

MUSKINGUM COUNTY
CENTER for **SENIORS**

Learning Always. Laughing Together. Living Well.

GOLDEN news

FEBRUARY | VOLUME 49, ISSUE 2 | 2025

Business Hours: 8:00 AM - 4:00 PM Phone: (740)454-9761 Fax: (740)454-3309

Website: www.mccfs.org

Facebook: Muskingum County Center for Seniors

Spotlight on Local Talent: Morgan Langsdorf

Meet Morgan Langsdorf, a vibrant mixed media artist based in Zanesville. Having honed her photography skills at the Art Institute of Pittsburgh, Morgan has since expanded her artistic horizons, embracing a multitude of creative mediums.



Morgan's passion for art permeates every aspect of her life. She currently enhances lives through her work in life enrichment at The Oaks at Bethesda, and enriches the artistic community through her role in guest services at the Zanesville Museum of Art. As if that weren't enough, she also finds time to volunteer as an art instructor at the Center, helping to nurture the creative talents of others.

For Morgan, art is more than a personal endeavor; it's a way to inspire and uplift others. She finds joy in her own projects, but even greater fulfillment in helping others discover their own creative voices. Her approach is rooted in the belief that we learn best by doing and that inspiration can be drawn from almost anything, provided we have the right mindset. Morgan's enthusiasm for art is contagious, and her dedication to fostering creativity in others is truly inspiring. Whether working on her own masterpieces or guiding others on their artistic journeys, Morgan's commitment to the arts is unwavering. She is a firm believer that with the right encouragement and mindset, anyone can create art that they are proud of. Be sure to keep an eye out for Morgan's work around Zanesville, and maybe even take part in one of her workshops—you never know where your creativity might take you!

OUR COMMUNITY

Staff

Executive Director

Kate Paul Ext. 103

Business Director

Chad Tyson Ext. 111

Operations Director

Jodi Paul Ext. 122

Administrative Assistant

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Quality Compliance Coordinator

Debbie Moore Ext. 114

Activities Director

Tara McGuire Ext. 116

Community Involvement Coordinator

Jill Jones Ext. 123

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Karen McHenry Ext. 104

Transportation Coordinator

Lesley Viney Ext. 112

Community Health Assessor

Jodacy Fisher Ext. 115

Activities Assistant

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Receptionist

Cindy Sheppard Ext. 101

Evening Receptionist

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Lauren Cox Ext. 107

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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 2025:

Monday, February 17 - President's Day

Monday, May 26 - Memorial Day

Thursday, June 19 - Juneteenth Day

Friday, July 4 - Fourth of July

Monday, September 1 - Labor Day

Monday, October 13 - Columbus Day

Tuesday, November 11 - Veterans Day

Thursday/Friday, November 27 & 28 - Thanksgiving

Wednesday, December 24 - To be announced

Thursday, December 25 & 26 - Christmas

Wednesday/Thursday, December 31 - New Year's

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. We update the information annually.

*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.

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

Need something to celebrate?

February 2025

- 1 National Get Up Day
- 2 National Tater Tot Day
- 2 Groundhog Day
- 3 Feed the Birds Day
- 4 Thank Your Mailman Day
- 4 World Cancer Day
- 5 World Nutella Day
- 6 National Frozen Yogurt Day
- 7 National Wear Red Day
- 8 National Boy Scout Day
- 9 Super Bowl Sunday
- 10 Teddy Day
- 11 National Inventors' Day
- 12 Lincoln's Birthday
- 12 Hug Day
- 13 Galentine's Day
- 14 Valentine's Day
- 14 National Donor Day
- 15 Singles Awareness Day
- 17 Presidents' Day
- 17 Random Acts of Kindness Day
- 18 Flirting Day
- 19 National Chocolate Mint Day
- 20 National Love Your Pet Day
- 21 National Sticky Bun Day
- 22 George Washington's Birthday
- 22 National Walking the Dog Day
- 22 National Margarita Day
- 23 National Banana Bread Day
- 25 National Chocolate Covered Nut Day
- 26 National Letter to an Elder Day
- 27 National Chili Day
- 28 National Chocolate Soufflé Day
- 28 National Pancake Day

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



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 is \$3.00 per trip (each way). **All transportation is by appointment only, and advanced notice is required.** Please call (740) 617-1402 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 January. We continue to be blessed by your generosity, which enables us to continue to provide quality service to our Friends of the Center in Muskingum County!

