



Learning Always. Laughing Together. Living Well.

GOLDEN news

MAY | VOLUME 47, ISSUE 5 | 2024

Business Hours: 8:00 AM—4:00 PM

Phone: 740.454.9761 Fax: 740.454.3309

Website: www.mccfs.org



SPOTLIGHT

Alexandria Harris is the new Community Health Assessor at MCCFS.

This is a new position at the Center that was created to fill a void. She will be visiting clients in their home to assess their eligibility to join our Meals on Wheels Program. The program delivers the same meals that are enjoyed daily at the Center.

Before joining our team at the Center, Alex was a full-time nurse working in long-term care and home health. For over 10 years, she has been dedicated to helping seniors lead happy, healthy lives.

Her mission at the Center is to share her passion for keeping home-bound clients in the home with all of the services that will help them stay there.

Alexandria, Alex or Alexa as she is commonly called, stays busy as a full-time mother of 3 girls ranging in age from 20 to 2. Her middle daughter is graduating from high school this year. She is also a part-time nurse. Alex loves shopping, cooking and spending quality time with family and friends.



OUR COMMUNITY

STAFF

Executive Director

Kate Paul Ext. 103

Business Director

Chad Tyson Ext. 111

Operations Director

Jodi Paul Ext. 122

Administrative Assistant

Vickie Kokensparger

Quality Compliance Coordinator

Debbie Moore Ext. 114

Activities Director

Tara McGuire Ext. 116

Community Involvement Coordinator

Jill Jones Ext. 123

Nutrition Administrator

Karen McHenry Ext. 104

Activities Assistant

Carol Morgan

Receptionist

Cindy Sheppard Ext. 101

Office Support

Kathaleen Soter

Community Health Assessor

Alexandria Harris

Board of Commissioners

Cindy Cameron

Melissa Bell

Mollie Crooks

Board of Trustees

Anthony Adornetto

Jay Benson

Megan Durst

Wendy Harris

Ann Hollingsworth

R. Susan Jones

Flora Martin

James McDonald

Jeff Tilton

Brian Wagner

Keely Warden

Melissa Wood

Mission:

Muskingum County Center for Seniors will enhance the quality of life for individuals over 60 through opportunities to learn, laugh, and live well.

MCCFS will be CLOSED on the following dates in 2024:

Monday, May 27th—Memorial Day

Wednesday, June 19th—Juneteenth Day

Thursday/Friday, July 4th & 5th—Independence Day

Monday, September 2nd—Labor Day

Monday, October 14th—Columbus Day

Tuesday, November 5th—Election Day

Monday, November 11th—Veterans' Day

Thursday/Friday, November 28th & 29th—Thanksgiving

Tuesday/Wednesday, December 24th & 25th—Christmas

Tuesday/Wednesday, December 31st & January 1, 2025
New Year's

* NOTICE REGARDING CANCELLATIONS/CLOSINGS

** Any cancellations due to weather (or other emergencies) will be announced using our All-Call system, our website, Facebook, and WHIZ TV and radio. REMINDER: The call should show up as "Muskingum County" on Caller-ID. PLEASE make sure we have your current contact information so that you receive these important messages.*

MY SENIOR CENTER

Just a reminder to please sign in at the kiosk when you come in for lunch and/or activities. This process is VERY important for us to maintain accurate records and is our only way to track our meals and activity attendance. If you are a regular attendee and do not have a card, please stop at the front desk or see a staff member.

Every effort is made to ensure the accuracy of dates, times, and activities in The Golden News. Unfortunately, there are times when changes take place after the newsletter has gone to print. Schedule changes will be posted online and at the front door of the Center.

USDA prohibits discrimination on the basis of race, color, national origin, gender, age, or disability.

NEED SOMETHING TO CELEBRATE?

