

## GOLDEN news

MARCH | VOLUME 49, ISSUE 3 | 2025

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

**Website: [www.mccfs.org](http://www.mccfs.org)**

**Facebook: Muskingum County Center for Seniors**



### MUSKINGUM COUNTY CENTER FOR SENIORS TRANSPORTATION SERVICES

Dependable and safe program available for all Muskingum County residents 60 years and better, designed to provide transportation for your convenience to and from appointments or shopping trips.

**BY APPOINTMENT ONLY  
ADVANCE NOTICE REQUIRED**

**MONDAY THROUGH  
FRIDAY**

- ✓ Medical Appointments
- ✓ Grocery Stores
- ✓ Salon & Barber Appointments
- ✓ Congregate Activities & Dining

*Medical appointments are our top priority, if schedule permits, other trips may be arranged.*

*The suggested donation is \$3.00 per trip. (Each way)*



To schedule your ride, call  
**740-617-1402**

**Did you know?**  
The Muskingum County Center for Seniors offers reliable and safe transportation services for our county residents aged 60 and better!

**Our program is here to make your life easier by providing transportation to:**

- Medical appointments
- Salon and barber visits
- Grocery shopping trips
- Congregate activities and dining at the Center

**Medical appointments are our top priority, but if our schedule allows, we'll do our best to accommodate other trips as well.**

**Suggested donation: \$3 per trip (each way).**

**Don't miss out on this wonderful service designed to keep you connected and independent! For more information or to schedule a ride, please contact us at 740-617-1402.**

# 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 Ext. 102

### 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

### Transportation Coordinator

Lesley Viney Ext. 112

### Community Health Assessor

Jodacy Fisher Ext. 115

### Activities Assistant

Carol Morgan

### Receptionist

Cindy Sheppard Ext. 101

### Evening Receptionist

Peggy Frick

### Activities Intern

Lauren Cox Ext. 107

### Office Support

Kathaleen Soter

Lora Paisley

### Community Partner Support Staff

Shannon Robinson Ext. 118

### Board of Commissioners

Cindy Cameron

Melissa Bell

Drake Prouty

### 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 2025:

**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, 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?

### March 2025

- 1 National Peanut Butter Lover's Day
- 2 Dr. Seuss' Birthday
- 2 Read Across America Day
- 4 Hug a GI Day
- 4 National Pancake Day
- 4 Shrove Tuesday/Mardi Gras/Fat Tuesday
- 5 Ash Wednesday
- 7 National Cereal Day
- 8 International Women's Day
- 9 Daylight Saving Time Begins
- 9 National Meatball Day
- 10 National Napping Day
- 12 National Plant a Flower Day
- 12 World Glaucoma Day
- 13 National Good Samaritan Day
- 13 World Kidney Day
- 14 National Potato Chip Day
- 14 Pi Day | 3.14
- 15 National Quilting Day
- 17 St. Patrick's Day
- 18 National Sloppy Joe Day
- 19 National Let's Laugh Day
- 20 International Day of Happiness
- 20 Spring Begins
- 20 World Oral Health Day
- 23 National Puppy Day
- 25 American Diabetes Association Alert Day
- 26 Wear Purple Day (Epilepsy Awareness)
- 29 National Vietnam War Veterans Day
- 30 National Take a Walk in the Park Day
- 31 National Crayon Day
- 31 National Tater 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 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 February. 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.**

