

MUSKINGUM COUNTY
CENTER for SENIORS
Learning Always. Laughing Together. Living Well.
GOLDEN news

NOVEMBER | VOLUME 46, ISSUE 11 | 2023

Business Hours: 8:00 am - 4:00 pm
Phone: 740.454.9761 Fax: 740.454.3309
Website: www.mccfs.org

It's Coming Soon!

WHAT: F.O.P. Christmas Party

WHO's INVITED?

Muskingum County Seniors ONLY (age 60+)

WHEN: Friday, December 15th

11:00 AM-1:00 PM

(Doors open at 9:30 AM)

WHERE: Muskingum County Center for Seniors

(160 North 4th Street, Zanesville)

COST: FREE, but tickets are REQUIRED!



Tickets will be available ONLY at the Center for Seniors during normal business hours. (8:00 AM—4:00 PM) beginning November 29th.

Names will be assigned to tickets and you must have your ticket to attend. Your ticket will also serve as your entry into the DOOR PRIZE drawing.

The cold weather seems to be coming earlier this year, so as a reminder, we are sharing our winter weather policy, based on the levels issued by the Muskingum County Sheriff's Office.



Level 1: Congregate & Home-delivered meals, daytime activities, and transportation proceed as scheduled. Evening activities are cancelled.

Level 2: The Center will open on a 2-hour delay. Home-delivered meals and transportation appointments are cancelled. Shelf stable meals are to be used. Evening activities are cancelled.

Level 3: The Center is CLOSED. All services are cancelled. Shelf stable meals are to be used by Meals on Wheels clients.

OUR COMMUNITY

STAFF

Executive Director

Kate Paul Ext. 103

Business Director

Chad Tyson Ext. 111

Operations Director

Jodi Paul Ext. 122

Administrative Assistant

Erica Silvia Ext. 102

Quality Compliance Coordinator

Debbie Moore Ext. 113

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

Board of Commissioners

Cindy Cameron

Melissa Bell

Mollie Crooks

Board of Trustees

Anthony Adornetto

Jay Benson

Sheryl Derry

Megan Durst

Wendy Harris

Ann Hollingsworth

R. Susan Jones

Flora Martin

James McDonald

Brian Wagner

Keely Warden

Melissa Wood

**The MCCFS
Board of Trustees
will hold its next meeting on
Thurs. November 9, 2023
at 8:00 AM.**

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 remaining dates in 2023:

Tuesday, November 7—Election Day

(Meals on Wheels WILL be delivered)

Friday, November 10—Veterans' Day

Thursday/Friday, November 23-24—Thanksgiving

Monday/Tuesday, December 25-26—Christmas

Monday/Tuesday, January 1-2, 2024—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 that 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.

LET US HELP YOU

NEED SOMETHING TO CELEBRATE?

Check out these holidays for **NOVEMBER**

- 1 National Stress Awareness Day
- 2 Men Make Dinner Day
- 3 National Sandwich Day
- 5 Daylight Saving Time Ends
- 6 Nachos Day
- 8 Cappuccino Day
- 11 National Sundae Day
- 13 World Kindness Day
- 14 National Guacamole Day
- 15 National Clean Out Your Refrigerator Day
- 16 Great American Smokeout
- 17 National Take a Hike (or a walk!) Day
- 19 National Play Monopoly Day
- 22 Go For a Ride Day
- 23 Espresso Day
- 24 Buy Nothing Day
- 25 Small Business Saturday
- 26 National Cake Day
- 27 Cyber Monday
- 28 French Toast Day
- 29 National Square Dancing Day
- 30 Computer Security 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 during the month of October. We continue to be blessed by your generosity, which enables us to continue providing quality service to the senior citizens of Muskingum County!

**THANK YOU
-VETS!-**

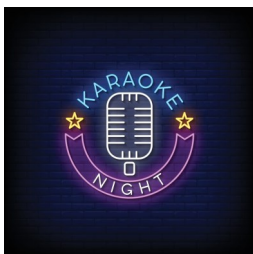
Veterans Day—November 11th

©LPi

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.

What's Happening



Do you love to sing?

Join us for **KARAOKE** the first Friday of the month
(**November 3rd**)!

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

Bring your friends!

Admission: \$5.00 - the fun starts at 6:00 PM!



FALL PUMPKIN COOKIES!

Grab your apron and your friends for some decorating fun!

WHEN: Nov. 15th at 12:00 PM

COST: \$8.00 ~ includes one dozen cookies, icing, and container. You are welcome to bring your favorite sprinkles and decorations.