Check out these holidays for **MAY**

- 1 May Day
- 2 Brothers and Sisters Day
- 4 Kentucky Derby Day
- 4 Star Wars Day
- 5 Cinco De Mayo
- 6 National Nurses Day
- 8 No Sock Day
- 9 Lost Sock Memorial Day
- 10 Clean Up Your Room Day
- 12 Mother's Day
- 14 Dance Like a Chicken Day
- 15 National Chocolate Chip Day
- 16 Wear Purple for Peace Day
- 18 No Dirty Dishes Day
- 20 Pick Strawberries Day
- 23 Lucky Penny Day
- 24 International Tiara Day
- 25 National Wine Day
- 26 National Paper Airplane Day
- 27 Memorial Day
- 28 National Hamburger Day
- 30 Mint Julep Day
- 31 Save Your Hearing Day



Transportation Guidelines

Medical appointments are our top priority. If schedule permits, grocery trips may be arranged. We transport only within Muskingum County and do not provide emergency transports. The suggested donation for transportation is \$3.00 per trip (each way). **All transportation is by appointment only, and advanced notice is required.** Please call 740-969-6200 to schedule a ride.

Leave a Legacy

The Muskingum County Center for Seniors depends on private contributions to help us provide services to the seniors of Muskingum County. Through the Leave a Legacy program, individuals can establish memorial funds or endowments for their favorite charities. Please call the Center for more information.



We would like to thank everyone who donated to the Center in April. We continue to be blessed by your generosity, which enables us to continue providing quality service to the senior citizens of Muskingum County!

Coming in June!!

Grand Day with activities for Grandparents and children.

Picnic in the park.

The MCCFS Board of Trustees will hold its next meeting on **Tuesday, May 14, 2024** at 8:00 AM.

Golden Buckeye Card

If you did not receive your Golden Buckeye Card at age 60 or need a replacement card, you can call 1-800-422-1976.

Lunch is served at the Hi-Rise and BLSC (Dresden) at 11:00 AM (approximately).

What's Happening

Do you love to sing?

Join us for **KARAOKE!**
Friday, May 3



We have professional sound, multiple mics, and over 55,000 songs!

Bring your friends!

Admission: \$5.00 - the fun starts at 6:00 PM!
(Doors open at 5:00)

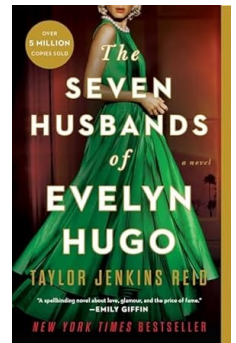


Join us for **CHAIR VOLLEYBALL!**

Friday, May 3rd
10:00 AM



Our Book Club will meet **May 14th** in the Library at the Center.



Our current book may be checked out at the Muskingum County Library.

MUSKINGUM COUNTY CENTER for SENIORS

NUTRITION EDUCATION WITH KAREN

INCLUDES:

- ✓ What is High Blood Pressure
- ✓ Sodium in Your Diet
- ✓ Lowering Sodium

MAY 23 10:45 AM
In the Zanesville Room before lunch

MAY 20 5:00 PM

PAINT YOUR PARTNER CLASS

MUSKINGUM COUNTY CENTER for SENIORS

\$30/couple

MUST BE REGISTERED

Register on-line or at the Center

Three Sister's Studio

"CARD CREATIONS BY KAREN"

Karen Bay - Instructor

Offering Handmade Card Classes

Thursday, May 16 at 1:00 PM

CLASS FEE: \$10.00 (4 cards included)

Additional cards: \$2.50 each

No supplies or experience needed.

Come join us for a fun & creative time!



Follow us on Facebook for updates and announcements.



When: Friday, May 17th—6:00 PM
(Doors open at 5:00)
Cost: \$3.00

LUNCH BUNCH

WHEN: Tuesday, May 21 at 11:30 AM
WHERE: The Corner Pub

Enjoy lunch & fun with friends!
A \$5.00 deposit is required!
Registration begins
May 1st.

Monday, May 6th at 6:00 PM

TRIVIA NIGHT

Grab your friends and snacks, and join us for a night of fun and entertainment!

