



## Blendon Township Senior Activities November & December 2022

Congratulations to the following 2023 Advisory Council Members: Lori Ashbrook, John Conti, Barbara Bradley, Kathy Jorgensen, Eileen Klinger, Barbara Moseley, Barbara Pyles, Cindy Shurelds, Cloya Slack, Mary Jo Veach, Liz Ward & alternate Jack Wirtz! We appreciate everyone that volunteered to be on the council. Blendon is very lucky to have so many that are willing to donate their time to make the center a great place for all members! To show our appreciation, we are having a volunteer brunch on December 28th at 11:00am for all members that helped us in 2022.

The Blendon Township Police Department will offer Women's Self-Defense Training, Saturday November 5, 2022 from 8am - 12pm at the Senior Center. The cost is \$20.00 and space is limited. Call for registration information.

A reminder that when Westerville City Schools close due to the weather, the center is also closed. Check the local TV stations for the closings.

With the generous support from Franklin Co. Senior Options, we provide transportation to doctor offices, pharmacies and grocery stores. Call at least 24 hours in advance to schedule a ride.

### Inside this issue:

- \* Thanksgiving Party
- \* Movie Matinee
- \* Holiday Show
- \* Christmas Light Trip
- \* Morning Mingle Party
- \* Christmas Dinner
- \* New Year's Eve Party

### Blendon's 2nd annual Carnival For Charity



6330 Hempstead Road, Westerville, OH 43081  
614-882-1260 [www.blendontwp.org](http://www.blendontwp.org) Hours 8:30am-4:30pm Mon.-Fri.  
Funded by Blendon Township, Members & Franklin County Senior Options



## November Highlights

*Happy Thanksgiving!*



**\*Sign up Starts November 1st at 9:00am\***

***\*\*Call in registration only. Do not leave a message\*\****

*Bus portion of trip prices will be determined weekly & based on the cost of gas.*

### **Outings & Trips \* call and register \***

Thu. Nov. 3rd, 11:00am- **Red Hat's Luncheon** Villa Nova \$ **TBD**

Wed. Nov. 9th, 8:45am- **Men's Breakfast** \$ **TBD**

Nov. Nov. 30th, 8:45am- **White Christmas** at La Comedia \*\* waitlist only \*\*

### **Activities \* call and register \***

Tue. Nov. 1st & 8th, 9:00am- 4:00pm - **Foot Care Clinic** \$40.00

Wed. Nov. 2nd, 9:00am-2:00pm- **10 Min. Chair Massages** \$13.00

Mon. Nov. 7th, 11:00am- **Crafty Monday Free!**

With Kim from Senior Transition Experts

Mon. Nov. 28th, 3:00pm- **Blendon Book Club**

### **Programs & Events \* call and register\***

Fri. Nov. 4th, 1:00pm-3:00pm- **Carnival for Charity** \$5 or new, unwrapped toy

Sat. Nov. 5th, 8:00am-2:00pm- **Women's Self Defense Class** w/ Blendon Police

Tue. Nov. 8th, 1:00-2:30pm- **Medicare Fair** w/ representatives from Medical Mutual, Humana, United Healthcare, Athem Extra

Wed. Nov. 9th - **Life Line Screening** Call 800-636-0186 to schedule or go online.

Thu. Nov. 10th, 12:00noon- **Lunch & Learn - Senior Housing, Options and Care Seminar** w/ Certified Senior Advisor Miriam Bogard of Assisted Living Locators & senior real estate expert Kristel Smith of Powell Buechler Group

Wed. Nov. 16th 10:00am-4:00pm - **November Birthdays' Treat** by Wesley Glen

Wed. Nov. 16th, 10:00am-12:00pm- **Medical Mutual Medicare Fair**

Thu. Nov. 17th, 12:00pm- **Thanksgiving Party** \$

Fri. Nov. 18th, 1:00pm- **Bingo Free! Prizes**

Mon. Nov. 28th, 10:00am- **Decorate the Center & Pizza Party!!**



## December Highlights

*Happy Holidays!*



**\*Sign up Starts November 1st at 9:00am\***

***\*\*Call in registration only. Do not leave a message\*\****

***Bus portion of trip prices will be determined weekly & based on the cost of gas.***

### **Outings & Trips \* call and register \***

Thu. Dec. 1st, 10:30am- **Red Hat's Luncheon** Morgan House in Dublin **\$TBD**

Fri. Dec. 2nd, 12:00pm- **Vaud-Villities Production** *Holiday Road* \$20 Bus **\$TBD**

