



MARCH



Canal Winchester Senior Citizens, Inc.

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

President's message

Good March, everyone! Remember to wear your GREEN on March 17th!

A reminder that the Census is coming soon. I hope to post some information on our Facebook page, so if you are a member, check it out. If you are not and you have any concerns, questions or comments about the census, Linda, Amanda or I can be of assistance. We just want you to do it and be comfortable with it. You will soon be seeing information everywhere!

Love and hugs,
Tracy Weiland

A Note from your Center Coordinator

Welcome the beginning of Spring and goodbye Winter! We will begin our Chair Volleyball season and we are always looking for new players. It's really a lot of fun and we get to travel and meet other teams of all skill levels and abilities. ANYONE can be a player.

Join the fun Monday at 5:30 and Wednesday at 6pm as we enjoy CARDIO DRUMMING, sponsored by Impact Nutrition. It's a fast paced drumming exercise class.

A big THANK you to Larry Duncan for handling the job of Treasurer for so many years and welcome Kathy Dickson, your new treasurer.

Linda



& Silent Auction

\$10 Donation for Adults
\$5 Donation for kids (12 and under)

Includes salad, garlic bread,
and coffee, pop or iced tea

Fundraiser for
Friends for Life Animal Haven

Saturday, March 21

4-8pm

Canal Winchester Senior Center



It was an amazing turn out for this year's SOUPer Bowl. The community really came together. Handmade bowls were provided by the C.W. High School Art Classes. The C.W. Middle School made banners and signs, and Indian Trail crafted place-mats.

Many volunteers and shoppers helped make this event a huge success! This was a record year in the bake sale, bringing in \$788.50. The silent auction and the bake sale together raised a **record-breaking \$9429.25!** This will certainly help cover the building's operating expenses for the coming year.

Human Services can't do it without **YOU!**



RITA TAXPAYER ASSISTANCE EVENT FREE CITY INCOME TAX PREPARATION

MARCH 12 ~ 11:00 A.M. to 6:00 P.M. ~ CW COMMUNITY CENTER

The Regional Income Tax Agency (RITA) is hosting a tax-help day at our Center to assist those who are required to file a city/municipal income tax return. The RITA Taxpayer Assistance Event is free, and no appointment is needed. Please note: *This is for city income tax prep only - This is not affiliated with the AARP Tax Aide program.*

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
Taxes by appointment
1:00 pm **YarnWorks**

THURSDAY

9:30 **Chair Volleyball - new players welcome!**
11:00 am **Yoga**
1:00 pm **Silver Sneakers**

FRIDAY

8:30 am **Silver Sneakers**
Noon (1st Friday) **Bingo**
(3rd Friday) **Out to Lunch Bunch**
12:00 (2nd & 4th Friday) - **Progressive Euchre**

Weekly Lunches at the Center

Lunch is served Tuesdays at 11:30 am 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 the C.W. Senior Citizens, Inc hold their monthly meeting and lunch 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, we are able to keep regular Tuesday lunches at \$3.00.

MARCH LUNCH SPONSORS:

- March 3 - Leaf Cremation
- March 10 - Catered
- March 19 - Dedicated Senior Medical Center
- March 24 - Quilters on the Canal
- March 31 - Violet Springs

Catered Lunch March 10



Spinach Salad
Salisbury Steak with Mushroom Gravy
Mashed Potatoes
Candied Carrots
Texas Sheet Cake
\$8.00

catered by **Blue Moon**

Ticket must be purchased by March 6.



March 17 SOUP KITCHEN!!



Lunch is provided by Canal Winchester Human Services. Enjoy a free lunch with a food donation valued at least \$3. This month's request is for **laundry soap or body wash**.

However, any donation is always appreciated.
REMEMBER to wear your GREEN for St. Patrick's Day!



February Meeting Door Prize Winners

\$25 Meijer Gift Card - Jewell Edwards
50/50 Winner - Phil Phelps

FREE lunch winners - Karen Barnhart, Woodie Cornett & Patty Christopher

Out to Lunch bunch Friday, March 20



Delaney's Diner

East Main Street, Reynoldsburg

Leave Human Services at 11am to ride in the van or meet us at the restaurant at 11:20. You are welcome to drive, but please sign up so you can be included in our count.