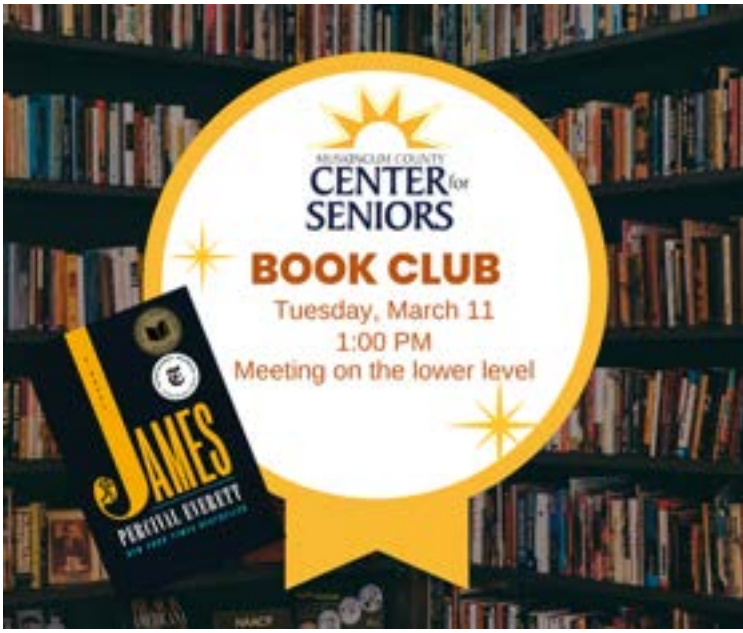
## Golden Buckeye Card

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

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



# What's Happening



**MUSKINGHAM COUNTY CENTER for SENIORS**  
**BOOK CLUB**  
Tuesday, March 11  
1:00 PM  
Meeting on the lower level

**JAMES**  
PERDITA EVERTY



**MUSKINGHAM COUNTY CENTER for SENIORS**  
**Good Ole Gospel Music Night**  
Hosted by Dick Pryor  
Thursday, March 13  
Doors open at 5:00pm  
Music begins at 6:00pm  
Music by Cathy Goss

Join us.  
Prepare to be blessed.  
Admission \$2

All are welcome at the Center.



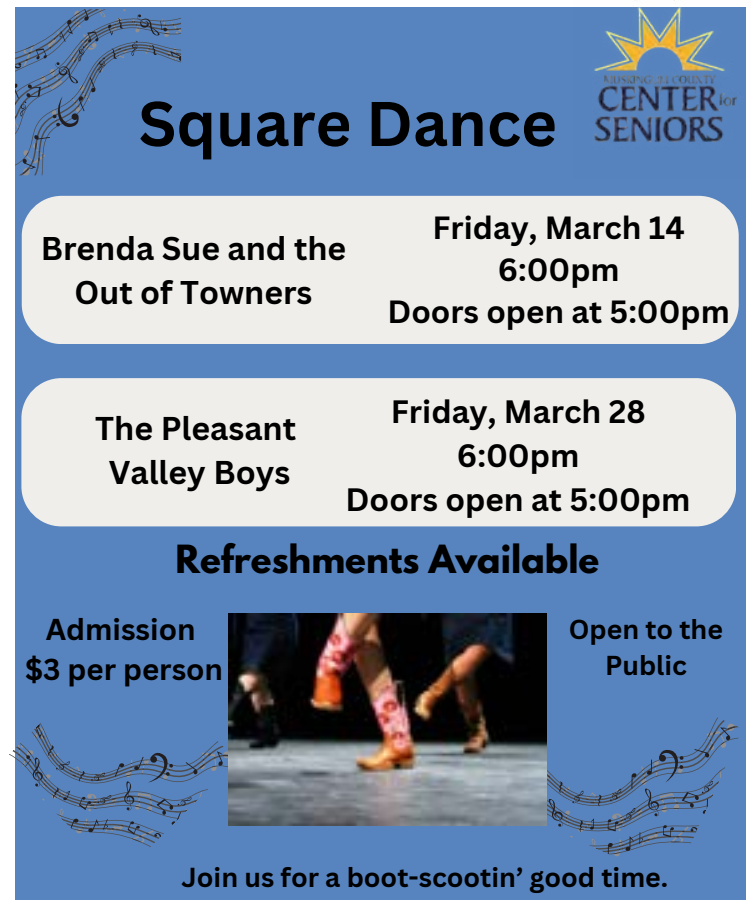
**FRIDAY, March 7**  
**6:00 PM 9:00 PM**  
**DOORS OPEN AT 5:00 PM**

**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](http://WWW.MCCFS.ORG)



**MUSKINGHAM COUNTY CENTER for SENIORS**  
**Square Dance**

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

**The Pleasant Valley Boys**      **Friday, March 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.



**LUNCH BUNCH**

**Bob Evans RESTAURANT**

**WHEN:** Tuesday, March 25 at 11:30 am  
**WHERE:** 450 Underwood Street, Zanesville  
Enjoy lunch & fun with friends!  
A \$5.00 deposit is required!  
Registration begins March 3.



Follow us on Facebook for updates and announcements.