**** Advance registration required. ****

"CARD CREATIONS BY KAREN"

Karen Bay - Instructor

Offering Handmade Card Classes

Thursday, November 16th 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!

Monday, November 13th at 6:00 PM



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

Sugar Blossom's (Kelly Shumate, Instructor)

Gingerbread House Ornament Class

\$18.00—includes 2 ornaments and materials

(fee is non-refundable, but may reschedule for another class)

Classes available at 5:30 PM on November 14th or December 5th.

*** Register at mccfs.org or at the Center.**



Three Sister's Studio Craft Days

November 27th or December 18th
at 4:00 PM

Choose 2 crafts for \$5.00.

Please pre-register online or at the Center.



SNOWMAN CRAFT

COMING SOON:

Wed. December 13th

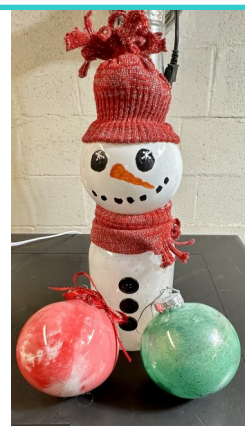
12:00 PM

Cost: \$10

(Includes one snowman with lights and one bulb)

*** Bring glue guns & scissors**

Register online or at the Center.



HELEN PURCELL Good Ol' Gospel Music Night

Our gospel music night will be held on **Thursday, November 9th at 6:00 PM.** Join us for fellowship and music, featuring the music of **VICTORY TRIO.**

Doors open at 5:00 PM.

Admission: \$2.00



LUNCH BUNCH

WHEN: Tuesday, November 28th at 11:30 AM



Enjoy lunch & fun with friends!

A \$5.00 deposit is required to hold your spot, and registration is REQUIRED.

See Tara to sign up.

Honor Our Heroes

Saluting the brave and the free

Join us on November 11th as we pay tribute to those who have served our country.

Date: 11/11/23, Time: 11AM,
Line up at 9:30AM
Location: Secrest Auditorium Parking Lot
Contact Jill to participate
(740)969-6097



JOIN US FOR STORYBOOK CHRISTMAS PARADE

PARTICIPANTS NEEDED

November 29
Lineup at 5:30PM, Parade at 6PM
Secrest Auditorium Parking Lot

Bundle up and join us!
Holiday attire is encouraged.
No Santa suits.



Contact Jill (740)969-6097

Muskingum County Caregiver Support Group

alzheimer's association



ALZHEIMER'S
ASSOCIATION
Central Ohio Chapter

Muskingum County Center for Seniors
Second Tuesday of every month
1:00 PM - 2:00 PM
***In-Person only**
160 N 4th Street
Zanesville, OH 43756

Facilitator: Michelle Roush
mroush@shrivershospice.com

QUESTIONS?
Email: glgagne@alz.org
740.373.0343

Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

To learn more about caregiver programs and resources, call our 24/7 Helpline at 800-272-3900 or visit our website at alz.org

800.272.3900 | alz.org



LUNCH MENU

NOVEMBER

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
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.		1 Pimento cheese sandwich Potato salad Pea salad Tropical fruit	2 Ravioli Tossed salad Broccoli Applesauce Breadstick	3 Ham/green bean/ potato casserole Carrots Pineapple Cookie
6 Sweet 'n sour Chicken Rice Peas Fruit cup	7 HOME-DELIVERED MEALS ONLY Pizza burger Tater tots California blend Peaches	8 BBQ pork sandwich Wedge fries Green beans Mandarin oranges	9 Chili Baked potato Pears Cornbread Applesauce	10 VETERANS DAY  — Honoring All Who Served — ★ ★ ★
13 Chili dog Tater tots Carrots Peaches	14 Chicken soft taco Lettuce/tomato Mexican rice Mandarin oranges	15 Spaghetti w/meat sauce Broccoli Applesauce Fruit juice Breadstick	16 Smoked sausage Mashed potatoes Sauerkraut Tropical fruit	17 Chicken sandwich Potato soup Mixed vegetables Pears
20 Ham salad sandwich Potato salad Pickled beets Fruit cup	21 Beef & gravy over mashed potatoes Peas Fruit cup Cookie	22 Turkey Stuffing Sweet potatoes Green beans Juice Pumpkin pie	BLESSED THANKSGIVING TO YOU AND YOURS!  Gobble gobble ENJOY YOUR TURKEY AND WE'LL SEE YOU MONDAY!	
27 BBQ riblet Red potatoes Mixed vegetables Mandarin oranges	28 Sloppy Joe Tater tots Peas & carrots Applesauce	29 Baked chicken Wedge fries Carrots Juice	30 Meatloaf Mashed potatoes Green beans Peaches	

**** 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.**

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 November:

November 8th - Building a Better Meal with a Variety of Grains

Recipe: Mushroom & Barley Soup

November 22nd - Shift to Healthier Choices

Recipe: Pumpkin Mac & Cheese

COMMODITIES NEWS:

Commodity 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 (parallel to Pershing) to the North Stage to pick up your box, and then exit through Gate 3. 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, you may be removed from the program.** Please be courteous to others. All boxes are assigned. Distribution begins at 10:00 AM and ends at 2:00 PM.