The MCCFS Board of Trustees will hold its next meeting on Tuesday, March 11 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.

What's Happening



MUSKINGUM COUNTY CENTER for SENIORS
BOOK CLUB
 Tuesday, February 11
 1:00 PM
 Meeting on the lower level



FRIDAY, February 7
 6:00 PM - 9:00 PM
DOORS OPEN AT 5:00 PM

Karaoke night

**BRING YOUR FRIENDS!
 OPEN TO THE PUBLIC**

Professional sound
 Multiple mics
 Over 55,000 song choices

ENTRY \$5 **Concessions available**
 WWW.MCCFS.ORG

LUNCH BUNCH



WHEN: Tuesday, February 25 at 11:30 am
WHERE: Olive Garden - 907 Howard St
 Enjoy lunch & fun with friends!
 A \$5.00 deposit is required!
 Registration begins February 3.



Orthopedic Specialists & Sports Medicine
 An OrthoAlliance Partner Practice

HEALTH TALK
HIP/KNEE/FOOT/ANKLE

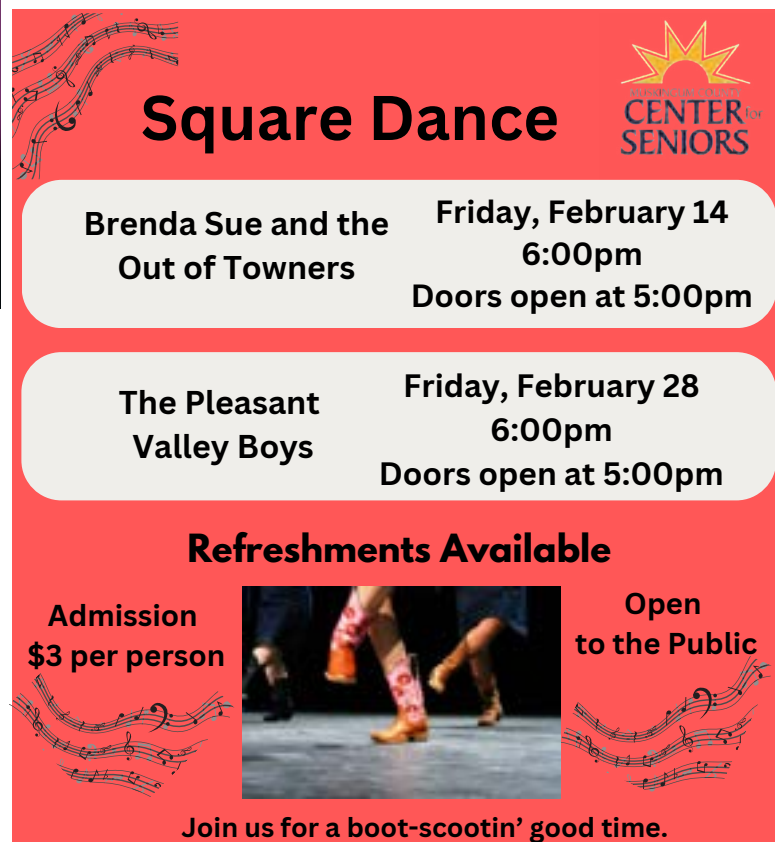
THURSDAY, FEBRUARY 20TH
 12:15-1:15PM

Muskingum County Center for Seniors
 Zanesville, OH

Join Dr. Eric Erb and Dr. Tung Dao from OSSM for an informative session on Hip & Knee Arthritis and Foot & Ankle Pain. The physicians will answer questions following their presentations.