# DJ DANCE PARTY

Friday, March 21

6 pm

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



**COST**  
**\$3**



## COFFEE & CRAFTS

AT  
THE CENTER FOR SENIORS

MARCH 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](http://muskingumlibrary.org/events)  
or call us at 740-453-0391 ext. 116



## 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

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



Muskingum County Library System

Sign up at [events.muskingumlibrary.org/events](http://events.muskingumlibrary.org/events)



**ONLINE SHOPPING**

Or Call  
(740)453.0391



**Tech Help at the Center**  
Needing help with a smart device?  
Tech related questions or issues?

Thursdays at Noon  
March 13th & 27th

## FAITH & SPIRIT



March 13--Joy Part 1--We will focus on scriptural meanings and faith based perspectives of joy. We will discuss the benefits of joy in our lives. To conclude the session, we will begin a joy box project.

March 27--Joy Part 2-- We will read scripture related to joy. We will share experiences of joy in our lives and discuss ways to experience joy during challenging times. We will add items to our joy boxes and talk about ways to use these. You are welcome to this session even if you did not attend Part 1!



# MUSKINGUM COUNTY CENTER FOR SENIORS

## Healthy Living for Your Brain & Body

Presented by The Laurels of Athens and the Alzheimer's Association



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 optimize our physical and cognitive health as we age. Join us to learn about:

- Research in the areas of diet and nutrition, exercise, cognitive activity and social engagement
- Hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

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



# More of What's Happening



## PAINT CLASS WITH THREE SISTER'S STUDIO

- Paint a beautiful canvas of flowers in a field.
- All materials will be provided, so just bring your creativity!
- Step-by-step guidance from experienced instructor.
- A relaxing and fun atmosphere perfect for beginners and seasoned artists alike.

**MARCH 12**  
**12:00 PM**  
**\$10**

Sign up at the Center or online:  
[www.mccfs.org](http://www.mccfs.org)





## Ice Cream Social

Presented by the  
Muskingum County Senior Task Force

<b>Wednesday</b> March 19	<b>11:45 am</b> After lunch
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160 N. 4th Street  
Zanesville

SPECIAL PERFORMANCE  
BY CHUCK HUNT





## MUSIC WITH CHUCK HUNT

<b>Tuesday,</b> March 18	<b>10 AM</b>
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## Bowling

**\$10**

**Tuesday,**  
**March 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.




## THE DATE HAS BEEN SET!



Center staff vs. friends of the Center	<b>Tuesday,</b> <b>March 4</b> <b>9:45am</b>
--	--

chair  
volleyball



# More of What's Happening

YOU'RE INVITED TO



MUSKINGUM COUNTY CENTER FOR SENIORS

## Saint Patrick's Day Party

IRISH BAND  
THE MC IANS ACOUSTIC DUO

Join us as we celebrate Saint Patrick's Day with food, drinks, and plenty of Irish cheer! There will be music, dancing, raffles and maybe even a pot of gold at the end of the rainbow.

**MARCH 14 | AT 11 AM**

160 N. 4th Street, Zanesville

Special thanks to Shrivvers Hospice Foundation



**ALZHEIMER'S ASSOCIATION**  
Central Ohio Chapter

## CAREGIVER SUPPORT GROUP



PRESENTED BY:  
Alzheimer's Association of Central Ohio

### Zanesville Caregivers Support Group

Held 2nd Tuesday of the month  
1:00 pm - 2:00 pm

**Location**  
Muskingum County Center for Seniors  
160 N 4th Street  
Zanesville, OH 43701

Visit [alz.org/centralohio](http://alz.org/centralohio) to learn more about caregiver programs and resources. To further your network of support, visit ALZconnected, our online connected community at [ALZconnected.org](http://ALZconnected.org).

Build a support system with people who understand.

Alzheimer's Association support groups, conducted by trained facilitators, are a safe place for individuals caring for a loved one with dementia to:

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

800.272.3900 | ALZ.ORG



MUSKINGUM COUNTY CENTER FOR SENIORS

## Conn's Potato Chip Tour

Limit 20 people

**March 11 at 10 am**

- ✓ Conn's Potato Chip Co. Tour
- ✓ Lunch on your own at Creno's
- ✓ Must be registered
- ✓ \$5 Deposit

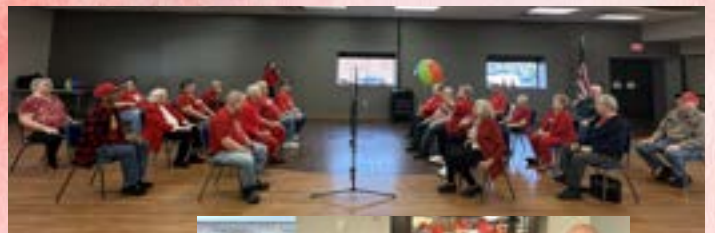
**Meeting Point**  
1805 Kemper Court, Zanesville

**Creno's PIZZA**

Register for a fun tour of Zanesville's very own Conn's Potato Chip Factory. Enjoy a delicious lunch on your own, down the road at Creno's Pizza on Chandlersville Road. Must be registered, limited to 20.