FAITH & SPIRIT



May 9—This session will focus on prayer. We will touch on prayer from our oldest Scripture through contemporary practices. Participants will be encouraged to share their prayer practices and experiences. We will end the session by making a prayer pocket.

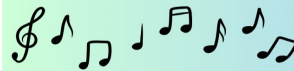
May 23—This session will again focus on prayer. We will review several prayer practices. Participants will be encouraged to begin to develop or expand upon their own prayer practices. We will conclude with making a prayer bead or prayer chain item.



Good Ole Gospel Music Night

Hosted by Dick Pryor

Join us at the Center



Thursday,
May 2

Doors open at 5:00pm
Music begins at 6:00pm



Jim Mayercak

Sponsored by

Helen Purcell

Bring your friends and family
Prepare to be blessed.

Admission \$2

Open to the Public



The TURBAN PROJECT .com

The Turban Project is run 100% by volunteers and donations, and the turbans are distributed to oncology/radiation centers totally free of charge.

The group will meet this month on
Thursday, May 9 & May 23 from
10 AM until 2 PM.

NO experience is necessary, and the more, the merrier. Invite your friends to join this meaningful mission!

COMMODITIES NEWS:

Commodity boxes can be picked up at the **Muskingum County Fairgrounds at 1300 Pershing Road. Please enter through Gate 1 at the east end of the fairgrounds and follow the traffic to the North Stage to pick up your box, and then exit as instructed.** Gates will NOT open until 9:30 AM. Please do NOT show up early. Through traffic on Pershing Road CANNOT be disrupted. All boxes need to be picked up on the assigned day during the scheduled times by the Commodity recipient OR the proxy designated on your application ONLY. **If you fail to pick up your box for 2 consecutive months without contacting us with a valid reason, you will be removed from the program.** Please be courteous to others. All boxes are assigned. **We will no longer make an ALL CALL. It is not compatible with our new system. The remaining distribution dates for 2024 are as follows:**

May 16 th	3 rd Thursday of the month
June 20 th	3 rd Thursday of the month
July 18 th	3 rd Thursday of the month
August 29 th	5th Thursday due to FAIR
September 19 th	3 rd Thursday of the month
October 17 th	3 rd Thursday of the month
November 21 st	3 rd Thursday of the month
December 19 th	3 rd Thursday of the month

We have implemented a new process with Commodities and appreciate your patience and cooperation to make this run smoothly.

The new procedure will make checking in take a little longer as we become acquainted with the new system.

With this in mind, we are asking that you come at the designated timeframe for your LAST NAME in the alphabet.

A—M: 10 AM—12 PM

N—Z: 12 PM—2 PM

We understand that you may have appointments that may not allow you to adhere to the specified time; however, to keep us from having a long line that requires you to wait for an extended period of time, we ask for your cooperation as we transition to the new system. Long lines and longer wait times will cause traffic congestion and we do not want to inconvenience others by blocking the roadways.

Thank you for your understanding as we find better ways to serve you!



We would like to thank Shriver's Hospice Foundation for sponsoring a Free paint party for our Friends of the Center with Allison Weeks.



OHIO SNAP ED PROGRAM

The OSU Snap-Ed program continues to offer beneficial workshops at our site. This program offers valuable information on healthy eating, savvy shopping, and many other nutrition related topics. Join in for whatever interests you. Class meets at 12:15 PM in the Fultonham Room, and these are the dates & topics for May:

May 8th—Powerful Purples & Radical Reds, Gut Health

Recipe: Carrot, Orange & Jicama Salad

May 22nd—Reducing Sugars (CUSTOM)

Recipe: Microwave Applesauce



MUSKINGUM COUNTY
CENTER for
SENIORS

the Wilds

**OPEN-AIR
SAFARI TOUR
AT THE WILDS**

TUESDAY, JUNE 18 10:00 AM

Cost: \$60 per person.** Ticket includes Senior Center Chaperone, 2 hour Open-Air Safari Tour & Boxed lunch from German Farms Market. Parking on your own \$8 per vehicle - pay upon arrival.
Tour is Rain or Shine - dress accordingly.
Some walking will be involved.

