



December

Canal Winchester Senior Citizens, Inc.



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

Letter from your President

Dear Members,

December is here and it always brings with it lots of excitement and sometimes stress, so, we must look at the bright side of everything and laugh when we can. I thought this little poem might help us all laugh a little.

Merry Christmas to you all,

Frances Steube

A SENIOR CITIZEN'S LAMENT

Thought I'd let the doctor check me
 'cause I didn't feel quite right.
 All those aches and pains annoyed me,
 And I couldn't sleep at night.
 He could find no real disorder,
 But he wouldn't let it rest.
 What with Medicare and Blue Cross
 It wouldn't hurt to do some tests.
 To the hospital he sent me,
 Though I didn't feel that bad.
 He arranged for them to give me
 every test that could be had.
 I was fluoroscoped and cystoscoped
 my aging form displayed.
 Stripped upon an ice-cold table
 while my gizzard were X-rayed.
 I was checked for worms and parasites
 for fungus and the crud,
 While they pierced with long needles
 taking samples of my blood.
 Doctor came to check me over,
 probed and pushed and poked around,
 And to make sure I was living
 they wire me for sound.
 They have finally concluded;
 (their test have filled a page)
 What I have will someday kill me,
 My affliction is OLD AGE.

A 101 year old man complained to his doctor about a pain in his left leg. "Well," said the doctor, "what do you expect at your age?" The old man replied, "Yes, but doctor my right leg is also 101 and it doesn't hurt a bit!"

Senior Citizen Coordinator Message

Dear Members,

As winter is about to arrive, we want to remind you to be extra careful walking on the ice and snow. To help you reduce the risk of falls we are scheduling Fall Prevention classes at the center starting in January (weather permitting) These will be taught by Fitness Firm.

See the insert in your newsletter regarding the above classes and also for additional information from Penny regarding the computers, class schedules, transportation and The Adopt a Family Program.

We wish you a holiday filled with love, peace and happiness. Remember how much you all mean to us and the joy you have brought to our lives.

Merry Christmas to each of you,

Donna & Linda

Automatic Doors for Trine Street Entrance

The Village of Canal Winchester planned to install automatic handicapped accessible doors to the Trine Street community/senior center entrance this year. However, the remaining 2008 budget for the community center was not enough to cover the total cost for the project. Therefore, the C. W. Senior Citizens Board voted to donate \$1,200.00 to help pay for the installation.

The board is asking for your help to offset their contribution to this project by making a donation to the C. W. Senior Citizens, Inc. You may make a donation by cash or check. Please make checks payable to The Canal Winchester Senior Citizens, Inc. and indicate that it is a donation for the doors.

No donation is too small. Almost \$250.00 was donated at the November catered lunch. Thank you.

Life Line Screening Wednesday, December 10

10 MINUTES THAT COULD SAVE YOUR LIFE

Life Line Screening will be at the center on Wednesday, starting at 9:00 a.m. to offer 5 non-invasive tests that can reveal problems early so issues can be addressed before they become life threatening.

They offer carotid (neck) artery screening, peripheral (leg) artery screening, a test for abdominal aneurysms, osteoporosis (bone) density screening and atrial fibrillation (irregular heartbeat) screening. The 5 tests are offered at \$45.00 each or all 5 for \$149.00. Brochures are available at the center.

Call 1 -800-324-1851 to register.

Happy December Birthday to~

12/2	Edria Miller
12/6	Almeda Tucker
12/7	Mariellen Haynes
12/8	Betty Bruce
12/9	Mary Cornett, Joan Wald, Lois Williams
12/11	Elaine Hanley, Jerry Hatton, Betty McKee
12/12	Bill Wright
12/14	Clyde Hinton
12/15	Emily Simon
12/18	Betty Stephens
12/20	Ina Snyder
12/22	Jim Hedrick
12/24	Mary Ludwig
12/26	Darnell Patrick
12/29	Pat Cox
12/30	Jan Gehfeld



Happy December Anniversary to ~

Ernest & Cleora Becker Dec 7



Sunshine Report by Pat Blythe

A Get Well Card was sent to: Harold Detty

A Thinking of you card was sent to Bernard and Ruth Patton

Please call Pat at 920-4681 or the center at 837-8276 if you know someone that needs a card sent to them..