Tue. Dec. 6th, 11:15am- **Lunch & Tour** Dedicated Senior Medical Center **\$TBD**  
*Learn about the facility & the benefits of acupuncture.*

Thu. Dec. 8th, 1:00pm- **Yellow Springs & Clifton Mill Lights** \$10 Bus **\$TBD**

Wed. Dec. 14th, 8:45am- **Men's Breakfast** \$ **TBD**

### **Activities \* call and register \***

Tue. Dec. 6th & 13th, 9:00am- 4:00pm - **Foot Care Clinic** \$40.00

Wed. Dec. 7th, 9:00am-2:00pm- **10 Min. Chair Massages** \$13.00

Mon. Dec. 5th, 11:00am- **Crafty Monday** *Free!*

Kim from Senior Transition Experts

### **Programs & Events \* call and register\***

Sat. Dec. 3rd, 9:00am-11:00am- **Breakfast with Santa**

Fri. Dec. 9th & 16th, 1:00pm- **Holiday Movie Matinee** *Free! Popcorn!*

Mon. Dec. 12th, 12:00pm- **Lunch & Learn** by Columbus Speech & Hearing along  
with Phonak Hearing Aids.

Tue. Dec. 13th, 9:00am- **Morning Mingle Christmas Gift Exchange Party**  
*Bring a wrapped, fun gift! (\$10 max)*

Thu. Dec. 15th, 10:00am-4:00pm- **December Birthdays' Treat** by Wesley Glen

Tue. Dec 20th, 8:30am-4:30pm- **Festive "Ugly" Holiday Sweater Day** *Wear a festive sweater and get entered in a raffle drawing!*

Fri. Dec. 23rd, 12:00pm- **Christmas Party & Luncheon** \$5 *Bingo and prizes!*

Wed. Dec. 28th, 11:00am- **Volunteer Thank You Brunch**

Fri. Dec. 30th, 1:00pm-3:00pm- **New Year Eve Eve's Party** \$2

# ***Activities & Programs***

## **Art Class**

All mediums of painting and drawing are taught in a casual atmosphere. This class is for the beginner and advanced artists.  
\$2.00 per class  
**Mondays, 9:15am**



## **Wood Carving 101**

Try one of Blendon's newer classes. There are people to help you get started and materials to use in the beginning.  
**Mondays & Thursdays, 9:00-11:00am**

## **Hand & Foot Card Game**

A version of Canasta in which each player is dealt two sets of cards known as the "Hand" & the "Foot"  
**Mondays, 9:30am**  
**Wednesdays, 1:00pm**

## **Bunco**

A fun, easy and fast dice game.  
\$2.00 to play  
**Mondays, 2:00pm**



## **Blendon Book Club**

This group is facilitated by a person from the Westerville Library.  
**4th Monday, 3:00pm**



## **Crafty Mondays**

We offer various crafts presented by various teachers. Please check the highlights page to see what is being offered. Usually free or a small fee.  
**Mondays, 11:00**

## **Morning Mingle**

Come and enjoy the company of others with a hot beverage, pastries and good conversation.  
**Tuesdays, 9:30am**



## **Writing Guild**

If you enjoy writing stories and poems or need to express yourself with words, please join us and spark your creativity.  
**3rd Tuesdays, 1:00pm**

## **Euchre**

A trick taking game with a trump, played by four players in teams of two.  
**Tuesdays & Thursdays 1:00pm**



## **Bid Euchre**

A card game based on the game Euchre. Primary differences are the number of cards dealt, absence of undealt cards, the bidding and scoring process.  
**Tuesdays & Thursdays 1:00pm**

### Mystery Lunch

Hop on the bus with friends and see where it takes you for lunch!

On Hiatus until March 2023



### Art with Janet

This class will teach you the basics of drawing and watercolor. Please bring any pencil and paper.

Wednesdays, 10:00am-12:00pm

### Men's Breakfast

You are invited to join the Grumpy Old Men Club as we take the bus to a local diner. Please sign up for a reservation.

2nd Wednesday, 8:45am



### Movie Matinee

Gather with friends and watch oldies but goodies while munching on popcorn and candies.