The remaining dates for 2023 are November 16th and December 21st.

**** If you change your phone number, PLEASE update it with us. This enables us to send you a reminder call each month.**

BONNIE LONGABERGER SENIOR CENTER (DRESDEN)

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

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

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

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

Thursday, **November 16th: BIRTHDAY CELEBRATION** (Cake provided by Shriver's Hospice)

**** Effective immediately, we are asking Dresden patrons to call the nutrition lines directly to reserve your meal for the day, in order to serve the Dresden Center as efficiently as possible.**

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

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



Our Book Club meets the second Tuesday of the month at 1:00 PM. The next meeting will be November 14th in the Frazesburg Room.



DRIVER SPOTLIGHT

~Dave Fowler

MCCFS: Tell us about your experience as a driver for the Meals on Wheels programs for the Muskingum County Center for Seniors.

DF: I've had the privilege of working for the Muskingum County Center for Seniors for the last 11 months. I have gotten very close to a lot of my clients. I've had the experience in the last 2 to 3 months of having some of my clients going to assisted living where I won't see them every day. We had gotten to know each other and had shared things over the last 11 months. In the last 2 to 3 months, I've

had some of them going to these facilities, but they waited around one last day to tell me goodbye and how much they appreciated what I do and what the Muskingum County Senior Center has done for them. They wanted to wait one more day to shake my hand or offer a hug to show their appreciation and tell me goodbye.

MCCFS: How has this job been more rewarding for you than other jobs you have had in the past?

DF: I think that I was under the pretense, like a lot of other people that this program (Meals on Wheels) is a government funded program. I thought there wasn't going to be much to do and that it would be just a job. Since I have been doing this, I have found that it is more than just a job. It is a meaningful way of letting people know that there are other people outside of their family who actually care for them. I am the only personal contact a lot of my clients have daily. If I could bring that one happy moment to them or a smile to their face, it makes the whole job worthwhile.

MCCFS: Tell me about your most recent experience.

DF: I had gotten to know Mr. H. over the years and got to know him better through this job. His wife was to leave for an assisted living facility, but she stuck around until I got there to tell me goodbye and how much she appreciated what I did for them every day. Mr. H's last day was today and he was to join his wife at the assisted living facility. He stuck around to shake my hand and tell me how much it was privilege for him to get to know me and for me to be able to be called a friend of his. It really touched me in the heartstrings. I'm glad I was able to bring happiness to him and just be able to talk to him if he was having a bad day.



Dave Fowler, Meals on Wheels driver



FAITH & SPIRIT

November 9—This session will be an informal Thanksgiving prayer service. We will call to mind our many blessings, read Scripture on giving thanks, recite a praise litany and complete a short gratitude meditation. All are welcome!



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, November 9th and 30th. NO experience is necessary, and the more, the merrier.



Bags of Love

Join us to provide holiday “Bags of Love”
to homebound seniors.

We are currently collecting donations.
For further instructions and to see
items we need, scan the QR code and
it will take you to Sign Up Genius.



Donations needed by (11/30/2023)



WHAT TO DO at the MUSKINGUM COUNTY CENTER FOR SENIORS

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.

CARDIO DANCE is a fun, fast paced fitness program that includes easy to follow dance steps. It is a fun 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.

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.

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.

SENIOR-FIT is a 45 minute, evidence-based, ongoing strength training exercise class that works toward increasing strength and balance and helps improve gait and flexibility. Anyone at any age and fitness level can participate. It is effective in rebuilding strength, balance and range of motion, and it's great for chronic disease management.

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

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. It can be done from a seated position or on the floor. A yoga mat is suggested for comfort.

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.

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.

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.

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.



Holiday **CRAFT** *Show*



BROWSE OUR VENDOR
TABLES, ENJOY LIGHT
REFRESHMENTS AND
BRING THE KIDS FOR
MAKE AND TAKE CRAFTS

DECEMBER 8, 2023 | 5PM - 8PM
STORYBOOK CHRISTMAS

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

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



Scan to donate!