November Door Prize Winners

Dianne's Flowers — Irene Grover

Fall Wreaths — Elaine Owen, Mary Rau and Shirley Ann Edwards

Orchids & Ivy Florists — Susie Rhinert

Dish towels and storage dishes donated by Barbara Sullivan — George Leonhardt & Mariellen Haynes

50/50 Winner — Marian Andrews

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



5 Minute Chocolate Mug Cake

1 coffee mug (lightly greased)
4 tablespoons flour (not self-rising)
4 tablespoons sugar
2 teaspoons baking cocoa
1 egg
3 tablespoons milk
3 tablespoons cooking oil
3 tablespoons chocolate chips (optional)
chopped nuts (optional)
small splash vanilla

Add dry ingredients to mug and mix well. Add egg mix thoroughly. Pour in milk and oil and mix well. Add vanilla. (Add chips and nuts if desired) Mix well. Cook on high in microwave for 3 minutes. Cake will rise over the top of mug but don't be alarmed. Allow to cool and tip out onto a plate if desired. Can serve 2 if you want to share. Now you're only 5 minutes away from warm chocolate cake.

Weekly Lunches at the Center

December Senior Lunches

Lunch is served every week on Tuesdays at 11:30 p.m. at a cost of \$2.00. The exceptions are holidays and the second Tuesday of each month which is a catered lunch and costs \$6.00. This lunch includes the C. W. Senior Citizens, Inc. business meeting and entertainment.

This month's catered luncheon will be served at noon on December 9. Tickets are \$6.00 and must be purchased by Friday, Dec 5.

We are able to keep regular Tuesday lunches at the low cost of \$2 thanks to sponsorship donations by area businesses. This month's sponsors are:

- Dec. 2 Brookdale Senior Living
- Dec. 16 Personal Touch Home Health Services
- Dec. 23 Janis Home Health Services
- Dec. 30 Echo Manor

December 9 Catered Lunch Noon

Cranberry Christmas Salad
Roast Pork Loin
Twice Baked Potatoes
Vegetable
Assorted Breads
Ice Cream Pecan Balls
with hot fudge

Please purchase your ticket by
noon on Friday, December 5.

Lunch will be catered by Penny Miller and
Linda Cottrell.



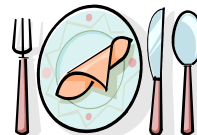
Cookies needed for Christmas in the Village December 5 & 6

Christmas in the Village will be held December 5 and 6. Santa will be at the Huntington Bank to greet the little ones. Again, as in the past, the C.W. Senior Citizens are furnishing Christmas cookies to give to the children visiting Santa. All cookie donations are greatly appreciated. Please delivery the cookies to the center before 3:00 p.m. on Friday, December 5.

(Purchased cookies are fine!)

Each night of *Christmas in the Village* will feature a parade, tree lighting, horse drawn carriage rides, antique tractor hayrides, a business bazaar and model train display at the Community/Senior Center, an ice sculptor at Stradley Place Park, local choirs and more. Also, downtown shops will be open with specials on these evenings. So, why not bundle up and take time to enjoy all the festivities in downtown Canal Winchester.

Monthly Activities



Out to Lunch Bunch December 19

As per the November newsletter we are going to have lunch in the Worthington area before attending a matinee performance at the VOICEcorps Radio Playhouse. Enjoy an old time radio adaptation of "The Christmas Carol". Cost of the play is \$7.00 and lunch is on your own.

The bus will leave the center at 11:00 a.m. If you need a ride from home to the to the center please call and we will pick you up at your home.

WAITING LIST ONLY.



**Progressive Euchre
December 12**

Progressive Euchre is normally held the second and fourth Friday of every month. No fourth Friday euchre this month.

October 24 Euchre Winners

- 1st Place – Mary Cornett
- 2nd Place - Pauline Stemen
- Loners – Jim Schumacher, Carol Fenice
- Door Prize – Jerry Callahan

November 14 Euchre Winners

- 1st Place - Betty Vittorio
- 2nd Place– Margaret Morrison
- Loner– Jan Gehfeld
- Door Prize– Vertis Zaayer

**B-I-N-G-O
December 5**

BINGO is the first Friday of every month. Come to the center for an afternoon of FUN!

Medical Services

Massages by Tania Neater,
Licensed Massage Therapist
December 3, 1 – 4 p.m.

Does a relaxing massage sound nice? Then call Tania Neater at 740-438-2186 to schedule an appointment! Tania, a licensed massage therapist, offers one hour massages at the center the first and third Wednesday of every month. (No massages on December 17) The cost for senior citizens is only \$30 per hour which is half of Tania's regular rate.