Various Fridays, 1:00pm



### Poker

This is your chance to practice your poker face while playing with friends!

1st & 3rd Wednesday, 1:00pm-4:00pm

### Red Hat's Lunch

This ladies group has a great time going to lunch and various activities.

1st Thursday, 11:00am



### Po-ke-no

Game of chance similar to bingo, but it uses playing cards.

Various Fridays, 1:00pm *Free*

Check Highlight pages.

### Birthday Treat



Africa from Wesley Glen is offering a birthday treat for our members.

Please register with us at the beginning of your birthday month.

Pick up your treat goodie bag anytime on the

3rd Thursday of the Month.

### Train Dominoes

A game played with dominoes where the object is to play all of your dominoes onto one or more chains emanating from a central hub.

A lot of fun!

Fridays, 9:00 & 9:30am



### Friday Lunches

Call and reserve a spot by Wednesday before that Friday. Menu p. 8

11:30am \$4.00

### Bingo

Try your luck and win prizes donated by our various sponsors. It is free to play. Please call and sign up.

Various Fridays, 1:00pm

Check Highlight pages.





## ***Health & Fitness***

### **Exercise with Sarah**

A class that offers a variety of toning and strength exercises. Please bring your hand weights in if you want to use them.

**Mondays, 1:00pm-2:00pm**



### **Foot Care Clinic**

This service includes foot assessment, nail trimming, thinning, filing, corn and callus reduction. \$40.00

**Call 937-738-1761**

**1st & 2nd Tue of every month by appt**

### **Chair Volleyball**

A fun and interactive game that increases your endurance and muscle strength. We use a beach ball and stay seated. Free

**Tuesdays, 10:30am-11:30am**



### **Meditation with Mike**

Learn to quiet your mind which helps you achieve mental clarity and emotional calmness. Free

**Tuesdays, 12:00pm**

### **Tai Chi**

A graceful form of exercise that involves a series of movements performed in a slow and focused manner while deep breathing. Free!

**Tuesdays, 1:00pm**

**Thursdays, 10:00am**

### **Ageless Grace**

This class is great for brain health, balance problems or anyone who just wants to have a fun time dancing in their chairs! Free!

**Wednesdays, 11:30am-12:30pm**

### **Chair Yoga**

Chair Yoga is accessible for everyone.

This class includes stretching, strengthening and balancing. The few standing poses can also be done in a chair. Breath work and some meditation are also part of the class. Please bring a yoga mat, strap and foam blocks.

\$11 per class

**Wednesdays, 1:00pm**

### **10 Minute Chair Massage**

The benefits of massage therapy can be many for a *senior citizen*. The most immediate benefit is decreasing the stiffness of the body and reducing inflammation.

\$13.00 for 10 minutes.

**Varied Wednesdays of the month**

**9:00am-2:00pm**

**Sign up to reserve a spot.**

### **Silver Sneakers**

*The Silver Sneakers Classic Class* uses certain exercises to improve cardio and balance. It is for all fitness levels.

\$3 for those without Silver Sneakers

**Thursdays 1:00pm**

### **Line Dancing**

A class for you to learn new steps to all the latest dances, to increase your endurance and coordination and to have fun. \$1.00 per class

**Fridays 9:30am(beginners)**

**10:30am(advanced)**

## **New Members**

**A very warm welcome to our new members from August & September:**  
Carl Billhardt, John Conti, Mary Graham, Byron Houchins, Natalie Majoros  
Barbara Mascherino, Sue Shields and Larry Staats

### **November Friday Lunches**

**\$4.00 11:30am**

*Please reserve a lunch prior to Friday.*

- |      |  |
|------|--|
| 4th  | Grilled Bologna<br>w/ Onion Sandwich, Fries<br>& Dessert |
| 11th | Closed For Veterans Day                                  |
| 18th | Lasagna, Salad, Garlic Bread<br>& Dessert                |
| 25th | Closed For Thanksgiving                                  |



### **December Friday Lunches**

**\$4.00 11:30am**

*Please reserve a lunch prior to Friday.*

- |      |   |
|------|---|
| 2nd  | Pasta Fagioli Soup with<br>Garlic Cheese Bread<br>& Dessert                               |
| 9th  | Loaded Baked Potato<br>& Dessert  |
| 16th | Taco Pie, Cilantro Lime Rice<br>& Dessert   |
| 23rd | Christmas Dinner \$5 (12:00)<br>Ham, Scalloped Potatoes,<br>Green Beans, Extras & Dessert |
| 30th | New Year's Eve Eve \$5 (12:00)<br>Party Luncheon  |



