



## GOLDEN news

APRIL | VOLUME 49, ISSUE 4 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**

# Important announcement

## Attention Friends of the Center!

Our staff will soon begin making calls to complete the required yearly updates to your information—just like when visiting the doctor, where confirming and updating information is necessary.

This process is designed for your convenience, so we won't take up your time at the Center for these updates. Calls will be made during the day and into the evening, until 8:00 p.m., starting on April 1.

Please note:

- We will NOT ask for your Social Security Number or insurance information.
- We will only confirm the details already on record and will not request any new information.

Thank you for your cooperation and understanding as we work to make this process as smooth as possible!

# 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

### 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?

April 2025

- 1 April Fool's Day
- 2 National Peanut Butter 'n' Jelly Day
- 2 National Walking Day
- 3 National Find a Rainbow Day
- 4 Vitamin C Day
- 5 Caramel Day
- 5 National Dandelion Day
- 6 National Caramel Popcorn Day
- 7 National No Housework Day
- 7 World Health Day
- 8 National Zoo Lovers Day
- 9 National Cherish an Antique Day
- 10 Golfer's Day
- 10 National Siblings Day
- 11 National Pet Day
- 12 National Grilled Cheese Sandwich Day
- 13 National Scrabble Day
- 14 National Pecan Day
- 15 Tax Day
- 16 National Orchid Day
- 17 National Haiku Poetry Day
- 18 Pet Owners Day
- 19 Husband Appreciation Day
- 20 Easter
- 21 National Tea Day
- 22 Earth Day
- 22 National Jelly Bean Day
- 23 National Picnic Day
- 25 National Arbor Day
- 26 National Pretzel Day
- 27 National Dance Day
- 28 Pay It Forward Day
- 30 National Oatmeal Cookie 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 March. 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!

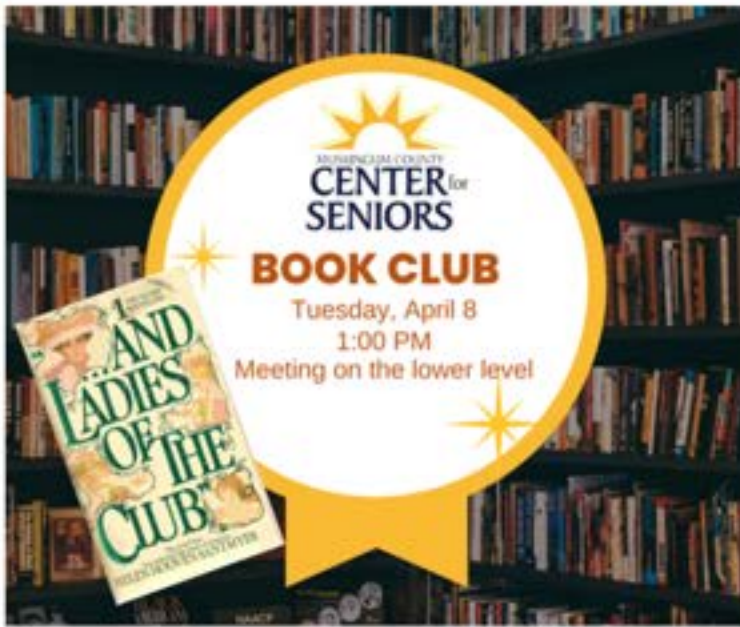
**The MCCFS Board of Trustees will hold its next meeting on Tuesday, May 13 at 8:00 am.**

## 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



**MUNINGUIM COUNTY CENTER for SENIORS**

**BOOK CLUB**  
Tuesday, April 8  
1:00 PM  
Meeting on the lower level

**LADIES OF THE CLUB**



**FRIDAY, April 4**  
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)



**LUNCH BUNCH**

**Tlaquepaque**  
AUTHENTIC MEXICAN FOOD

**WHEN:** Tuesday, April 29 11:30 am  
**WHERE:** 3090 Maple Avenue, Zanesville

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



**MUNINGUIM COUNTY CENTER for SENIORS**

**Good Ole Gospel Music Night**

Hosted by Dick Pryor

**GRACE 4 FAITH**

Thursday,  
April 10

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

Music by Grace 4 Faith

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

All are welcome at the Center.



