



## **Celebrating Lauren Green's Journey and Contributions at the Center**

We are thrilled to share exciting updates about Lauren Green, who recently entered a new chapter in her life with her marriage! Now with a new last name, Lauren is a proud graduate of Tri Valley High School and is about to celebrate another major milestone as she graduates from Ohio University. Since joining our team as an intern last August, Lauren has made remarkable contributions to the Center. She re-created the Smile Makers Program, which connects callers with individuals in need of companionship. The program continues to grow, and Lauren is seeking both recipients of calls and those interested in making them.

Beyond her innovation with Smile Makers, Lauren plays an integral role in assessments and home visits for our Meals on Wheels program. She's also a referee for chair volleyball games at the Center, which happen on the first and third Fridays of the month. Her energy and enthusiasm brighten every corner of our organization.

Lauren's educational pursuits continue as she prepares to enter a Master's program, demonstrating her commitment to learning and making an impact. We are fortunate to have her on our team and look forward to the future endeavors she'll undertake.

If you're interested in becoming part of the Smile Makers Program, please reach out to Lauren at (740)454-9761, ext. 107. Together, we can bring even more smiles to our community!



# 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 Green Ext. 107

### Office Support

Kathaleen Soter

Lora Paisley

## Board of Commissioners

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Melissa Bell

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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, 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.



# LET US HELP YOU

## Need something to celebrate?

May 2025

- 1 National Day of Prayer
- 2 National Space Day
- 3 Kentucky Derby
- 4 National Lemonade Day
- 4 Star Wars Day/May the Fourth Be With You
- 5 Cinco de Mayo
- 5 National Hoagie Day
- 6 National Nurses Day
- 8 National Coconut Cream Pie
- 9 Military Spouse Appreciation Day
- 9 National Foodies Day
- 11 Mother's Day
- 12 National Women's Checkup Day
- 13 National Fruit Cocktail Day
- 15 National Chocolate Chip Day
- 16 National Barbecue Day
- 16 National Love a Tree Day
- 16 National Pizza Party Day
- 17 Armed Forces Day
- 17 Pack Rat Day--Do Some Spring Cleaning!
- 17 World Communications Day
- 20 National Pick Strawberries Day
- 22 National Vanilla Pudding Day
- 23 National Poppy Day
- 25 National Tap Dance Day
- 25 National Wine Day
- 26 Memorial Day
- 28 National Brisket Day
- 28 National Hamburger Day
- 28 National Senior Health and Fitness Day
- 30 National Mint Julep Day
- 31 National Meditation Day
- 31 National Save Your Hearing Day



## Transportation Guidelines

Medical appointments are our top priority. If schedule permits, grocery trips may be arranged. We transport only within Muskingum County and do not provide emergency transports. The suggested donation 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 April. 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



**MUSKOGEE COUNTY CENTER for SENIORS**

**BOOK CLUB**  
 Tuesday, May 13  
 1:00 PM  
 Meeting on the lower level



**MUSKOGEE COUNTY CENTER for SENIORS**

**Good Ole Gospel Music Night**

Hosted by Dick Pryor

Thursday,  
 May 15

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

Music by Victory Trio

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

All are welcome at the Center.



**FRIDAY, May 2**  
 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 60,000 song choices

**ENTRY \$5**      Concessions available

WWW.MCCFS.ORG



**MUSKOGEE COUNTY CENTER for SENIORS**

**Square Dance**

**Brenda Sue and the Out of Towners**      **Friday, May 9**  
 6:00pm  
 Doors open at 5:00pm

**The Pleasant Valley Boys**      **Friday, May 23**  
 6:00pm  
 Doors open at 5:00pm

**Concessions Available**

Admission \$3 per person      Open to the Public

Join us for a boot-scootin' good time.



**LUNCH BUNCH**

**The Warehouse Restaurant**

**WHEN:** Tuesday, May 20 11:30 am  
**WHERE:** The Warehouse -18 E 9th St, Dresden

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





Follow us on Facebook for updates and announcements.

# DJ DANCE GLOW PARTY

Friday, May 16  
6 pm

MUSKINGUM COUNTY  
CENTER for  
SENIORS

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

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

## COFFEE & CRAFTS

AT  
THE CENTER FOR SENIORS

May 14 & 28  
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



**MCLs**  
Muskingum County Library System



## 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, May 14 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  
May 8 & 22

## FAITH & SPIRIT



May 8--Hope Blooms--This session will address the hope we have through our faith. We will review related Scripture and Bible stories and reflect on our own perspectives of hope. Completion of a hope flower collage will conclude the session.

May 22--Remembering and Memory Making--This session will address the role of remembering in our spirituality, looking at biblical references and practices. We will also discuss making of positive memories in our faith life. We will complete a memory frame to conclude the session.



# MUSKINGUM COUNTY CENTER FOR SENIORS



## 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

## 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 24/7 HELPLINE 800.272.3900

ALZHEIMER'S ASSOCIATION

800.272.3900 | ALZ.ORG

## The TURBAN PROJECT .com



The Turban Project is run 100% by volunteers and donations, and the turbans are distributed to oncology/radiation centers totally free of charge. The group will meet this month on **Thursday, May 8 from 12 pm to 3:30 pm** no class on **Monday, May 26**. NO experience is necessary, and the more the merrier. Invite your friends to join this meaningful mission!