740-454-9761 | [www.mccfs.org](http://www.mccfs.org)

## NATIONAL WEAR RED DAY





# Volunteers needed

Contact Jill  
(740)969-6097

[jdjones@muskingumcounty.org](mailto:jdjones@muskingumcounty.org)



**Serving Lunch** - Monday - Thursday  
11 am -12 pm

**Scraping Trays** - Monday - Thursday  
11:15 am -12:15 pm

**Packing Frozen Meals** - Days vary  
12:15 pm - 12:45 pm

**Commodities** - Third Thursday of the month 10 am - 2 pm  
Except for June. Monday, June 30


## Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

	6	9					1	
						5		
	3		7			6		
9	5			6				3
		4	5			7		8
	1	8			4			
		5	9			8	4	
				3				



# MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>03</b> ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM ENER-CHI 2:00 PM CHAIR YOGA 3:00 PM <b>UKULELE LESSONS 4:00 PM</b> LINE DANCE 5:15PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p><b>04</b> STAFF VS. FRIENDS OF THE CENTER CHAIR VOLLEYBALL 9:45 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><b>05</b> BINGO W/ THE OAKS 9:45 AM ALZHEIMER'S REPRESENTATIVE 10:00 AM ALZHEIMER'S EDUCATION - 12:00 PM HEALTHY LIVING FOR YOUR BRAIN &amp; BODY MCLS COFFEE &amp; CRAFTS 10 - 11 AM BEGINNERS BRIDGE 12:00 PM WATERCOLORS 12:00 PM FITNESS FUN 1:00 PM</p>	<p><b>06</b> ZUMBA 8:45 AM ARTHRTIS EXERCISE 9:45 AM FAITH &amp; SPIRIT 10:15 AM ANO BUTTON CLUB (RESCHEDULED 3/27) PERI 11:30 AM EUCHRE 12:15 PM</p>	<p><b>07</b> CHAIR VOLLEYBALL 9:30 AM CARDIO DRUMMING 1:00 PM DUPLICATE BRIDGE 1:00 PM KARAOKE 6:00 PM <b>**DOORS OPEN AT 5:00 PM</b> ADMISSION: \$5.00</p>
<p><b>10</b> CONN'S POTATO CHIP TOUR &amp; CRENO'S LUNCH 10:00 AM <b>**MUST BE REGISTERED</b> NOODLE BALL 9:30 AM ART CLASS 12:00 PM ENER-CHI 2:00 PM CHAIR YOGA 3:00 PM <b>UKULELE LESSONS 4:00 PM</b> LINE DANCE 5:15PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p><b>11</b> JOYLIGHTS PRAYER GROUP 12:00PM BOOK CLUB 1:00 PM RAMBO WELLNESS CHECKS 10:00 AM 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><b>12</b> MARCH MADNESS BINGO 9:45 AM KARAOKE 11:15 AM BEGINNERS BRIDGE 12:00 PM THREE SISTER'S PAINT CLASS 12:00 PM <b>**MUST BE REGISTERED</b> FITNESS FUN 1:00 PM</p>	<p><b>13</b> ZUMBA 8:45 AM ARTHRTIS EXERCISE 9:45 AM BOOMERTUNES 11:15 AM <b>TECH HELP W/ MCLS 12:00 PM</b> TURBAN PROJECT 12 PM - 3:30PM EUCHRE 12:15 PM GOSPEL NIGHT 6:00 PM <b>**Doors open at 5:00 pm</b> Admission \$2</p>	<p><b>14</b> GREEN BINGO 9:45AM <b>ST. PATTY'S DAY PARTY W/ SHRIVERS HOSPICE TEAM</b> CARDIO DRUMMING 1:00 PM DUPLICATE BRIDGE 1:00 PM EUCHRE 6:00PM SQUARE DANCE 6:00 PM <b>**DOORS OPEN AT 5:00 PM</b> ~ Brenda Sue - ADMISSION \$3.00</p>