**Square Dance**

**Brenda Sue and the Out of Towners**      **Friday, April 11**  
6:00pm  
Doors open at 5:00pm

**The Pleasant Valley Boys**      **Friday, April 25**  
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, April 18

6 pm

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



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



## COFFEE & CRAFTS

AT  
THE CENTER FOR SENIORS

APRIL 2 & 16  
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

## Navigating Digital Information



Wednesday, April 16 12:00-1:00 pm

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

Or Call (740)453.0391



## Tech Help at the Center

Needing help with a smart device?

Tech related questions or issues?

Thursdays at Noon  
April 10 & 24

## FAITH & SPIRIT



April 10 - 10:15 am--Tea Time Out--This session will focus on the need for rest, especially in our spiritual lives. We will discuss related Scripture and health information. Participants will have the opportunity to share a cup of tea with each other to finish the session.

April 24- 10:15 am--New Life--This session will focus on Easter, the resurrection and Spring from a faith perspective. We will discuss the new lives we have been given as Christians. We will read portions of the Gospels related to the resurrection. To conclude, we will complete a Spring craft.

# MUSKINGUM COUNTY CENTER FOR SENIORS

## Healthy Living for Your Brain & Body

Presented by 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, April 2nd**  
12:00 PM - 1:00 PM

**Muskingum County Center for Seniors**  
160 N 4th Street  
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, April 10 from 12 pm to 3:30 pm and Monday, April 28 at 5:00 pm**. NO experience is necessary, and the more the merrier. Invite your friends to join this meaningful mission!



### Free program on fall prevention and safety

Many older adults have concerns about falling and restricting their activities. Genesis Outpatient Rehabilitation is offering three free 8-week sessions of Matter of Balance, an award-winning program designed to help participants learn about fall risk, prevention and safety. The Matter of Balance program is an 8-week series where each class builds on the previous class. Members are encouraged to attend each class in the session and must attend six classes to receive a certificate of completion. Classes meet at the Center for Seniors, 160 N. 4th Street, Zanesville.

**Matter of Balance Sessions**  
Tuesdays from 9 to 11 a.m.  
May 13-July 1

**Genesis**  
HEALTHCARE SYSTEM  
Outpatient Rehabilitation

#### Who should attend?

Anyone concerned about falls, especially if they:

- Have fallen in the past
- Have restricted activities because of falling concerns
- Are interested in improving balance, flexibility and strength

Each class is two hours and consists of educational lectures and exercises supporting the techniques discussed. Exercising begins the third week of class. Participants do not need to be current Genesis patients to attend.

As an added safety measure, each class includes two coaches to provide participants with extra support during exercises and instruction.

Call the Center for Seniors at 740-454-9761 to register. Spaces are limited.

[genesishcs.org](http://genesishcs.org)

# More of What's Happening

## HILLBILLY BINGO



MUSKINGUM COUNTY  
CENTER for  
SENIORS

THURSDAY, APRIL 24, 2025

2:00 P.M.

THERE IS A NEW BINGO IN TOWN!

YEEHAW!



# Smile

MAKERS

Muskingum County Center for Seniors

A smile is only a phone call away

### BRIDGING THE GAP

Smile Makers is open to any senior aged 60 and older residing in Muskingum County. To enroll in the program or to learn more about becoming a volunteer, interested individuals can contact the Muskingum County Center for Seniors.

CONTACT  
LAUREN

(740)454-9761 ext. 107  
www.mccfs.org



## CAREGIVER SUPPORT GROUP



PRESENTED BY:

Alzheimer's Association of Central Ohio

### Zanesville Caregivers Support Group

Held 1st 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



## Senior Farmers' Market Nutrition Program



Application Assistance  
Wednesday, April 16th  
10:30 a.m. - 1:00 p.m.  
Muskingum County  
Center for Seniors



This institution is an equal opportunity provider.