** Fee is non-refundable unless we can sell your ticket or trip is canceled due to lack of interest.

EST. 2012
**GERMAN
FARMS**
Market

Sign-ups begin April 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY															
<p>6 ARTHRITIS EXERCISE 9:30 AM HEALTHY LIVING FOR BRAIN & BODY EDUCATION 11:30 AM ART CLASS 12:00 PM—\$1.00 ENER-CHI 2:00 PM CHAIR YOGA 3:00 PM GUITAR LESSONS 3:00 PM LINE DANCE 5:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>7 LINE DANCE 9:30 AM PRAYER, CARE & SHARE 10:00 AM JOYLIGHTS PRAYER GROUP 12:00 PM ROUND DANCE 12:00 PM Y-BRIDGE (CARDS) 12:00 PM CRAFTING FUN 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>1 BINGO W/ OAKS AT NP 9:45AM Alzheimer's Representative 10:00 AM—12:00 PM WATERCOLORS 12:00 PM BEGINNERS BRIDGE 12:00 PM FITNESS FUN 1:00 PM</p> <p>8 APRON DAY BINGO 9:45AM MVHC MOBILE UNIT MEET & GREET 11:00 AM OHIO SNAP-ED 12:15 PM BEGINNERS BRIDGE 12:00 PM FITNESS FUN 1:00 PM FLOWER PICK-UP 8:00 AM-4:00 PM</p>	<p>2 ZUMBA 8:45 AM TIME CHANGE ARTHRTIS EXERCISE 9:45AM BUTTON CLUB 11:00 AM PERI 11:30 AM EUCHRE 12:00 PM GOSPEL NIGHT 6:00 PM ** Doors open at 5:00 PM</p> <p>9 ZUMBA 8:45 AM TIME CHANGE ARTHRTIS EXERCISE 9:45AM FAITH & SPIRIT 10:00 AM TURBAN PROJECT 10AM - 2PM EUCHRE 12:00 PM FLOWER PICK-UP 8:00 AM-4:00 PM</p>	<p>3 CHAIR VOLLEYBALL 10:00 AM DUPLICATE BRIDGE 1:00 PM CARDIO DRUMMING 1:00 PM KARAOKE 6:00 PM ** Doors open at 5:00 PM</p> <p>10 BINGO W/ ALTERCARE 9:45 AM DUPLICATE BRIDGE 1:00 PM CARDIO DRUMMING 1:00 PM EUCHRE 6:00 PM SQUARE DANCE 6:00 PM ** Doors open at 5:00 PM ~ Brenda Sue FLOWER PICK-UP 8:00 AM-4:00 PM</p>	<p>13 ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM—\$1.00 ENER-CHI 2:00 PM CHAIR YOGA 3:00 PM GUITAR LESSONS 3:00 PM LINE DANCE 5:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>14 LINE DANCE 9:30 AM Rambo WELLNESS CHECKS 10:00 AM Y-BRIDGE (CARDS) 12:00 PM WISE INFO SESSION 10:30 AM BOOK CLUB 1:00 PM Caregivers' Support Group 1:00 PM CRAFTING FUN 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>15 BINGO 9:45 AM WATERCOLORS 12:00 PM BEGINNERS BRIDGE 12:00 PM FITNESS FUN 1:00 PM</p>	<p>16 ZUMBA 8:45 AM TIME CHANGE ARTHRTIS EXERCISE 9:45AM COMMODITIES 10:00 AM-2:00 PM EUCHRE 12:00 PM CARD CREATIONS 1:00 PM</p>	<p>17 DUPLICATE BRIDGE 1:00 PM CARDIO DRUMMING 1:00 PM BINGO W/ DOLBOW SENIOR SERVICES 2:00 PM ** DJ DANCE w/Adonis 6:00 PM ** Doors open at 5:00 PM</p>	<p>20 ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM—\$1.00 ENER-CHI 2:00 PM CHAIR YOGA 3:00 PM GUITAR LESSONS 3:00 PM LINE DANCE 5:00 PM 3 SISTERS PAINT YOUR PARTNER 5PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>21 LINE DANCE 9:30 AM LUNCH BUNCH 11:30 AM Y-BRIDGE (CARDS) 12:00 PM ROUND DANCE 12:00 PM CRAFTING FUN 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>22 PATRIOTIC DAY—WEAR RED, WHITE & BLUE BINGO 9:45AM MVHC MOBILE UNIT 10:00 AM OHIO SNAP-ED 12:15 PM BEGINNERS BRIDGE 12:00 PM MEDICAID 101 BY APPT. 12:00 PM FITNESS FUN 1:00 PM</p>	<p>23 ZUMBA 8:45 AM TIME CHANGE ARTHRTIS EXERCISE 9:45AM FAITH & SPIRIT 10:00 AM NUTRITION EDUCATION 10:45AM BOOMERTUNES 11:15 AM TURBAN PROJECT 10AM - 2PM EUCHRE 12:00 PM</p>	<p>24 BINGO W/ DOLBOW SENIOR SERVICES 9:45 AM DUPLICATE BRIDGE 1:00 PM CARDIO DRUMMING 1:00 PM EUCHRE 6:00 PM SQUARE DANCE 6:00 PM ** Doors open at 5:00 PM ~ Pleasant Valley Boys</p>		<p>28 LINE DANCE 9:30 AM Rambo WELLNESS CHECKS 10:00 AM Y-BRIDGE (CARDS) 12:00 PM ROUND DANCE 12:00 PM CRAFTING FUN 5:00 PM LINE DANCE 6:00 PM EUCHRE 6:00 PM</p>	<p>29 BINGO W/ QUALITY MOMENTS BEHAVIORAL HEALTH 9:45 AM BIRTHDAY PARTY 11:15 AM MEDICAID 101 BY APPT. 12:00 PM OHIO SNAP-ED 12:15 PM BEGINNERS BRIDGE 12:00 PM FITNESS FUN 1:00 PM EUCHRE 6:00 PM</p>	<p>30 ZUMBA 8:45 AM TIME CHANGE ARTHRTIS EXERCISE 9:45AM EUCHRE 12:00 PM CARD CREATIONS 1:00 PM</p>	<p>31 ACTIVITIES CHOICE DUPLICATE BRIDGE 1:00 PM CARDIO DRUMMING 1:00 PM</p>
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MAY

