

October

Canal Winchester Senior Citizens, Inc.

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

A letter from your president

Dear Members,

I hope everyone had an enjoyable Labor Day. Now fall is just around the corner and you can really feel it in the air. Along with fall will be the first frost and then we'll know warm weather is probably over.

We had a nice surprise at our September catered meal. The C. W. Garden Club shared their beautiful floral arrangements from the Labor Day Flower Show. We really thank them for sharing them.

Halloween will soon be here. Start thinking about your costume. Our October catered meal will be prepared by Blue Moon. Come out and join us.

Your President,

Sara Hatton

For Your Information



Computers for Seniors

The "Senior Computers" are available 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.

Lending Library at the Center

Did you know that there is a lending library at the Center? In addition to the 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.

Senior Citizen Coordinator Message

Dear Members,

It is officially Fall so it's time to "fall back!" Remember to turn your clocks back 1 hour before you retire for the evening on October 31 as standard time begins on Sunday, November 1.

There are new "Penny Specials" planned for the next 3 months. Be sure to sign up early as these trips are very popular. Also, remember to check out the upcoming 2010 "big" trips! Don't forget the Oglebay Christmas Light Trip. I know it's early, but the deposits need to be paid to hold our spots on these popular trips. If you are interested be sure to sign up.

October 27 will be our Halloween Lunch Contest. Come in costume for our annual costume contest. This year those in costume will receive lunch for free and there will be prizes! Enjoy the beautiful fall colors and weather.

Happy Halloween

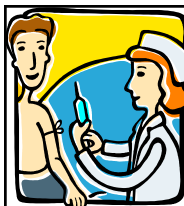
Donna

Flu Shots

Tuesday, October 6

1-3:00 p.m.

No appointment necessary.



The Franklin County Board of Health will be at the center on Tuesday, October 6 from 1-3:00 p.m. to administer the yearly influenza immunizations. **These are not H1N1, "Swine" flu shots.** These are the yearly flu shots.

Please bring your ID and your insurance, Medicare or Medicaid card.

Information about Swine Flu shots is currently not available.

Weekly Lunches at the Center



October 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 with entertainment after lunch. These lunches are either a potluck or a catered lunch at a cost of \$6.00. Tickets must be purchased by the previous Friday.

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 sponsors:

October 6—Renee Clevinger, Anthem Blue Cross



October 13 Catered Menu

Spinach Salad

Meatloaf

Sour Cream & Chive Mashed Potatoes

Broccoli

Coffee, Tea, Rolls, Butter, Dessert

Catered by **Blue Moon Catering Cost \$6.00**

Ticket must be purchased by noon on Oct. 9

October 16

"Out to Lunch Bunch"

Schmidt's
German Village, Ohio



Meet at the center at 10:45 a.m. or call for the van to pick you up. We'll have our own "Octoberfest" meal and of course, you will want to save room for the famous Schmidt's cream puff! YUM!!

Monthly Activities



Progressive Euchre

October 9 & 23

Noon – 3 p.m.

Progressive Euchre is the second and fourth Friday of every month from Noon to 3:00 p.m. Fun, food, and prizes!

August 28 Winners

1st Place – Millie Robinson
Mary Short

2nd Place - Anne Nehr

Loner – Mary Cornett

Door Prize - Anna Ruth Runyan



Sept 11 Winners

1st Place – Margaret Morrison, Mary Thurn

2nd Place - Ollie Nehr

Loner – Mary Short

Door Prize—Anne Nehr



B-I-N-G-O

October 2

Noon—3:00

Come try your luck!!!

Enjoy fun, food and prizes!


Happy October Birthday to~

- Oct 2** Zona Graetz
Oct 4 Bob Bottarini
Oct 7 Darlene Elson
Oct 8 Ruth Panian, Tom Passen
Oct 10 Betty Ault, Leon Hale
Oct 12 Jeanne Johnston, Alice Tinkham
Oct 13 Nancy Miller, Pauline Stemen
 Donna Zoller
Oct 16 Evelyn Schiller
Oct 17 Dan Antle
Oct 18 Mildred Robinson
Oct 19 Betty Fridenmaker
Oct 21 Dorothy Hockman
Oct 27 Virginia Meister
Oct 28 Pat Cornett

Happy October Anniversary to ~

- Oct 3** Ira & Marcia Hartman
Oct 10 Jerry & Sara Hatton
Oct 13 Daniel & Nancy Claffey
Oct 14 Joe & Inez Redd
Oct 19 Jim & Lelah Hedrick
Oct 21 Howard & Bertha Fridley
Oct 23 Mel & Shirley Babbert
Oct 26 Richard & Sue Sompres
Oct 31 Leon & Roseann Hale




**OCTOBER IS
NATIONAL BREAST CANCER
AWARENESS MONTH**

Awareness, education and action are key steps in the battle to protect all women from breast cancer.