# More of What's Happening



**Staff vs.  
Friends  
Chair  
Volleyball**



**Bowling**

**\$10**

**Tuesday,  
April 15**      **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.



## ST. PATRICK'S DAY PARTY



*thank you*

**SHRIVERS HOSPICE  
FOUNDATION**





# MUSKINGUM COUNTY CENTER FOR SENIORS

# Volunteers needed

Contact Jill

(740)969-6097

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

**Serving Lunch** - Monday - Friday

11 am -12 pm

**Scraping Trays** - Monday - Friday

11:15 am -12:15 pm

**Packing Frozen Meals** - Days vary

12:15 pm - 12:45 pm

**Commodities** - Third Thursday of the month

Except for June - Monday, June 30

10 am - 2 pm

## Favorite Candy

S S L I C O R I C E I W N N  
B X N S O U R T U N A E P S  
E U P O P I L L O L W S N J  
J E T T A M B L R O K E G A  
E E W T I A E M L M T U S W  
T I L N E M F L R A O T S B  
X Y T L A R A R L T A O R R  
G S F R Y M F O T R S O E E  
U E A F H B C I B I E T K A  
M C M S A O E U N I S T C K  
M A R M H T R A R G E T I E  
Y A K C S S A A N P E L N R  
M E K I T K A T L A R R S S  
T A A J R S E L T T I K S L

### Word List:

CHOCOLATE  
TWIX  
PEANUT  
REESES  
BUTTERFINGER

GUMMY  
SNICKERS  
MINTS  
TAFFY  
STARBURST

CARAMEL  
JELLYBEAN  
LICORICE  
MMS  
JAWBREAKER

SKITTLES  
LOLLIPOP  
KITKAT  
MARSHMALLOW  
SOUR

# APRIL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>01</b>            ROUND DANCE 12:00 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><b>01</b>            ROUND DANCE 12:00 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><b>02</b>            BINGO 9:45 AM            ALZHEIMER'S REPRESENTATIVE 10:00 AM            MCLS COFFEE &amp; CRAFTS 10-11 AM            ALZHEIMER'S EDUCATION - 12:00 PM            HEALTHY LIVING FOR YOUR BRAIN &amp; BODY            BEGINNERS BRIDGE 12:00 PM            WATERCOLORS 12:00 PM            FITNESS FUN 1:00 PM</p>	<p><b>03</b>            ZUMBA 8:45 AM            ARTHRITIS EXERCISE 9:45 AM            NO BUTTON CLUB            PERI 11:30 AM            EUCHRE 12:15 PM</p>	<p><b>04</b>            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><b>07</b>            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            PARADISE TRAVEL W/ ANITA O&amp;A 5:00 PM            LINE DANCE 5:15 PM            DUPLICATE BRIDGE 6:00 PM            EUCHRE 6:00 PM</p>	<p><b>08</b>            RAMBO WELLNESS CHECKS 10:00 AM            JOYLIGHTS PRAYER GROUP 12:00 PM            BOOK CLUB 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>09</b>            BASEBALL DAY! WEAR YOUR FAVORITE TEAM            COLORS/JERSEY, ETC.            BINGO 9:45 AM            KARAOKE 11:15 AM            BEGINNERS BRIDGE 12:00 PM            SNAP ED 12:15 PM            FITNESS FUN 1:00 PM</p>	<p><b>10</b>            ZUMBA 8:45 AM            ARTHRITIS EXERCISE 9:45 AM            FAITH &amp; SPIRIT 10:15 AM            TECH HELP W/ MCLS 12:00 PM            TURBAN PROJECT 12 PM - 3:30 PM            EUCHRE 12:15 PM            GOSPEL NIGHT 6:00 PM            **Doors open at 5:00 pm            Admission \$2</p>	<p><b>11</b>            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            ~ Br enda Sue - ADMISSION \$3.00</p>
<p><b>14</b>            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 5:15 PM            DUPLICATE BRIDGE 6:00 PM            EUCHRE 6:00 PM</p>	<p><b>15</b>            MID EAST PRESCHOOL VISIT 9:30 AM            BOWLING AT SUNRISE BOWLING 12:00 PM            **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><b>16</b>            EASTER BONNET DAY! WEAR            YOUR FAVORITE SPRING HAT!            BINGO 9:45 AM            MCLS COFFEE &amp; CRAFTS 10-11 AM            SENIOR FARMERS' MARKET NUTRITION            PROGRAM 10:30AM-1:00 PM            BEGINNERS BRIDGE 12:00 PM            NAVIGATING DIGITAL INFO W/ MCLS 12:00 PM            WATERCOLORS 12:00 PM            FITNESS FUN 1:00 PM</p>	<p><b>17</b>            ZUMBA 8:45 AM            ARTHRITIS EXERCISE 9:45 AM            COMMUNITIES 10:00 AM-2:00 PM            EUCHRE 12:15 PM            CARD CREATIONS 1:00 PM</p>	<p><b>18</b>            CHAIR VOLLEYBALL 9:30 AM            BINGO 2:00 PM            CARDIO DRUMMING 1:00 PM            DUPLICATE BRIDGE 1:00 PM            DJ DANCE W/ DJ THORNE 6:00 PM            **DOORS OPEN AT 5:00 PM            ADMISSION \$3.00</p>
<p><b>21</b>            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 5:15 PM            DUPLICATE BRIDGE 6:00 PM            EUCHRE 6:00 PM</p>	<p><b>22</b>            RAMBO WELLNESS CHECKS 10:00 AM            ROUND DANCE 12:00 PM            ALAN COTTRELL STUDIO TOUR 1:00 PM            GUITAR LESSONS/JAM SESSION 3-6 PM            ESTATE, MEDICAD &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>23</b>            BINGO 9:45 AM            BEGINNERS BRIDGE 12:00 PM            JOB AND FAMILY SERVICES, SNAP &amp;            MEDICAID BY APPOINTMENT 12:00 PM            SNAP ED 12:15 PM            FITNESS FUN 1:00 PM</p>	<p><b>24</b>            ZUMBA 8:45 AM            ARTHRITIS EXERCISE 9:45 AM            FAITH &amp; SPIRIT 10:15 AM            BUTTON CLUB 11:00 AM            BOONERTUNES 10:15 AM            TECH HELP W/ MCLS 12:00 PM            EUCHRE 12:15 PM            HILLBILLY BINGO 2:00 PM</p>	<p><b>25</b>            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>
<p><b>28</b>            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            TURBAN PROJECT 5:00 PM            LINE DANCE 5:15 PM            DUPLICATE BRIDGE 6:00 PM            EUCHRE 6:00 PM</p>	<p><b>29</b>            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><b>30</b>            BINGO 9:45 AM            KENTUCKY DERBY BIRTHDAY PARTY W/            PAT WESS 11:15 AM **WEAR YOUR DERBY            BEST LADIES GET YOUR HATS, GENTS GET            YOUR JACKETS.            BEGINNERS BRIDGE 12:00 PM            FITNESS FUN 1:00 PM</p>	<p><b>BINGO SPONSORS</b>            4/2 - The Oaks at Bethesda            4/9 - Seniors Helping Seniors            4/11 - 9:45 am            4/16 - The Oaks Rehabilitation &amp; Health            4/18 - Buckeye Hospice            4/23 - Dalbow Senior Services            4/25 - 9:45 am            4/30 - 9:45 am</p>	