Dr. Eric Erb
Dr. Tung Dao

740.788.9220 www.ossmnewark.com



Square Dance
MUSKINGUM COUNTY CENTER for SENIORS

Brenda Sue and the Out of Towners **Friday, February 14**
 6:00pm
 Doors open at 5:00pm

The Pleasant Valley Boys **Friday, February 28**
 6:00pm
 Doors open at 5:00pm

Refreshments Available

Admission \$3 per person **Open to the Public**

Join us for a boot-scootin' good time.



Follow us on Facebook for updates and announcements.

DJ DANCE PARTY

Friday, February 21

6 pm

- DJ ADONIS
- DOORS OPEN AT 5PM
- OPEN TO THE PUBLIC
- CONCESSIONS AVAILABLE



COST
\$3

MUSKINGUM COUNTY CENTER for SENIORS

Bowling

\$10

Tuesday, February 18 12:00 pm

Must be registered.

Join us for 2 games of bowling with free shoe rental at Sunrise Bowling Center. Lunch is not included.

Ballroom Dancing

Tuesdays - 7:00 pm

No experience required

Contact Betsy Thomas

(740) 819-5452



Tech Help

Needing help with a smart device?
Tech related questions or issues?

Thursdays at Noon
February 6th & 20th



FAITH & SPIRIT



February 13--Share the Love--This session will focus on love from a faith and scripture perspective. We will define and discuss love and what that means in daily life. We will review love of self and others. We will make a special "love"/Valentine's Day snack to conclude the session.

February 27--Faith, Hope and Love--We will learn about these three virtues from a scriptural perspective. We will discuss spiritual and personal meanings and applications of each. We will complete a faith based affirmation chalkboard plaque of our favorite virtue.

MUSKINGUM COUNTY CENTER FOR SENIORS

COMMODITIES NEWS: NOTE THE CHANGES!

Commodity boxes can be picked up at the **Muskingum County Fairgrounds** at 1300 Pershing Road. **Please enter through Gate 4 at the WEST end of the fairgrounds, follow the traffic to the North Stage to pick up your box, and 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 must be picked up on the assigned day during the scheduled times by the Commodity recipient OR the proxy designated on your application ONLY. **You will be removed from the program if you fail to pick up your box for 2 consecutive months without contacting us with a valid reason.** 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 confirmed distribution dates for 2025 are as follows:**

February 20	3rd Thursday of the month
March 20	3rd Thursday of the month
April 17	3rd Thursday of the month
May 15	3rd Thursday of the month
June 30	5th Monday 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.

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!

Winter Weather Policy

The cold weather is here 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.

More of What's Happening



MUSKINGUM COUNTY
CENTER for SENIORS

Valentine's
Dinner

Thursday, 13th February 2025

ONLY \$20 PER PERSON

Dinner 5:30 pm
Entertainment by Betty Douglas 6:30 pm

CHEF STEVE
The Professional Caterer
SPAGHETTI DINNER
WITH SALAD, GARLIC BREAD & DESSERT