REMEMBER THE BEST PROTECTION IS EARLY DETECTION!

Make an appointment for your yearly mammogram!

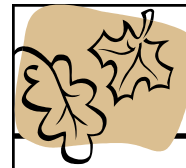


September Sunshine Report by Pat Blythe

A Get Well card was sent to: Betty McKee

A Sympathy card was sent to: Linda Citro for the loss of her brother.

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



September Door Prize

Dianna's Flowers - Betty Evans

Orchids & Ivy Florists - Anne Tackett


Anthem Blue Cross Blanket/Bag - Eileen Howes

50/50 Winner — Emily Simon


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



Daylight Savings Time ends October 31 at midnight. Turn your clocks back before you to bed Saturday evening.




Podiatrist Thursday, Oct 22



Dr. Liden is now coming to the center. The next visit to the center to clip toenails is Thursday, Oct 22, from 9:00 a.m. to noon. Call the podiatrist's office at 614-866-3182 to schedule your appointment.

Massages by Tania Neater,
Licensed Massage Therapist
No October Sessions



2nd Annual Health Fair At Groveport Senior Center Wednesday, October 28

10:00 a.m.—1:30 p.m.

Free Admission

Over 30 Vendors!

Great Food!

Transportation to Groveport available.

Call to sign up for transportation.

"Penny Specials" Trip Info

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.

Upcoming "Penny Trip" departure times:
Oct 2. 8:30 a.m. for Lynd's Fruit Farm

Upcoming Penny Specials



October 2, Friday "Apple Pickin" at Lynd's Fruit Farm

We will leave Center at 8:30 a.m. for the apple orchard where you have the opportunity to pick your own Red Delicious, Golden Delicious and Jonathan Apples as well as shop at their market. When done, we will enjoy a late breakfast/early lunch at the Cracker Barrel Restaurant.



November 8, Sunday The OSU marching Band Concert "OH" Vets Memorial "IO"

Enjoy the OSU Band's 2009 halftime music as well as other OSU favorites. Lunch will be on your own. The departure time is still to be determined.


Nov 16, Monday Wellness & Aging Expo Franklin Park Conservatory Reservations needed by OCTOBER 20


We will leave the center at 10:30 for the Franklin County Wellness & Aging Expo. The Conservatory will be open for tours—see the Chihuly Glass Exhibit! The Expo and Conservatory are free. Lunch is \$5.00.


November 20, Friday Shopping at Easton Town Center & Annual Christmas Tree Lighting


We will leave the center at 2:00 p.m. After your afternoon shopping we will meet for dinner and then watch the lighting of The Easton Christmas tree and take time to enjoy the Christmas lights.


Halloween Holiday Trivia


 Orange and black are Halloween colors because orange is associated with the Fall harvest and black is associated with darkness and death..


 Jack o' Lanterns originated in Ireland where people placed candles in hollowed-out turnips to keep away spirits and ghosts on the Samhain holiday.


 Pumpkins also come in white, blue and green. Great for unique monster carvings!


 Halloween was brought to North America by immigrants from Europe who would celebrate the harvest around a bonfire, share ghost stories, sing, dance and tell fortunes.


 Tootsie Rolls were the first wrapped penny candy in America.


 The ancient Celts thought that spirits and ghosts roamed the countryside on Halloween night. They began wearing masks and costumes to avoid being recognized as human.

 Halloween candy sales average about 2 billion dollars annually in the United States.

 Chocolate candy bars top the list as the most popular candy for trick-or-treaters with Snickers #1.

 Halloween is the 2nd most commercially successful holiday, with Christmas being the first.

 Bobbing for apples is thought to have originated from the roman harvest festival that honors Pomona, the goddess of fruit trees.

 Black cats were once believed to be witch's familiars who protected their powers.



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 must be scheduled at least two working days in advance. Your appointment must be no earlier than 9 a.m. and no later than 2 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 office know and we might be able to pair you up with a travel partner.