Podiatrist



Tuesday, Dec 16

Dr. Simmons will be at the center on Tuesday, November 25 from 9 a.m. until noon to clip toenails. To make an appointment you must call the podiatrist's office at 614-866-3182.

PLEASE NOTE: Medicare will pay for this service once every 61 days if your yearly deductible has been met. Medigold and other insurances may have a deductible that must be paid by the patient. Please call the podiatry office if you have any questions.

Franklin County Nurse



December 2

Nurse Jane is at the center on the first Tuesday of every month from 9:00 a.m. to noon. No appointments are necessary. Sign up at the front desk.

"Penny Specials"

These trips are made possible through grants that Penny Miller, C. W. Human Services Administrator, has obtained for the center. Since the 12 passenger vans are used there is no cost for transportation thus allowing the center to offer inexpensive fun trips.

All admissions and meals are on your own. You must sign up in advance and a minimum of 5 people is necessary for a trip. Meet at the center at the designated time. If you need transportation from your home to the center, please let us know and we can arrange that, too. Due to funding these trips are limited to Canal Winchester Senior Citizens Inc. members who live in either Fairfield or Franklin County.

Special Penny Trips

Christmas Shopping Polaris Mall

Friday, December 5

Leave center at 9:00 am. Lunch (on your own) at Mimi's.

River Valley Mall

Friday, December 12

Leave center at 9:30 am. Last Christmas shopping trip.

December 10, Wednesday Rockettes Christmas Spectacular

Leave center at 5:00 p.m.

December 13, Saturday Lancaster Candlelight Tour

Leave center at 4:15 for the Lancaster area **Candlelight Tour**. \$8.00 Dinner is on your own at the Pizza Cottage.

December 19, Friday "Out to Lunch Bunch" & "A Christmas Carol"

Leave center at 11:00. Enjoy lunch in Worthington before a matinee performance of an old time radio adaptation of "The Christmas Carol" **Waiting list only.**

January 9, Friday Columbus Museum of Art "Objects of Wonder From OSU"

Leave center at 10:30 lunch on your own and then tour the Art Museum. Cost \$5.00.

January 30, Friday Lunch & Movie at Marcus Theater

Leave Center at 11:30. Lunch at on your own at Catalfino's and movie. Friday is "Young at Heart Day" at the theater so ticket is only \$4.00 and they have a *special senior* popcorn and soft drink price.

TRIP INFORMATION

The following trips are offered in partnership with Groveport and Pickerington Senior centers. Most trips are open to anyone. Stop in or call the Community 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 Community Center office know and we might be able to pair you up with a travel partner.

The Bus is leaving:

Dec. 1 at 3:30 for Wildlight Wonderland at Zoo
Dec. 10 at 8:30 am from **Groveport Center** for La Comedia Dinner Theater
Dec 12 (see itinerary) for Washington D.C.

UPCOMING TRIPS

Washington D. C. A Capital Christmas December 12—15

This four day 3 night package includes: 3 nights lodging, 3 breakfasts, 3 full course dinners, and more and all taxes and standard gratuities as well as motor coach transportation are included. Cost is \$510.00 double occupancy and \$649.00 single occupancy. Ask for availability of trip.

LaComedia Dinner Theatre Miracle on 34th Street December 10

This touching classic holiday musical proves that miracles do happen and is sure to fill your heart with the Christmas spirit. Cost is \$55.00. **Waiting List Only**

Wild Light Wonderland at the Zoo Monday, December 1

After a mid afternoon departure for an unlimited family style dinner at Der Dutchman Restaurant in Plain City it's off to the Columbus Zoo for the holiday lights. Cost is only \$41.00 and includes transportation, dinner and admission. Check for availability.

NEW TRIPS

Mountaineer Racetrack & Gaming Resort January 27—28



It's off to Chester, West Virginia to visit the very beautiful Mountaineer Gaming Resort. The **cost is only \$75.00** per person, double occupancy and includes transportation, accommodations, a \$20.00 gaming voucher, a \$20.00 food voucher and taxes and gratuities on included items. **Payment is due at sign up and registration deadline is January 5.**

La Comedia Dinner Theatre *Polynesian Fire* February 18



Join us as we escape the cold of Ohio to the *Polynesia Fire* at LaComedia Dinner Theatre as they present the best of Polynesian culture, song and dance in this high energy revue. You will be amazed at the daring feats of the tow time Fire Knife Dance champion.