TICKET SALES BEGIN MONDAY, JANUARY 13
Register at the Center or online



MUSKINGUM COUNTY
CENTER for SENIORS

Valentine's Day
Craft
with Cindy

February 12
12:00 pm

\$15

Register at the Center or on-line

Bring your glue gun if you have one



Job and Family Services, SNAP & Medicaid Programs

FOURTH WEDNESDAY OF THE MONTH 12:00PM
BY APPOINTMENT
CALL THE CENTER TO SCHEDULE (740)454-9761

New Applicants or Pending Benefits

844-640-6446

FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*WEATHER RELATED CANCELLATIONS WILL NOT BE RESCHEDULED</p> <p>03 ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM ENER-CHI 2:00 PM CHAIR YOGA 3:00 PM UKULELE LESSONS 4:00 PM LINE DANCE 5:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>04 ROUND DANCE 12:00 PM GUITAR LESSONS/JAM SESSION 3-6 PM LINE DANCE 5:30 PM EUCHRE 6:00 PM BALLROOM DANCING 7:00 PM</p>	<p>05 BINGO W/ OAKS AT NORTHPOINTE 9:45 AM ALZHEIMER'S REPRESENTATIVE 10:00 AM ALZHEIMER'S EDUCATION - 12:00 PM UNDERSTANDING ALZHEIMER'S & DEMENTIA 12:00 PM MCLS COFFEE & CRAFTS 10 - 11 AM BEGINNERS BRIDGE 12:00 PM WATERCOLORS 12:00 PM FITNESS FUN 1:00 PM</p>	<p>06 ZUMBA 8:45 AM ARTHRTIS EXERCISE 9:45 AM BUTTON CLUB 11:00 AM PERI 11:30 AM TECH HELP W/ MCLS 12:00 PM EUCHRE 12:15 PM GOSPEL NIGHT 6:00 PM **Doors open at 5:00 pm Admission \$2</p>	 <p>07 NATIONAL WEAR RED DAY IN HONOR OF HEART AWARENESS CHAIR VOLLEYBALL 9:30 AM CARDIO DRUMMING 1:00 PM DUPLICATE BRIDGE 1:00 PM KARAOKE 6:00 PM ** DOORS OPEN AT 5:00 PM ADMISSION: \$5.00</p>
<p>10 ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM ENER-CHI 2:00 PM CHAIR YOGA 3:00 PM UKULELE LESSONS 4:00 PM LINE DANCE 5:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>11 MUSIC WITH CHUCK HUNT 10:00 AM JOYLIGHTS PRAYER GROUP 12:00PM RAMBO WELLNESS CHECKS 10:00 AM BOOK CLUB 1:00 PM CAREGIVER SUPPORT GROUP 1:00 PM GUITAR LESSONS/JAM SESSION 3-6 PM LINE DANCE 5:30 PM EUCHRE 6:00 PM BALLROOM DANCING 7:00 PM</p>	<p>12 BINGO W/GAIL GARLAND, LEPI & ASSOC 9:45 AM KARAOKE 11:15 AM BEGINNERS BRIDGE 12:00 PM VALENTINE CRAFT WITH CINDY 12:00 PM FITNESS FUN 1:00 PM</p>	<p>13 ZUMBA 8:45 AM ARTHRTIS EXERCISE 9:45 AM FAITH & SPIRIT 10:15 AM TURBAN PROJECT 12 PM - 3:30PM EUCHRE 12:15 PM VALENTINE'S DINNER 5:30PM - TICKETS REQUIRED</p>	<p>14 BINGO 9:45AM MUSIC BY LAURA SCHUMANN 11:15 AM CARDIO DRUMMING 1:00 PM DUPLICATE BRIDGE 1:00 PM EUCHRE 6:00PM SQUARE DANCE 6:00 PM **DOORS OPEN AT 5:00 PM ~ Brenda Sue - ADMISSION \$3.00</p>
 <p>17</p>	<p>18 BOWLING AT SUNRISE BOWLING 12:00PM- MUST BE REGISTERED ROUND DANCE 12:00 PM GUITAR LESSONS/JAM SESSION 3-6 PM LINE DANCE 5:30 PM EUCHRE 6:00 PM BALLROOM DANCING 7:00 PM</p>	<p>19 BINGO W/ DOLBOW SENIOR SERVICES 9:45 AM MCLS COFFEE & CRAFTS 10 - 11 AM BEGINNERS BRIDGE 12:00 PM HOW TO SHOP ONLINE W/ MCLS 12:00 PM WATERCOLORS 12:00 PM FITNESS FUN 1:00 PM</p>	<p>20 ZUMBA 8:45 AM ARTHRTIS EXERCISE 9:45 AM COMMODITIES 10:00 AM-2:00 PM BOOMERTONES 11:15 AM HEALTH TALK - HIP/KNEE/FOOT/ANKLE - OSSM 12:15 PM TECH HELP W/ MCLS 12:00 PM EUCHRE 12:15 PM CARD CREATIONS 1:00 PM</p>	<p>21 CHAIR VOLLEYBALL 9:30 AM BINGO W/ BUCKETE HOSPICE 2:00 PM CARDIO DRUMMING 1:00 PM DUPLICATE BRIDGE 1:00 PM DJ DANCE W/ ADONIS 6:00 PM **DOORS OPEN AT 5:00 PM ADMISSION \$3.00</p>
<p>24 ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM ENER-CHI 2:00 PM CHAIR YOGA 3:00 PM UKULELE LESSONS 4:00 PM LINE DANCE 5:00 PM TURBAN PROJECT 5:00 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p>25 RAMBO WELLNESS CHECKS 10:00 AM LUNCH BUNCH 11:30 AM ROUND DANCE 12:00 PM GUITAR LESSONS/JAM SESSION 3-6 PM LINE DANCE 5:30 PM EUCHRE 6:00 PM BALLROOM DANCING 7:00 PM</p>	<p>26 BINGO 9:45 AM BIRTHDAY PARTY W/ BAREFOOT MCCOY 11:15 AM BEGINNERS BRIDGE 12:00 PM JOB AND FAMILY SERVICES, SNAP & MEDICAID BY APPOINTMENT 12:00 PM FITNESS FUN 1:00 PM</p>	<p>27 ZUMBA 8:45 AM ARTHRTIS EXERCISE 9:45 AM FAITH & SPIRIT 10:15 AM EUCHRE 12:15 PM</p>	<p>28 BINGO 9:45 AM CARDIO DRUMMING 1:00 PM DUPLICATE BRIDGE 1:00 PM EUCHRE 6:00 PM SQUARE DANCE 6:00 PM ** DOORS OPEN AT 5:00 PM **PLEASANT VALLEY BOYS ADMISSION: \$3.00</p>