St.Patrick's Day Breakfast at Scioto Community

433 Obetz, Rd ~ March 17 8:30 to 10:30



CAPITAL HEALTH
CARE NETWORK



Happy Birthday

- Mar 1 Wilda Lyons
- Mar 2 Cecilia Behrens, Janet Jennings, Pat Preece, Bill Kurey
- Mar 3 Eleanor Nunley
- Mar 5 Kay Nicholson, Kathie Butler
- Mar 6 Mildred Harden, Lois Culp, Sue Holbrook
- Mar 8 Diana Kelly
- Mar 9 Lois Thum
- Mar 10 Sandy Miller, Polly Ash
- Mar 11 Michael Bergman
- Mar 12 Cheryl Marshall
- Mar 13 Cathy Mustard
- Mar 14 Beverly Boyce, David Walker, Dick Innis
- Mar 15 Claire Saunders, Frances Bennett
- Mar 17 Janet Acton, Denise Mathias, Lori Jennings
- Mar 18 Lynda Citro, Patrick Rauch
- Mar 19 Mike Gust, Carol Wood, Marjory Lonberger
- Mar 20 Sue Levesque
- Mar 21 Debbie Wren
- Mar 22 Joy Matheny, Jim Shaw
- Mar 23 Ginny Schneider, Karen Dodson
- Mar 24 Marjorie Ford, Richard Martin
- Mar 25 Charles Lorbach, Shari Lorbach
- Mar 26 Andrea Miller
- Mar 27 Margaret Morrison
- Mar 28 Jeannie Martin
- Mar 29 Deborah Loy, William Donahey, Nancy Bartholomew
- Mar 31 Sharon Ogan



Happy Anniversary

- Mar 3 Paul & Victoria Addington
- Mar 4 James & Anita Hippler
- Mar 9 Mike Smith & Cindy Wilson
- Mar 10 James & Polly Ash
- Mar 15 Robert & Myrna Davis
- Mar 16 Ray & Pauline Stemen, Andy & Betty Pelham
- Mar 28 Michael & Karen Bergman
- Mar 29 Ron & Ginny Ward
- Mar 30 Lowell & Jean Mills



Lending Library at the Center

The center has a large number of books which may be borrowed on the honor system. So come and help yourselves! There are also magazines and puzzles which you are welcome to borrow. Just stop by.



B-I-N-G-O

Friday, March 6

Noon - 3:00 pm

\$2 for 2 cards \$2 for lunch

Come for prizes, food and fun!



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 Senior Center. *You'll be glad you did!!*

Painting Pals



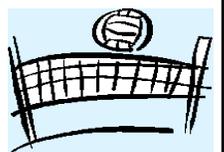
Fridays, March 13 & 27 at 1:30

Are you an artist? Do you like to paint? Sometimes it's hard to commit to painting alone at home. **So...**Let's get together at the Community Center. There will be **no** formal lessons. It's just a chance to commit to painting. Bring your paints and a table cover. Call Carolyn at 614-312-8029 for information.

Join the Chair Volleyball team.

Volleyball practice starts on Thursdays at 9:30 beginning March 19.

Stop by during any practice and you may find you are hooked! It is a great upper body workout. We play using a beach ball and there are only a few rules to follow. Plus, you will certainly get your daily laughs!





BLOOD PRESSURE SCREENINGS 3rd Tuesday of Each Month

Madison Township Firefighters will be offering blood pressure screenings at the center on March 17 before our weekly lunch. Join us.

EVERYDAY DIVINITY FOOT CARE Thursday March 12



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

A thirty minute appointment for \$35 includes a complete foot assessment, expertly trimmed, thinned and filed nails, corns & callouses filed and buffed. All tools are sterilized for each patient. The foot care clinic is the second Thursday of each month.

Call 614-716-9919 to schedule your appointment.



Yarn Works

Mondays & Wednesdays at 1pm

Do you like to knit or crochet? Bring your project or start a new one. Come join some friends who enjoy this handiwork.
Sit a spell and stitch awhile!



February Sunshine Report by Linda Bryant & Allena Jordan

Get Well Cards sent to: Victoria Addington, John Obbagy, Mary Lou Conkle, Bonnie Laposki, Sue Cerkan

Thinking of You Cards sent to: Emma Wagner

Contact Linda at 614-824-0391 or the Center at 614-837-8276 if you know of someone who would enjoy a card.



Thursdays at 1pm

(no Silver Sneakers March 12)

Join Lori Bias, certified Silver Sneaker instructor, for these great workouts. Free to qualifying Silver Sneakers cardholders or \$20 per month if not.

YOGA

Thursdays ~ 11:00 am

(no Yoga March 12)



No experience necessary. Wear comfortable clothing and bring a yoga mat if you like. Chairs are available for those who prefer to use them.

The cost is a donation of **\$1 or more** to benefit Canal Winchester Human Services. These classes are taught by Kathy Esson, a certified Yoga instructor.

A nurse from **Brookdale Lakeview Crossing** will be here on Tuesday March 31 from 10:30 to 11:30 to conduct...



GLUCOSE SCREENINGS!!

Ear-resistible Trivia Challenge Hearing Health ~ Thursday, March 5 ~ 2:30

The Trivia Challenge is a fun and engaging program that addresses the topic of hearing health and loss with an overview of the CapTel telephone. Competition is friendly and prizes are awarded through bonus questions with a grand prize at the end. Everyone comes away a winner!