Keep in mind that once we have paid for a trip and you cancel the travel company will not refund your money. If they offer insurance on the trip it's a good idea to take the insurance.

The Bus is leaving.....

Wednesday, September 30 at 7:00 am
from Groveport for Amish Country

Wednesday, October 7 at 8:15 am
from Groveport for LaComedia



Happy 
Halloween

URGENT!**TRIP PRESENTATION
WEDNESDAY, OCT 21****TRAINS & CANYONS OF THE SOUTHWEST**

Mark your calendar for a presentation by a Collette Tour Representative at the Pickerington Senior Center at noon on **Wednesday, Oct 21, 2009** for all the exciting highlights of the upcoming **May 14—22, 2010** trip to the Southwest states featuring Scottsdale, Sedona, Santa Fe, the Grand Canyon, train rides and more!

November 11-18**Discover the French Riviera**

Cost is \$2,459.00 double occupancy. \$250.00 deposit. Insurance is \$150.00. Call for availability.


**December 16, Wednesday
LaComedia's
Christmas Spectacular**

You don't have to travel to New York to experience a high-kicking Christmas celebration. This musical journey features spectacular dancing, fun-loving characters and Santa Claus himself. Then, with our traditional rendition of "O Holy Night" and the beauty of the Nativity, we will celebrate true meaning of Christmas. **Cost \$57.00**

PAYMENT DUE NOVEMBER 10


**Festival of Lights
Wheeling, West Virginia**

December 1—3, 2009

**\$365.00 per person double occupancy
\$100.00 deposit due/ Balance due Oct 15**

Kick off the holiday season and get in the Christmas spirit with this 3 day 2 night trip to Wheeling.

Check out the enclosed brochure. **DON'T DELAY SEND YOUR DEPOSIT NOW! TIME IS RUNNING OUT TO SIGN UP FOR THIS TRIP!**

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!

May 14-22, 2010**Trains and Canyons of the Southwest**

PLAN TO ATTEND THE TRIP PRESENTATION ON OCTOBER 21!

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 Sandina Peak and so much more.

Stop by the center to pick up a brochure with all the details of the his 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, 2010**Reflections of Italy**


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 includes visits to Rome, 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 date for 2010 Reflections of Italy Presentation. BROCHURES ARE AVAILABLE NOW!!

October 2009

Canal Winchester Senior Citizens, Inc.

Sun Mon Tue Wed Thu Fri Sat

				1 10:00 Chorale Practice	2 8:30 am Van leaves for Apple Picking 12:00 - 3:00 Bingo	3
4	5 9:00 Quilting 10:00 Senior Board Meeting 6:00 pm Boy	6 1-3 Flu Shots 9:30 Crafts 11:30 Lunch & Cards Sponsor- Anthem Blue Cross	7 8:15 Bus leaves from Groveport for LaComedia 7:30 C.W. Art Guild	8 10:00 Chorale Practice 11:00 Leave for Volleyball Game in Worthington 7:30 pm VFW	9 12:00 - 3:00 Progressive Euchre	10 Rented 6:00 p.m.
11	12 9:00 Quilting 6:00 pm Boy Scouts	13 Noon—Catered Lunch Meeting 7:30 pm C.W. Garden Club	14 9:30 Volleyball Practice	15 10:00 Chorale Practice	16 10:45 "Out to Lunch Bunch"	17 Rented 2-4:30 p.m.
18 Rented 2-4:30 p.m.	19 9:00 Quilting 6:00 pm Boy Scouts	20 9:30 Crafts 11:30 Lunch & Cards	21	22 9—Noon Podiatrist Volleyball Grand Finale 10:00 Chorale Practice 7:00 Lion's Club	23 12:00 - 3:00 Progressive Euchre	24
25	26 9:00 Quilting 6:00 pm Boy Scouts	27 9:30 Crafts 11:30 Lunch & Cards	28	29 10:00 Chorale Practice Trick or Treat 5:30—7:30 VFW Halloween Party 8 -9 pm	30	31 

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

PRESORTED
STANDARD
U.S. Postage
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Permit # 44

HAPPY
HALLOWEEN

October Newsletter

Dated material. Please deliver promptly

TRICK OR
TREAT!



Canal Winchester Trick or Treat
Thursday, October 29, 2009
5:30—7:30 p.m.

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

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