The soothing tones of ukuleles and mesmerizing beat of tom-toms will have you feeling the warm breezes of the Pacific as Polynesian Fire brings the charm and magic of Polynesia to you.

The **cost is \$57.00** per person and includes motor-coach transportation, the delicious lunch buffet and the show. **Payment is due by January 15.**

Discover Switzerland, Austria & Bavaria March 25—Apr 3, 2009 COLOR BROCHURES AVAILABLE

This trip offered by Collette Vacations is a lifetime adventure. Travel highlights include Bern, a tour of Chateau de Chillon on the shores of Lake Geneva, a ride on the Golden Pass Panoramic Train from Montreux to Gstaad, as well as visits to charming lake-side towns and Alpine villages including Bavaria and the quaint village of Oberammergau and historic Salzburg.

Cost for the trip is \$2,899.00 double occupancy. Trip protection insurance is \$200.00. A \$250.00 deposit is due at sign up. **STOP IN OR CALL FOR A DETAILED COLOR BROCHURE.**

COPPER CANYON ADVENTURE OCT 10-18, 2009 COLOR BROCHURES AVAILABLE

Collete Vacations offers this 9 day adventure to beautiful Copper Canyon in Mexico. The trip includes round trip airfare, a train ride and more. After landing in Phoenix, AZ for a special welcome dinner and a night in Tucson, it's across the Mexican border and the beautiful Sonora Desert to the Sea of Cortez for 2 days overlooking the beautiful San Carlos Marina. Day 3 you will spend in the beautiful colonial city of El Fuerte, a colorful settlement founded by the Spaniards in 1564. Day 4 you will travel aboard the Chihuahua-Pacifico Railroad through Copper Canyon for an awe-inspiring journey that will take you from seal level to almost 8,000 feet via numerous tunnels and over countless bridges in this unspoiled landscape. You will enjoy the stunning views from your hotel, which rests on the rim of the canyon before traveling to the Mennoite Museum near Cuahtemoc for lunch. Then, you continue to Chihuahua where you will visit an orphanage supported by the Colette foundation.

Cost is \$2,149.00 per person double occupancy. Trip cancellation insurance is \$140.00 per person. Make your deposit of \$100.00 early for this exciting trip.

Watch upcoming newsletters for the date of the Trip Presentation featuring all the highlights and details of this fantastic trip.



December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00 Senior Board 3:30 bus leaves for Wildlights at Zoo 9:00 Quilting 6:00 pm Boy Scouts	2 9—noon Nurse Jane 9:30 Crafts 11:30 Lunch/ Cards Sponsor - Brookdale Senior Living	3 10:00 Chorale 1-4 p.m. Massages 7:30 pm C. W. Art Guild	4 Noon Canasta 1-3 Medigold Introduction	5 9:00 bus leaves for Polaris Mall 12:00 - 3:00 BINGO 6-9 Christmas in the Village	6  6-9 Christmas in the Village
7	8 9:00 Quilting 6:00 pm Boy Scouts	9 Noon — Catered Lunch Meeting & Cards 7:30 p.m. CW Garden Club	10 8:30 bus leaves Groveport for LaComedia 19-4 p.m. Lifeline Screening Call 1-800-324-1851 5:00 bus leaves for Rockette's	11 1-3 Aetna Introduction	12 9:30 bus leaves for River Valley Mall 12:00 - 3:00 Progressive Euchre	13 9:00 am Breakfast with Santa 4:15 bus leaves for Lancaster Candle-light Tour
14 Rented 5:30-7:30	15 9:00 Quilting 6:00 pm Boy Scouts	16 9—noon Podiatrist 9:30 Crafts 11:30 Lunch & Cards Sponsor - Personal Touch Home Services	17	18	19 11:00 Bus leaves for "Out to Lunch Bunch"	20 Rented 3:00-7:00
21  First Day of Winter	22 9:00 Quilting 6:00 pm Boy Scouts	23 9:30 Crafts 11:30 Lunch & Cards Sponsor - Janis Home Services	24  Christmas Eve Rented 6-10 pm	25  Center Closed	26 No Euchre	27
28	29 9:00 Quilting 6:00 pm Boy Scouts	30 9:30 Crafts 11:30 Lunch & Cards Sponsor - Echo Manor	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
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Frances Steube Community Center
22 S. Trine Street
Canal Winchester, OH 43110
Phone: 614-837-8276
Fax: 614-837-8121

Merry 
Christmas

From all the 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

Christmas in the Village
Friday, December 5 & Saturday, December 6