<p><b>17</b> <b>WEAR GREEN!</b> ARTHRTIS EXERCISE 9:30 AM BOWLING AT SUNRISE BOWLING 12:00PM <b>**MUST BE REGISTERED</b> ART CLASS 12:00 PM ENER-CHI 2:00 PM CHAIR YOGA 3:00 PM <b>UKULELE LESSONS 4:00 PM</b> LINE DANCE 5:15PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p><b>18</b> MUSIC WITH CHUCK HUNT 10:00 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><b>19</b> BINGO W/ DOLBOW SENIOR SERVICES 9:45 AM MCLS COFFEE &amp; CRAFTS 10 - 11 AM ICE CREAM SOCIAL W/ SENIOR TASK FORCE 11:45 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><b>20</b> ZUMBA 8:45 AM ARTHRTIS EXERCISE 9:45 AM COMMODITIES 10:00 AM-2:00 PM EUCHRE 12:15 PM CARD CREATIONS 1:00 PM</p>	<p><b>21</b> CHAIR VOLLEYBALL 9:30 AM BINGO W/ BUCKEYE HOSPICE 2:00 PM CARDIO DRUMMING 1:00 PM DUPLICATE BRIDGE 1:00 PM DJ DANCE W/ ADONIS 6:00 PM <b>**DOORS OPEN AT 5:00 PM</b> ADMISSION \$3.00</p>
<p><b>24</b> NOODLE BALL 9:30 AM ART CLASS 12:00 PM ENER-CHI 2:00 PM CHAIR YOGA 3:00 PM <b>UKULELE LESSONS 4:00 PM</b> TURBAN PROJECT 5:00 PM LINE DANCE 5:15PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>	<p><b>25</b> RAMBO WELLNESS CHECKS 10:00 AM <b>LUNCH BUNCH 11:30 AM</b> ROUND DANCE 12:00 PM GUITAR LESSONS/JAM SESSION 3-6 PM ESTATE, MEDICAID &amp; VA PRESENTATION W/ MIKE BRYAN 3:30 - 4:30 PM LINE DANCE 5:30 PM EUCHRE 6:00 PM BALLROOM DANCING 7:00 PM</p>	<p><b>26</b> BINGO W/ CORNERSTONE CAREGIVING 9:45 AM BIRTHDAY PARTY W/ HALEY WATSON KEFFER 11:15 AM BEGINNERS BRIDGE 12:00 PM JOB AND FAMILY SERVICES, SNAP &amp; MEDICAID BY APPOINTMENT 12:00 PM FITNESS FUN 1:00 PM</p>	<p><b>27</b> ZUMBA 8:45 AM ARTHRTIS EXERCISE 9:45 AM FAITH &amp; SPIRIT 10:15 AM BUTTON CLUB 11:00 AM <b>TECH HELP W/ MCLS 12:00 PM</b> EUCHRE 12:15 PM</p>	<p><b>28</b> BINGO 9:45 AM CARDIO DRUMMING 1:00 PM DUPLICATE BRIDGE 1:00 PM EUCHRE 6:00 PM SQUARE DANCE 6:00 PM <b>**DOORS OPEN AT 5:00 PM</b> <b>**PLEASANT VALLEY BOYS</b> ADMISSION: \$3.00</p>
<p><b>31</b> ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM ENER-CHI 2:00 PM CHAIR YOGA 3:00 PM <b>UKULELE LESSONS 4:00 PM</b> LINE DANCE 5:15 PM DUPLICATE BRIDGE 6:00 PM EUCHRE 6:00 PM</p>				<p><b>*WEATHER RELATED CANCELLATIONS WILL NOT BE RESCHEDULED</b></p>