LUNCH MENU


©LPI

The suggested donation for all SENIOR meals is \$3.00.

For those under 60, the required cost is \$5.50.

Lunch is served from approximately

11:00 AM until 12:00 noon.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Home delivered meal clients can help the Center save food, gas and money by calling our Nutrition Department by 9:00 AM at 740-969-6189 if you need to cancel your meal for ANY reason.</p>		<p>1 Chicken Salad Potato Salad Coleslaw Fruit Juice</p>	<p>2 BBQ Riblette Tater Tots California Blend Pears</p>	<p>3 Beef Gravy Mashed Potatoes Broccoli Tropical Fruit Cookie</p>
<p>6 Salisbury Steak Mashed Potatoes Green Beans Fresh Orange</p>	<p>7 Chicken Pot Pie Soup Tossed Salad Peaches Pudding</p>	<p>8 Smoked Sausage Cabbage Wedge Fries Tropical Fruit</p>	<p>9 Sliced Turkey Sweet Potatoes Broccoli Peaches</p>	<p>10 Fish Sticks Mac & Cheese Stewed Tomatoes Banana Juice</p>
<p>13 Coney Dog Baked Beans Carrots Apricots</p>	<p>14 Spaghetti Green Beans Mixed Vegetables Peaches</p>	<p>15 Baked Chicken Red Potatoes Capri Blend Pineapple Cookie</p>	<p>16 Scrambled Eggs Sausage Links Hashbrowns Applesauce Orange Juice Muffin</p>	<p>17 Tuna Salad Macaroni Relish Plate Pickled Beets Banana</p>
<p>20 Pork Fritter Mashed Potatoes Peas & Carrots Peaches</p>	<p>21 Chicken Soft Taco Mexican Corn Pineapple</p>	<p>22 Meatball Sub Wedge Fries Broccoli Mixed Fruit</p>	<p>23 Meatloaf Mashed potatoes Green Beans Fresh Orange</p>	<p>24 BBQ Pork Tater Tots Baby Carrots Fruit Juice</p>
	<p>28 Ham Salad Potato Chips Pickled Beets Fruit Cup</p>	<p>29 Hamburger Stew Au Gratin Potatoes Apple Crisp</p>	<p>30 Creamed Chicken Mashed Potatoes Broccoli Grape Juice Warm Pudding</p>	<p>31 Sloppy Joe Wedge Fries Green Beans Apricots</p>