Progressive Euchre

March 13 & 27

Noon - 3pm \$2 per person

February 14 Winners

1st Place: Melvin Herb

2nd Place: Mary Baker

3rd Place: Patty Bond

Loner: Pam Reygaert

Booby Prize: John Bond

Join the group for fun, snacks, & prizes!
Please bring food to share.



**C.W. Human Services
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 assistance is needed, someone must accompany you. Transportation for medical appointments must be within Franklin County, or no more than 20 miles from 80 Covenant Way, in Fairfield County.

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

GROCERY SHOPPING SCHEDULE

1st, 3rd & 5th Monday (12:00) - Meijer

2nd & 4th Monday (12:00) - Aldi

1st, 3rd & 5th Tuesday (12:00) - WalMart

2nd & 4th Tuesday (12:00) - Kroger

If you would like transportation for the above grocery trips, please call 834-4700 at least two business days before your requested day.

Canal Winchester Trips

These trips are funded by grants obtained by Canal Winchester Human Services. Checks must be payable to **Canal Winchester Human Services (CWHS)**. Please put your name and trip on the envelope with payment. Due to funding, these trips are limited to C.W. Senior Citizens members.

All trips require at least six people.

PAYMENT is due at SIGN UP!!



These trips will leave from Canal Winchester Human Services, 80 COVENANT WAY.

My Fair Lady at Ohio Theatre

Friday, March 13

Leave Human Services at 4:30 ~ Dinner OYO
WAITING LIST

**Shopping at Polaris & Cheesecake
Factory for Lunch**



Friday, March 5

Need a new Spring outfit or Easter Bonnet? We'll shop and then have lunch!

(We rescheduled this trip from February.)
Leave Human Services at 10:00am

**Wyandotte Winery tour & tasting
Saturday, March 28**



This is a walking tour through Wyandotte Winery's wine cellar and access to the cellar is via staircase. Wyandotte Winery is the first and oldest urban winery in Central Ohio. Located in a neighborhood setting, they feature handcrafted, small batch wines made right on premises.

Leave Human Services at 2:45pm.

Tour is free & tasting is OYO. **Two seats still available.**

The Morgan House

Thursday, April 9

Come enjoy lunch and a bit of shopping at The Morgan House.

Leave Human Services at 11:15am

The Candle Lab & Dinner

Thursday, April 23

You will pick and mix your scent that you prefer for your candle and then make your candle. After we are done we will go and eat an early dinner then we will pick up our candles. Leave Human Services at 1:15pm

The GIFT of LIFE

Thursday, March 26 at 2:30



The decision to donate organs is both compassionate and heroic. If you have a desire to help others, your age should not stop you. Join us for a fact based conversation about sharing the Gift of Life at any age.

UPCOMING TRIPS & INFORMATION

The following trips are offered in partnership with Groveport and Pickerington Senior centers. Stop in or call the center 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. Overnight trips are sometimes cancelled because people wait too long to decide to go. Deposits must be made in advance to the bus company, the tour company, etc.

Please make checks for these trips to: **GROVEPORT SENIOR CITIZENS.**

FOR ALL PICKERINGTON, CW AND GROVEPORT TRIPS the bus leaves from both Groveport & Pickerington Senior Centers. We assume that CW members will board in Groveport. **PLEASE advise if you wish to board in Pickerington.**

The Bus is Leaving Groveport at...



7:30am on March 11 for Snooty Fox

Please remember to arrive 15 minutes prior to departure time when going on any trip. Sadly, the bus will leave without you.

Sternwheelers & Wagons

July 22

Begin the day with a Sternwheeler boat cruise to Blennerhassett Island, believed by many to be "the best kept secret in America." There you will enter a bygone era. Following a boxed lunch, enjoy a tour of the Blennerhassett Mansion and a horse drawn wagon ride of the Island. The journey into the past continues with a one-hour private riverboat cruise on the Valley Gem Sternwheeler.

\$120 includes motorcoach transportation and all taxes & gratuities on included items.

LACOMEDIA'S Dinner Theatre presents...

Footloose

Friday, April 24

Footloose, based on the hit 1984 film, tells the story of Ren, as he moves from Chicago to small town U.S.A. Unprepared for religious local edicts, including a ban on dancing, Ren sets out to bring forgotten joy to his new friends. The audience will rock to the Oscar & Tony-nominated musical score and soundtrack that reached number one on the charts with hits such as "Let's Hear it For The Boy," "Holding Out For A Hero," and "Footloose."

\$65 includes the lunch buffet, concert, transportation and driver tip. **Checks payable to Groveport Senior Center.**

\$65 due at sign up. Leave Groveport at 8:15.