# 2025 APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu is subject to change without notice.	<b>01</b> Chicken & Noodles Mashed Potatoes Italian Blend Banana	<b>02</b> Sloppy Joe Baked Potato Green Beans Fruited Jello	<b>03</b> Cottage Cheese Kielbasa Potato Soup Spinach Salad Peaches	<b>04</b> Baked Fish Tater Tots Buttered Beets Apple Juice Cookie
<b>07</b> Baked Chicken Sweet Potatoes Mixed Vegetables Fresh Apple	<b>08</b> Sweet 'n Sour Meatballs Rice Broccoli Carrots Pineapple	<b>09</b> Beef Cubes & Gravy Mashed Potatoes Green Beans Fresh Orange Roll	<b>10</b> Pork Patty Wedge Fries Peas & Carrots Apricots	<b>11</b> Tuna Salad Vegetable Soup Pears Pickled Beets
<b>14</b> Smoked Sausage Sandwich Mashed Potatoes Sauerkraut Peaches	<b>15</b> Taco Salad Refried Beans Applesauce Tortilla Chips	<b>16</b> Shredded Chicken Sandwich Wedge Fries California Blend Pears	<b>17</b> Turkey Club Potato Salad Pineapple	<b>18</b> Ground Beef Stroganoff Brussel Sprouts Carrots Banana Bread
<b>21</b> Sausage Gravy & Biscuits Hashbrowns Applesauce OJ	<b>22</b> Spaghetti w/ Meat Sauce Tossed Salad Broccoli Peaches Bread	<b>23</b> BBQ Chicken Sandwich Tater Tots Capri Blend Banana	<b>24</b> Meatloaf Mashed Potatoes Green Beans Orange Roll	<b>25</b> Sliced Ham Sweet Potatoes Lima Beans Pineapple Bread
<b>28</b> Popcorn Chicken Mashed Potatoes Corn Applesauce Bread	<b>29</b> Cheeseburger Macaroni Peas Carrots Oranges Bread	<b>30</b> Sausage & Cheese Sandwich Hashbrowns Peaches OJ Muffin	<p>The suggested donation for all SENIOR meals is \$3.00. For those under 60, the required cost is \$5.50.</p> <p>Lunch is served from approximately 11:00 am until 12:00 noon.</p> <p><b>*Lunch is served at the Hi-Rise and BLSC (Dresden) at approximately 11:00 AM.</b></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.