Menu is subject to change without notice.

**** Please note: Meal preparation and staff availability may affect lunch delivery times. We will do our best to maintain a consistent schedule; please do not call before 1:00 PM to report a meal not being delivered on time.**

FIND MORE INFO ON OUR PROGRAMS AT WWW.MCCFS.ORG



Celebrating healthy aging and educating older adults

Join us for an in-depth Education focused on Brain Health, Dementia and Caregiving



Are you 60 or older and looking for an opportunity to learn how to stay healthy and meet new people? Join us, and bring a friend!

The educational program offers six lessons that cover a wide range of topics. Join us for this fun program, where you'll meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices
- Celebrate this exciting stage of life and all the benefits that come with it
- Discuss risk factors and behaviors you should avoid to stay healthy
- Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently and how you can avoid problems
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive

Stephanie will be at the Center May 14 at 10:30 am to give information and answer questions.

The 6-week program begins June 11 and runs through July 23.

Giveaways for participants in the program!

For more information, call **Stephanie Hinds** at 740-454-1266.

[Muskingum County Center for Seniors](#)
160 N. 4th Street
Zanesville, OH

Healthy Living for your
Brain and Body
Monday, May 6th
11:30 AM

Questions?
email: glgagne@alz.org

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Regional experts will speak about brain health, behaviors and communication for those afflicted by the disease.



BONNIE LONGABERGER SENIOR CENTER (DRESDEN)

Open Monday—Friday 10:00 AM—2:00 PM (Lunch served 11:00-11:30) **

MONDAY: **Bingo** at 12:00 noon

TUESDAY/THURSDAY: **Golf Card game** at 10:00 AM / **Hausey & Canasta** at 12:00 noon

WEDNESDAY: **Euchre/Craft** at 12:00 noon

FRIDAY: **Chair Volleyball** at 10:00 AM

Thursday, May 16th: **Birthday Celebration with Shriver's**



**** Please call the Nutrition lines directly to reserve your meal for the day in Dresden.**

Karen McHenry (Nutrition Administrator): 740-969-6189

Jodi Paul (Operations Director): 740-969-6200

****Depending on staff availability, Center may be closed during regular scheduled hours.**

WHAT TO DO at the MUSKINGUM COUNTY CENTER FOR SENIORS

ART CLASS is a painting class with supplies provided; on occasion, there may be additional arts & crafts opportunities. The cost for this class is \$1.00. On Wednesdays, some of the artists meet here to paint; however, on Wednesdays, you must supply your own materials.

ARTHRITIS EXERCISE is a joint-friendly exercise that improves pain, function, mood, and quality of life. It aids in managing other chronic diseases. Our arthritis program is done from a seated position and can be done at any fitness level.

BRIDGE is a four-player partnership trick-taking card game with thirteen tricks per deal. Players bid how many tricks they can win and the goal is to successfully estimate how many tricks one's partnership can take.

CARD CREATIONS is a greeting card making class. No experience is necessary, and no tools are required. Class fee is \$10.00 and includes four cards. Additional cards may be purchased for \$2.50 apiece.

CARDIO DRUMMING combines cardio exercise and drumming to the rhythm of the music in an easy but effective workout. It's a fun, fast-paced way to get your heart rate up, improve your rhythm and burn calories.