### **Nov. & Dec. Sponsors**


**Westerville Library**– Book Club  
**Senior Options** - Transportation Grant  
**Librarian** - Sandra Manning  
**Birthdays**– Wesley Glen  
**Crafting**– Senior Transition Experts  
**Morning Mingles**– Dedicated Senior  
Medical Center, Phonak & Cols Speech  
and Hearing, Smith's Mill

**Nov. Bingo**–Dedicated Senior Medical  
Center  
**Dec. Bingo**– The Landings

**Our sincere sympathy** goes out to the family and friends of Jolene Hill and  
Beverly Licht.

## Trips & Events

**\*\*Call in only registration begins November 1st at 9:00am\*\***



**VAUD-VILLITIES PRODUCTIONS**  
*sing. dance. perform.*

**Holiday ROAD**

**SHOWTIMES**  
DEC. 2 - 7:30  
DEC. 3 - 2:30 + 7:30  
DEC. 4 - 2:30

**MATESICH THEATER**  
OHIO DOMINICAN UNIVERSITY

**Friday, December 2nd**  
**12:00pm \$20 Bus TBD**

gdac Greater Colum Arts Council



*Thanksgiving Party*  
*November 17th, 12:00pm*  
*Great food, friends*  
*& entertainment!*  
**\$5**



**Holiday Movie Matinees**  
**Friday, December 9th**  
**Friday, December 16th**  
**1:00pm**

*Help us decorate the halls!*



**Mon. November 28th, 10:00**

**Shopping in Yellow Springs & Clifton Mill Christmas Light Show**  
**Dec. 8th, 1:00pm \$10**



**Dinner on your own in Yellow Springs. Bus \$TBD**



## ***Trips & Events***

**\*\*Call in only registration begin November 1st at 9:00am\*\***

A graphic for a gift exchange event. It features several wrapped gifts in green, pink, red, and gold patterns. The text is overlaid on the image.

**Morning Mingle Gift Exchange**  
**Tue. December 13th**  
**9:00am**

Join us for a catered breakfast and a fun gift exchange game!  
Please bring a nice wrapped gift if you want to play. (\$10 Max)

A graphic for an ugly sweater day event. It has a green background with white snowflake patterns. The text is in a black, slightly gothic font.

**Festive "Ugly"  
Sweater Day**  
**Tue. Dec. 20th**

Wear your favorite  
Holiday sweater  
to the center  
& get entered in  
a gift raffle !

A graphic for a Christmas party. It features a red Santa sack with a large red bow, decorated with pine branches, candy canes, and a small card that says "Party". The background is a light teal color.

**Christmas Party**  
**December, 23rd**  
**12:00pm \$5**

Enjoy  
a festive lunch,  
play holiday bingo  
and spend time  
with friends!

A graphic for a volunteer brunch event. It has an orange background. In the center is a white plate with a blue border. To the left of the plate is a silver fork, and to the right is a silver knife and spoon. A small circular badge in the top left corner says "Thank You!".

**Volunteer  
Brunch**

**Wednesday  
December, 28th  
11:00am**

Thank You!

A graphic for a New Year's Eve party. It features a large, colorful ice cream sundae in a glass dish, topped with chocolate sauce, a cherry, and wafers. Confetti is scattered around the sundae. The background is white with colorful stars and confetti.

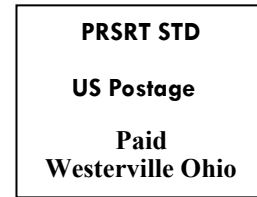
**New Year's Eve  
Eve Party!**  
**December, 30th, 1pm**

Let's celebrate with a  
big ice cream sundae to  
ensure a sweet New Year!  
And dance to a DJ playing  
popular 50's & 60's songs. \$2



6330 Hempstead Road  
Westerville, OH 43081

**November & December 2022**



**Dated Material  
Do Not Delay**

**Staff**

**Charel Bowman -Director of Programming**  
**Amy Rose - Director of Operations**  
**Renie Allen - Kitchen & Driver**  
**David Lilley- Driver**