Lunch (Cards after lunch until 3:00)
Noon (2nd Tuesday) Catered Lunch, Business Meeting, & Entertainment (Cards until 3:00)

WEDNESDAY

Massages by appointment
9:30 am Chair Volleyball practice.
New players welcome!

THURSDAY

11:00 am Yoga

FRIDAY

Noon (1st Friday) Bingo
11:00 am (3rd Friday) Out to Lunch Bunch
(see newsletter for restaurant)
Noon (2nd & 4th Friday) - Progressive Euchre

Smile !

It makes people wonder what you're up to!

Weekly Lunches at the Center

Lunch is served Tuesdays at 11:30 a.m. at a cost of \$3.00. You must call before noon on Friday to sign up for the following Tuesday.

On every second Tuesday of the month (except January and February) the C. W. Senior Citizen's, Inc hold their monthly meeting and luncheon at noon. These are catered lunches for \$8.00. PLEASE NOTE: Tickets must be purchased by noon on the Friday prior to the catered lunch.

Thanks to sponsorship donations by area businesses. We are able to keep regular Tuesday lunches at \$3.00.

DECEMBER LUNCH SPONSORS:

Dec 6 - Altercare

Dec 20 - Canal Winchester Rehabilitation & Skilled Nursing

Dec 27 - Brookdale



Catered Lunch



December 13

Spinach Salad

Ham

Sweet Potatoes

Mixed Vegetables

Roll & Butter

Scalloped Pineapple

Catered by Blue Moon

Ticket must be purchased by December 9

The Canal Winchester Middle School choir will visit us at noon, Tuesday December 6.



Please stay right after lunch for this short Holiday Concert brought to you by our very own local young talent !!

Canal Winchester Human Services

December 20

~ Soup Kitchen!! ~



Wear your favorite Christmas sweater and come to party with Santa!!

Lunch is provided by Canal Winchester Human Services. Receive a FREE lunch with a food donation valued at least \$3.00. This month's donations will go to the purchase of a **new van.**



**Out to Lunch Bunch
Friday, December 16**

**Signature Restaurant
167 W Main St, Lancaster**

Meet us at the Center at 11:00am to ride in the van or meet at the restaurant by 11:30

MAXIMUM OF 24 people for van transportation.
If you need transportation to the Center from your home please call Transportation at 834-4700.



Progressive Euchre
December 9 & 23
12:00 – 3 pm

Cost: \$2.00 per person
Snacks are welcome!

October 28 Winners

- 1st Place: Pat Moore
- 2nd Place: Ollie Moore
- Loner: Jack Ritter
- Door Prize: Pat Moore

There was no Euchre in November.

Join the group for fun, food, and prizes!

November Meeting
Door Prize Winners



\$25 Kroger Gift Card - Dick Hummel

50/50 Winner - Linda Herrick



November Sunshine Report
by Lynda Citro, Sunshine Committee

Thinking of You Cards were sent to:

Rurie McCann; Judy Boner; Ron and Paulette Maynard

Get Well Cards were sent to: Sean Lemke

A Sympathy Card was sent to: Beverly Boyce; Family of Delores Johnson

Contact Lynda at 458-8182 or the Center office at 837-8276 if you know of someone to whom she needs to send a card.



In loving memory of ...

Dolores Johnson

January 8, 1934 - October 24, 2016



YOGA

Thursdays at 11:00 am

Open to anyone 12 years or older, any gender, size, shape, level of ability. The only requirement to attend is a donation of **\$1 or more** to benefit Canal Winchester Human Services, taken at the beginning of each class.

Wear comfortable clothing and bring a yoga mat if you have one.

These Hatha yoga classes are taught by Kathy Esson, a certified instructor who has been teaching for over ten years.

There will be chairs available for those who prefer to use them instead of the floor during the class.

Jennifer Boggs, Licensed Massage Therapist

One Hour Senior Massages

Call Jennifer at 1-740-589-0321

Take advantage of the **1/2 price senior rate of \$30.00!** Massages are given in complete privacy in the clinic of the C. W. Senior Center every Wednesday.

Glucose screening



A nurse from Brookdale Lakeview Crossing will be here on Tuesday

December 27 at 10:30 to noon to conduct

GLUCOSE SCREENINGS!!



ADOPT A FAMILY

In 2015 more than 310 people were helped and we anticipate helping at least that many this year.

Financial donations help support kids we are unable to adopt. All children served get new clothes and shoes along with several presents from Santa! Each family is offered used coats and new mittens scarves and hats.

Thank you for your kind donations to make this possible. **"ADOPT-A-FAMILY"** will be distributed the week of **December 12**

C.W. Human Services, Inc. Senior Transportation 614-834-4700

Canal Winchester Human Services provides a **free** Transportation Program for Canal Winchester School District Residents who are over age 60. This program is administered from the food pantry. Call 834-4700 to make your appointment.

To participate, new clients must fill out a client information sheet. Transportation service is curb to curb. If you need assistance, someone must accompany you. Transportation for medical appointments must be within Franklin County, or no more than ten miles from 360 W. Waterloo if in a neighboring county (Fairfield, Pickaway).

Appointments must be scheduled at least two working days in advance and your appointment must be between 9am and 2pm.

GROCERY SHOPPING TRIPS Every Monday (12:00) – Meijer

1st, 3rd & 5th Tuesday (12:00) –Wal Mart

2nd & 4th Tuesday (12:00) – Kroger

If you would like transportation for any of the above grocery trips, please call at least two business days before your requested day.

Please call 834-4700 to schedule the van.

EVERYDAY DIVINITY FOOT CARE Thursday, December 8

Heather Wilson is a Registered Nurse, Certified Foot Care Nurse and has 10 years of Vascular services experience. She formed Everyday Divinity because she witnessed the importance of proper foot care and its value to ones quality of life.