# 2025 MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>03</b> Chicken Diced Potatoes Broccoli Peaches	<b>04</b> Beef Stew Tossed Salad Applesauce Roll	<b>05</b> Pizza Burger Tater Tots California Blend Orange	<b>06</b> Ham & Cheese Macaroni Stewed Tomatoes Spinach Pears	<b>07</b> Hamburger Gravy Mashed Potatoes Green Beans Pineapple
<b>10</b> Cheeseburger Wedge Fries Carrots Mandarin Oranges	<b>11</b> Scrambled Eggs Hash Browns Applesauce Orange Juice	<b>12</b> Beef Tips in Gravy Mashed Potatoes Green Beans Tropical Fruit	<b>13</b> Meatloaf Mashed Potatoes Green Beans Fruit Juice Roll	<b>14</b> Baked Fish Scalloped Potatoes Succotash Apricots
<b>17</b> Baked Chicken Tater Tots Mixed Vegetables Oranges	<b>18</b> Smoked Sausage Sandwich Mashed Potatoes Sauerkraut Peaches	<b>19</b> Unstuffed Cabbage Rolls California Blend Peas Fruit Juice	<b>20</b> Creamed Chicken on a Biscuit Carrots Broccoli Mixed Fruit	<b>21</b> Baked Chicken Tater Tots Carrots Pears
<b>24</b> Baked Steak Mashed Potatoes Mixed Vegetables Pineapple	<b>25</b> Chicken Soft Taco Rice Mandarin Oranges	<b>26</b> BBQ Pork Sandwich Tater Tots California Blend Applesauce	<b>27</b> Chili Baked Potato Pears Peaches Cornbread	<b>28</b> Turkey Sweet Potato Green Beans Fruited Jello
<b>31</b> Hot Dog Baked Beans Wedge Fries Fresh Apple	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.  <b>Menu is subject to change without notice.</b>  <b>*Lunch is served at the Hi-Rise and BLSC (Dresden) at approximately 11:00 AM.</b>			

**\*\*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.

## ZANE TRACE BUTTON CLUB

### Local Button Club to Host Button Show in April

The Zane Trace Button Club, one of six local button clubs in Ohio, meets the first Thursday of every month here at the Center for Seniors. Anybody who would like to know more about the fascinating history of clothing buttons is welcome to attend meetings and enjoy the hobby that blends history, art, fashion, materials science, and craftsmanship.

The ten active Zane Trace Button Club members are hosting "A Garden of Buttons," the annual show of the Buckeye State Button Society on April 5-6 at The Carlisle Inn in Sugarcreek, OH. See the flyer below.

For only a \$5 admission (free for children under 18), you can see a type of "garden" that requires no soil, no fertilizer, and no rain. Rows of gorgeous buttons made from the 18th century to the present will be on display. Many buttons depicting flowers will form this "garden," as will buttons with subjects ranging from spiders to horseshoes. Buttons of all types and ages will be offered for sale by dealers from Ohio and other states.

On Saturday, April 5 at 7 p.m., Zane Trace Button Club's president, Susan Everett, Ph.D., will present a free program, "The Language of Flowers." Dr. Everett, a teacher of horticultural and agricultural subjects at secondary and college levels, retired from Clark State College in Springfield, OH. An auction will follow, raising funds for this 501(c)(7) nonprofit organization.

A perfect way to say goodbye to winter and hello to spring, "A Garden of Buttons" is an event you won't want to miss. For further information, visit [ohiobuttons.org](http://ohiobuttons.org) or contact Pam Fouts at (330) 340-3227.



The Buckeye State Button Society   
and the  
Zane Trace Button Club  
Invite You to Enjoy  
**A Garden of Buttons**  
April 5-6, 2025  
at  
The Carlisle Inn  
1357 Old Route 39  
Sugarcreek, OH  
(855) 411-2275   
Admission \$5; Children under 18 free  
Showroom open April 5, 9-5; April 6, 9-1  
For more information, contact  
Pam Fouts, (330) 340-3227; [rdfouts@roadrunner.com](mailto:rdfouts@roadrunner.com)  
Visit [ohiobuttons.org](http://ohiobuttons.org) to learn about our 501(c)(7) organization

An illustration of a garden scene. On the left is a large yellow sunflower with a black center. Below it are several smaller flowers in red, pink, yellow, and white. To the right is a small green bird perched on a branch. The background is a simple green grassy field.



## 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.

# Commodities

## **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:**

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

Additional dates will be announced when they become available.

Be prepared to show your photo ID when you check in, this will help expedite the check-in process.

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!

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# March News

## 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](http://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](http://www.energyhelp.ohio.gov).

### 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, March 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.

## Valentine's Dinner



## Answer to Sudoku

5	6	9	3	8	7	4	1	2
1	8	3	2	4	9	5	6	7
7	4	2	1	5	6	3	8	9
8	3	1	7	9	2	6	5	4
9	5	7	4	6	8	1	2	3
6	2	4	5	1	3	7	9	8
2	1	8	6	7	4	9	3	5
3	7	5	9	2	1	8	4	6
4	9	6	8	3	5	2	7	1

# MUSKINGUM COUNTY CENTER FOR SENIORS

160 N. 4th Street  
Zanesville, OH 43701  
(740) 454-9761  
[www.mccfs.org](http://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.