CHAIR YOGA is a calm, tranquil, and restorative fitness program that focuses on breathing and listening to your body. Yoga has physical and psychological advantages. It improves balance and stability, strengthens muscles, improves flexibility and joint health, reduces high blood pressure and anxiety, improves respiration, and encourages mindfulness. As an alternative, yoga may also be done on the floor, if desired.

ENER-CHI combines easy to learn tai chi forms and qigong exercises through mindful movement. While learning and practicing, attention is given to transferring weight smoothly, maintaining postural control and focused breathing techniques. Benefits include increased muscular endurance, improved balance, and a calm mind. Chair support is offered to facilitate standing stability and seated exercise options.

EUCHRE is a trick taking game with a trump, played by four players in teams of two. The game is played over several rounds until one team scores 10 points.

FITNESS FUN with MEGYEN combines a variety of cardio and strength training exercises set to music. This is one class that is part of the Y-on-the-Fly mobile program.

LINE DANCE is the perfect form of exercise, providing the benefits of an aerobic workout, which helps maintain a healthy heart. It also gives you social interaction, which is great for mental wellness. There are various levels of difficulty, and all are welcome to attend any class.

ROUND DANCE is a choreographed and cued PARTNERS ballroom dance class that progresses in a circular counter-clockwise pattern around the dance floor. The two major categories of ballroom dances are the smooth and international ballroom styles (such as foxtrot and waltz) and the Latin dances (such as cha-cha-chá, salsa, and rumba).

SQUARE DANCE is a dance for four couples (eight dancers in total) arranged in a square, with one couple on each side, facing the middle of the square. The dancers are generally prompted or cued through a sequence of steps by a caller to the beat and/or words of the music. Cost is \$3.00

ZUMBA is a fun, fast paced fitness program that includes easy to follow dance steps. It is a cardiovascular workout that gives you the opportunity for social interaction, while improving health and mobility. It provides stress relief, builds stronger muscles & bones, and aids in weight loss.

HOME ENERGY ASSISTANCE PROGRAM (HEAP)

The Ohio Department of Development and the Muskingum County Center for Seniors want to remind Ohioans assistance is available to help with their home energy bills. The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175% of the federal poverty guidelines pay their heating bills.

Ohioans can visit energyhelp.ohio.gov to apply online, download a copy of the application, or find contact information for a local Energy Assistance Provider. Senior citizens may go to their local Area Agency on Aging office for help with assembling the required documents and completing their HEAP application.

Individuals will need to have copies of the following documents to include with their application:

- Most recent utility bills.
- A list of all household members (including birth dates and Social Security numbers).
- Proof of income for the past 30 days for all household members (12 months for certain income types).
- Proof of U.S. citizenship or legal residency for all household members.
- Proof of disability (if applicable).

HEAP benefits are applied to an individual's energy bill after Jan. 1. If you need immediate assistance with your energy bills, please contact your local Energy Assistance Provider. A list of providers can be found at energyhelp.ohio.gov.

The last day to apply for the regular HEAP benefit is May 31, 2024. For more information or assistance with applying for a HEAP benefit, contact Community Action at (740) 453-5278, Ext. 109.

For more information on the programs, visit energyhelp.ohio.gov or call your local Energy Assistance Provider.

Blue Ribbon 50+ Expo

Resources for those 50+

Wednesday, May 15, 2024

10 am - 2 pm

Muskingum County Fairgrounds

Veterans Complex

For More Information:

740-453-3068 muskcofair@aol.com

MUSKINGUM COUNTY CENTER FOR SENIORS

160 N. 4th Street
Zanesville, OH 43701
(740) 454-9761
www.mccfs.org

Funded in part by the Older Americans Act through the Area Agency on Aging Region 9, Inc. and the Ohio Department of Aging



Scan to donate!

Muskingum County Center for Seniors will enhance the quality of life for individuals over 60 through opportunities to learn, laugh, and live well.