New York City & Washington, DC

August 19-23

This trip includes transportation, 2 nights accommodations each in New Jersey & Washington, DC, 4 breakfasts, 4 dinners, tour of lower Manhattan, Ferry Ride and visit to the Statue of Liberty & Ellis Island. Also included is admission to the 911 Memorial Museum, Tram tour of Arlington Cemetery, guided tour of the U.S. Capital, U.S. Library of Congress and the following memorials: World War II, Vietnam, Lincoln, Korean War, Martin Luther King Jr and FDR Memorials.

\$779 per person, double occupancy. A \$200 deposit is due on sign up final payment is due by June 15

SNOOTY FOX

"An Upscale Thrift Store Shopping Adventure"

Wednesday, March 11



Join the group as we travel to the Cincinnati area for a shopping adventure full of fun, food and deals!

Visit several upscale clothing and furniture thrift shops and enjoy snacks, drinks, lunch, dessert and wine tasting along the way. Shop with cash and credit cards only, **NO CHECKS.** You will receive a discount of 15% to 20% on your purchases.

\$41 due on sign up

Irish Splendor

October 14-21



Highlights of this trip include: Dublin, Christ Church Cathedral, Blarney Castle, Killarney, Dingle Peninsula, Farm Visit, Cliffs of Moher, Whiskey Distillery, Cabra Castle. Also included is round trip airfare from Columbus, hotel transfers, 8 meals, 6 nights hotel accommodations and more.

\$2,999 per person, double occupancy. The price increases after April 15 .

MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 6-8 Rented	2 9-3:00 Quilting 10:00 Senior Board meeting 1:00 YarnWorks 6-7 Cardio	3 11:30 Lunch Sponsor: Leaf Cremation	4 Massages Tax help by appt 1:00 YarnWorks 5:30 Cardio drumming 7:00 CW Art Guild	5 11:00 Yoga 1:00 Slvr Sneakers 2:30 Hearing Health 6:00 Lion's Club	6 Noon - 3:00 BINGO	7 Rented
8 Rented 	9 9-3:00 Quilting 1:00 YarnWorks 6-7 Cardio drumming	10 Noon - Catered Lunch & Meeting & entertainment	11 Massages 11-2 Rented Tax help by apt 1:00 YarnWorks 5:30 Cardio drumming	12 9-2 Foot care 11-6 RITA tax help 7:30 VFW	13 12-3 Progressive Euchre 1:30 Paintin' Pals	14 12-4 Rented 5-10 Rented
15 12-3 Rented 6-8 Rented	16 9-3:00 Quilting 1:00 YarnWorks 6-7 Cardio drumming	17 <i>Soup Kitchen</i> 11:30 Lunch Sponsor: Dedicated Senior Medical Center  Wear your Green!	18 Massages Tax help by appt 1:00 YarnWorks 5:30 Cardio drumming	19 9:30 Volleyball 11:00 Yoga 1:00 Silver Sneakers 6:00 Lion's Club	20 9-3 Children's Immunization Clinic 11:00 "Out to Lunch Bunch"	21 Friends for Life Animal Haven's 4-8 Spay-ghetti Dinner 
22 6-8 Rented	23 9-3:00 Quilting 1:00 YarnWorks 6-7 Cardio drumming	24 11:30 Lunch Sponsor: Quilters on the Canal 7-9 Rented	25 Massages Tax help by appt 1:00 YarnWorks 5:30 Cardio drumming	26 9:30 Volleyball 11:00 Yoga 1:00 Silver Sneakers 2:30 Lifeline of Ohio	27 12-3 Progressive Euchre 1:30 Paintin' Pals	28 12-4 Rented
29 6-8 Rented	30 9-3:00 Quilting 1:00 YarnWorks 6-7 Cardio drumming	31 11:30 Lunch Sponsor: Violet Springs				

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

PRSR STD
U.S. POSTAGE PAID
COLUMBUS, OH
PERMIT NO 9003

Dated Material Enclosed
Please deliver promptly

Do you have a name badge identifying you as a member of the C.W. Senior Citizens Club? Wearing name badges helps people learn one another's names. The badges are only \$3 each.



Daylight Savings Time Begins Sunday, March 8.
Spring ahead before you go to bed on Saturday.

Frances Steube Community/Senior Center
22 S. Trine Street
Canal Winchester, OH
614-837-8276
Hours: 8:30 a.m. - 4:30 p.m.

CENTER STAFF

Linda Tennison - Community Center Coordinator
Amanda Lemke - Events & Communication Coordinator

2019 - 2020 Officers

President - Tracy Weiland
Vice President - Judy Phelps
Secretary - Bev Boyce
Treasurer - Kathy Dickson
Trustee - Jeanne Johnston (3rd Year)
Trustee - Theresa Stewart (2nd year)
Trustee - Martha Cox (1st Year)