Thirty minute appointments for \$27, include a complete foot assessment, expertly trimmed, thinned & filed nails, corns & callouses filed and buffed. All tools are sterilized for each patient.



Call or stop in to schedule your appointment.

PENNY FUN TRIPS

These trips are funded by a grant obtained by Penny Miller, Canal Winchester Human Services Administrator. Checks must be payable to **Penny Miller** for these trips. **You may leave a check at the center for Penny. Please put your name and trip on the envelope.** Due to funding, these trips are limited to C. W. Senior Citizens Inc. members.

PAYMENT IS DUE at SIGN UP.

We will no longer be able to count you as a participant until payment is made to insure that everyone that does pay has a seat on the van.



FRIDAY DECEMBER 2



POLARIS CHRISTMAS SHOPPING

Leave Center at 9:00 – Return about 3:00

Mannheim Steamroller

Sunday, December 18
Palace Theatre (Mezzanine seating only)

\$48 is due at sign up.
Checks payable to Penny Miller.



Merry Christmas

Quilting Corner

The Quilters on the Canal is a senior activity at the Community Center that meets on Mondays 9:00 - 3:00.

You don't need to know how to quilt. There are quilters here that are willing to teach and to help you along the way.



Join us for quilting, sewing, friendship and fun!!

UPCOMING TRIPS & INFORMATION

The following trips are offered in partnership with Groveport and Pickerington Senior centers. Stop in or call to register for a trip or for more information. If you are interested in a trip be sure to sign up quickly as many day trips fill very quickly. Deposits must be made in advance to the bus company, the tour company, etc.

Please make checks for these trips to: GROVEPORT SENIOR CENTER.

FOR ALL PICKERINGTON, C.W. AND GROVEPORT TRIPS the bus leaves from both the Groveport & Pickerington Senior Centers. **We assume CW members will board in Groveport.**

PLEASE advise if you wish to board elsewhere. We don't want to leave anyone behind!

THE BUS IS LEAVING from Groveport Senior Center... BE THERE 15 MINUTES BEFORE DEPARTURE!

At 8:15am on November 30th for LaComedia

At 2:45pm on December 12th for Clifton Mill

CLIFTON MILL & YOUNGS DAIRY

December 12

Travel to Yellow Springs to Young's Jersey Dairy for dinner and a scoop of their famous ice cream along with shopping in their gift shop. Then it's off to Clifton Mill to see the fabulous display of lights. There are over 3 million lights in a natural setting. See the country's largest Santa Claus collection with well over 3,000 Santas. Visit the snack bar for hot chocolate, popcorn, and a gift from the gift shop.

Clifton Mill is 1 of the top 5 Christmas attractions in the U.S.

\$45 is due on sign up and includes transportation and tips.

WAITING LIST ONLY

SCIOTO DOWNS RACINO

January 18

Join us for a day at Scioto Downs for some gambling fun!



\$12 due by December 15 and includes \$20 free play and the half price buffet.

Checks payable to Groveport Seniors.

La Comedia Dinner Theatre presents...

Steel Magnolias

Thursday February 23

\$60 due at sign up

A tribute to the charm and wit of Southern women, Steel Magnolias is a touching comedy-drama that shows the healing power of laughter and friendship. As the women of Chinquapin, Louisiana, gather to get their hair done they gossip and trade opinions about every day life. They find strength and comfort in one another through much verbal ribbing.

Leave Groveport at 8:15 Cost includes the lunch buffet, concert, transportation and driver tip.

Checks payable to Groveport Senior Center.

SOUTH DAKOTA

The Black Hills & The Badlands

September 8-14

Some of the highlights of this awesome tour will include; Mount Rushmore, Crazy Horse Memorial, Black Hill Gold, Needles Highway, Custer State Park, Pine Ridge, Badlands National Park, Wall Drug, Deadwood, Spearfish and much, much more.

Join us for a full color presentation of this Collette Vacations tour on January 10th at 1:00pm at the Pickerington Senior Center.

Central Ohio Area Agency on Aging is happy to announce that The Frances Steube Community Center has a winner this year for the 2017 calendar photo contest.

Congratulations
Pamela Klopfer!



DECEMBER

Canal Winchester Senior Center

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 11:00 Yoga 6:00 Lions Club	2 12-3 Bingo 6-9 Christmas in the Village	3 5-8 Christmas in the Village 
4 2:00 Holiday Concert at Oley Speaks	5 9-3:00 Quilting 10:00 Senior Board Meeting	6 11:30 Lunch & Cards Sponsor: Altercare 12:00 CW Middle School Choir sings 6:00 Girl Scouts	7 9:00 Massages 10 -1 Volleyball party 7:00 Art Guild	8 9-2 Footcare 11:00 Yoga 7:30 VFW	9 12:00 - 3:00 Progressive Euchre	10  Breakfast with Santa Rented
11 5-8 Rented	12 9-3:00 Quilting	13 Noon- Catered Lunch & meeting Chorale sings	14 15 Center Closed for C. W. Human Services Adopt A Family Program		16 9-3pm Franklin County Board of Health Children's Immunization Clinic 11:00 "Out to Lunch Bunch"	17 4-8 Rented
18 Rented	19 9-3:00 Quilting 6:00 Boy Scouts	20 SANTA & SOUP KITCHEN 11:30 Lunch & Cards Sponsor: Canal Winchester Rehabilitation Center	21 9:00 Massages	22 11:00 Yoga	23 12:00 - 3:00 Progressive Euchre	24  'Twas the Night before Christmas ...
25 	26 CLOSED	27 10:30 Glucose test by Brookdale 11:30 Lunch & Cards	28 9:00 Massages	29 11:00 Yoga	30	31