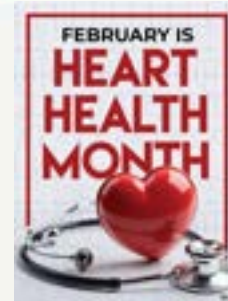
2025 FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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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.

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

Menu is subject to change without notice.



<p>03 Chicken Diced Potatoes Broccoli Peaches</p>	<p>04 Beef Stew Tossed Salad Applesauce Roll</p>	<p>05 Pizza Burger Tater Tots California Blend Orange</p>	<p>06 Ham & Cheese Macaroni Stewed Tomatoes Spinach Pears</p>	<p>07 Hamburger Gravy Mashed Potatoes Green Beans Pineapple</p>
<p>10 Cheeseburger Wedge Fries Carrots Mandarin Oranges</p>	<p>11 Scrambled Eggs Hash Browns Applesauce Orange Juice</p>	<p>12 Beef Tips in Gravy Mashed Potatoes Green Beans Tropical Fruit</p>	<p>13 Creamed Chicken on a Biscuit Carrots Broccoli Mixed Fruit</p>	<p>14 Baked Fish Scalloped Potatoes Succotash Pineapple</p>
<p>17 </p>	<p>18 Smoked Sausage Sandwich Mashed Potatoes Sauerkraut Peaches</p>	<p>19 Unstuffed Cabbage Rolls California Blend Peas Fruit Juice</p>	<p>20 Meatloaf Mashed Potatoes Green Beans Pineapple</p>	<p>21 Baked Chicken Tater Tots Carrots Pears</p>
<p>24 Baked Steak Mashed Potatoes Mixed Vegetables Pineapple</p>	<p>25 Chicken Soft Taco Rice Mandarin Oranges</p>	<p>26 BBQ Pork Sandwich Tater Tots California Blend Applesauce</p>	<p>27 Chili Baked Potato Pears Peaches Cornbread</p>	<p>28 Turkey Sweet Potato Green Beans Fruited Jello</p>

****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 2:00 pm to report a meal not being delivered on time.**

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.