# SNAP-Ed is Back! Starting April 9th & 23rd

The 2nd & 4th  
Wednesday each  
month

12:15 p.m.-1:15 p.m.

Muskingum County  
Center for Seniors  
160 N 4th St

## Join SNAP-Ed for Fun, Easy Nutrition Tips!

Discover simple and affordable ways to create satisfying, nutritious meals with OSU SNAP-Ed Program Assistant Alle Murphy. Meet us on the 2nd and 4th Wednesdays each month at 12:15 p.m. for tips, tricks, and recipes to help you eat well and feel great!



CF&E provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit [ofeas.ohio-state.edu](http://ofeas.ohio-state.edu). For an accessible format of this publication, visit [ofeas.ohio-state.edu/accessibility](http://ofeas.ohio-state.edu/accessibility).

Alle Murphy, SNAP-Ed Program Assistant | [murphy.2644@osu.edu](mailto:murphy.2644@osu.edu) | (740) 252-5446

SNAP-Ed is a free nutrition education program that serves low-income individuals throughout Ohio who are eligible to receive SNAP benefits or other means-tested federal assistance programs.

Nationally, SNAP-Ed operates in all 50 states and two territories, targeting youth, adults, and families.

Funded by USDA's Food and Nutrition Service, SNAP-Ed is implemented in partnership with the Ohio Department of Job and Family Services and Ohio State University Extension. The program's goal is to improve the likelihood that families and individuals receiving SNAP benefits will make healthy food choices and adopt active lifestyles.

In Muskingum County, one of our most popular initiatives is the "Meals in a Mug" or "Cooking for One" series. Have you ever cooked a meal, only to end up throwing away leftovers because it was too much for one person? What if there was an easy solution to enjoy your favorite home-cooked meals without wasting food? Cooking microwave meals in mugs is a fantastic way to quickly prepare delicious, nutritious meals in smaller portions, helping reduce waste while enjoying the meals you love.

Join Muskingum County SNAP-Ed on the 2nd and 4th Wednesday each month for a mug-tastic time!

## SAVE THE DATE!

MAY 30

6:00 PM

ELVIS' LOST BROTHER



Paradise Travel with Anita



## TRIP Q&A

Come to the Center to meet Anita for trip info and to sign up.

APRIL 7

5:00 PM

740-584-3129

[paradisetravelwithanita@yahoo.com](mailto:paradisetravelwithanita@yahoo.com)

[paradisetravelwithanita.com](http://paradisetravelwithanita.com)

## 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:**

April 17	3rd Thursday of the month
May 15	3rd Thursday of the month
June 30	5th Monday of the month

Pick-up is 10:00 AM - 2:00 PM (NOT before). This program has grown to over 400 boxes each month and we need your full cooperation in order to continue offering this service. Pickups **MUST BE** made on this day. If you or your designee are unable to pick up on the scheduled day, we must hear from you before 4:00 PM or you will be considered a "no show." Two "no shows" for 2 consecutive months will result in removal from the program. 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!



## April 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, April 17th: 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.

## UNDER CONSTRUCTION

*Attention Friends of the Center! Construction has officially begun at Secrest Auditorium. We kindly ask everyone to please be mindful and exercise caution when attending activities at the Center during this time.*

*Thank you for your understanding and cooperation as we navigate this period of improvement together!*



# 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.



Scan to donate!