MUSKINGUM COUNTY CENTER FOR SENIORS

Understanding Alzheimer's & Dementia

Presented by the Alzheimer's Association



Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about:

- The impact of Alzheimer's
- The difference between Alzheimer's and dementia
- Alzheimer's disease stages and risk factors
- Current research and treatments available to address some symptoms
- The resources that are available to you!

Wednesday, February 5th
12:00pm - 1:00pm

Muskingum County Center for Seniors
160 N 4th St
Zanesville, OH 43701

RSVP:
ALZ 24/7 HELPLINE
800.272.3900

Alzheimer's Association Central Ohio Chapter



Office Hours at Muskingum County Center for Seniors

Our staff provides FREE personalized education, resources and strategies to help caregivers and family members of individuals with Alzheimer's disease or another dementia provide the best care possible.

Meet with René Redd, your local Alzheimer's Association representative to:

- Discuss FREE Alzheimer's Association care & support services
- Learn about behavioral changes, communication strategies, safety in the home and planning for the future
- Develop a caregiving action plan with support and guidance from your care coach
- Learn how to find and access local resources and monitor the quality as needs change

Muskingum County Center for Seniors

160 N 4th Street
Zanesville, OH 43701

First Wednesday of the month
10:00am-12:00pm

WALK-INS WELCOME

Questions? Contact René Redd at (740) 337-0343 or at rjredd@alz.org

 **ALZHEIMER'S ASSOCIATION**
Central Ohio Chapter

ALZHEIMER'S ASSOCIATION 24/7 HELPLINE 800.272.3900

ALZHEIMER'S ASSOCIATION 



 **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, February 13 from 12 pm to 3:30 pm and February 24 at 5:00 pm**. NO experience is necessary, and the more the merrier. Invite your friends to join this meaningful mission!

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 the first and third Wednesdays, some of the artists meet here to paint Watercolors, 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. The class fee is \$10.00 and includes four cards. Additional cards may be purchased for \$2.50 a piece.

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. This is part of the Y-on-the-Fly mobile program.

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. This is part of the Y-on-the-Fly mobile program.

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. This is part of the Y-on-the-Fly mobile program.

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 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 rhumba).

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.

HEAP INFORMATION

Heating Assistance Available

Application Deadline: May 31, 2025

The Ohio Department of Development and the Area Agency on Aging, Region 9 want to remind older Ohioans that 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 for a household of up to seven members and 60% of State Median Income for a household of eight or more members to pay their heating bills.

Applied directly to the customer's utility or bulk fuel bill, the benefit can help manage heating costs. Older Ohioans may go to their local Area Agency on Aging office for help with assembling the required documents and completing their HEAP application. They may also visit www.energyhelp.ohio.gov to apply online or to download a copy of the application.

When applying, individuals need to have copies of the following documents:

- 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. Applications for the HEAP program must be received by May 31, 2025.

For more information or assistance with applying for a HEAP benefit, contact the Muskingum County Center for Seniors at (740) 454-9761.

To be connected to your local Energy Assistance Provider, call (800) 282-0880 (hearing impaired clients may dial 711 for assistance) or visit www.energyhelp.ohio.gov.

COFFEE

&

CRAFTS

AT

THE CENTER FOR SENIORS

FEBRUARY 5 AND 19

10:00 AM - 11:00 AM

Have a cup of coffee or tea and try an easy new craft project.

All supplies will be provided.

To register go online to muskingumlibrary.org/events
or call us at 740-453-0391 ext. 116



MCLS
Muskingum County Library System

How to Online Shop
Wednesday, February 19
12:00-1:00 pm

MCLS
Muskingum County Library System

Sign up at events.muskingumlibrary.org/events



ONLINE SHOPPING

Or Call
(740)453.0391

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, February 20th: 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.**

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!