## ANSWERS FOR CROSSWORD PUZZLE

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



# More of What's Happening

# HILLBILLY BINGO



MUSKINGUM COUNTY  
**CENTER for SENIORS**

THURSDAY, MAY 22, 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](http://www.mccfs.org)



MUSKINGUM COUNTY  
**CENTER for SENIORS**

## Spring CRAFT WITH CINDY

Join us in welcoming a season of bloom and vitality! Make an adorable birdhouse and unleash your creativity.

WEDNESDAY, MAY 28  
12:00 PM

Reserve your spot at the Center or online [mccfs.org](http://mccfs.org)

# \$15



## TRIP Q&A

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

MAY 5  
3:00 PM

☎ 740-584-3129  
✉ [paradisetravelwithanita@yahoo.com](mailto:paradisetravelwithanita@yahoo.com)  
🌐 [paradisetravelwithanita.com](http://paradisetravelwithanita.com)



# More of What's Happening



**APRON Day**




**May 7**

Wear your favorite apron.



**MADE IN THE SHADE MONDAY**



**MAY 12**

Wear your sunglasses!




**Bowling**

**\$10**

**Tuesday, May 13**

**1:00 pm**  
Note the time change

Must be registered.

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




**Paint Class**



**\$10 per person**

**May 14 at 1:00 pm**

Register at the Center or On-line






**MAY 14 AT 12:15 PM**

**Main Topic: My Plate**  
**Lesson Title: Maximize Nutrient Density**  
**Recipe: Snappy Rice (Mug)**

**MAY 28 AT 12:15 PM**

**Main Topic: Nutrition Labels**  
**Lesson Title: It Must Be Healthy**  
**Recipe: Cheesecake (Mug)**

To reserve your spot  
Email: [murphy.2644@osu.edu](mailto:murphy.2644@osu.edu)  
or call (740) 252-5446



**One Lump or Two?  
It's Entirely Up to You!**



You are cordially invited to join us for a "Full Tea." This tea offers savories, scones, sweets & a variety of brews that are "tea"ghtfully delicious!  
Tea attire: Hats are optional.  
After tea, we welcome you to embrace your creative side by participating in our card making activity.  
Reservations are limited so we encourage you to register early at the Center or online [meets.org](http://meets.org).

Program presented by  
Sue Dambrosio & Laura Nofalke

*Tuesday, June 17*  
*12:30 pm* **\$20**



# CROSSWORD PUZZLE

## ACROSS

- 1 Snow (Scot.)
- 4 Tooth
- 8 Carplike fish
- 12 Shipshaped clock
- 13 Quaker pronoun
- 14 Anglo-Saxon slave
- 15 Possessive pronoun
- 16 Pink
- 18 Cheese
- 20 Corkwood
- 21 "The Jungle Book" python
- 23 Eye of a bean
- 27 Across
- 32 Maiden loved by Zeus
- 33 Bobbsey twins
- 34 Spell
- 36 Tactical Air Command (abbr.)
- 37 Title of Athena
- 39 Card game

- 41 City on the Aare
- 43 Sheep's cry
- 44 Peat spade
- 48 Trolley
- 51 Oriel (2 words)
- 55 Lively (Fr.)
- 56 Hillside (Scot.)
- 57 Railway station (Fr.)
- 58 Internat'l Red Cross (abbr.)
- 59 Danish physicist
- 60 Freeing (pref.)
- 61 Council for Econ. Advisors (abbr.)

## DOWN

- 1 Social climber
- 2 Nerve (pref.)
- 3 Boer
- 4 Federal Trade Commission (abbr.)
- 5 Melville's captain
- 6 Tiber tributary
- 7 General (abbr.)
- 8 Factor
- 9 Async-Sync Interface (abbr.)
- 10 Chief of Naval Operations (abbr.)

- 11 Shak. contraction
- 17 Ember
- 19 Belonging to (suf.)
- 22 Donkey (Fr.)
- 24 Dopy
- 25 Hereditary property
- 26 Staff of office
- 27 Brow of a hill (Scot.)
- 28 Pallid
- 29 Urchin
- 30 No middle initial (abbr.)
- 31 Genesis (abbr.)
- 35 Plunder
- 38 Solution
- 40 Feline
- 42 Teacher of Samuel
- 45 Anglican (abbr.)
- 46 June 6, 1944
- 47 Cupid
- 49 Berne's river
- 50 Transparent mineral
- 51 Better Business Bureau (abbr.)
- 52 Orinoco tributary
- 53 Defiant shout
- 54 Tatar dynasty



# 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

*Happy Mother's Day!  
Sunday, May 11*





# MAY 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## BINGO SPONSORS

5/7 - The Oaks at Bethesda  
 5/9 - Mother's Day Bingo  
 5/14 - Seniors Helping Seniors  
 5/16 - Buckeye Hospice  
 5/21 - Dolbow Senior Services  
 5/23 - Mount Carmel Health Plan  
 5/28 - 9:45 am

**05** ARTHRITIS EXERCISE 9:30 AM  
 ART CLASS 12:30 PM  
 NO ENER-CHI  
 NO CHAIR YOGA  
 PARADISE TRAVEL W/ ANITA O&A 3:00 PM  
 CENTER CLOSES AT 4:00 PM



**06** CENTER CLOSED

**12** MADE IN THE SHADE MONDAY WEAR YOUR SUNGLASSES  
 ARTHRITIS EXERCISE 9:30 AM  
 ART CLASS 12:30 PM  
 ENER-CHI 2:00 PM  
 CHAIR YOGA 3:00 PM  
 UKULELE LESSONS 4:00 PM  
 LINE DANCE 5:15PM  
 DUPLICATE BRIDGE 6:00 PM  
 EUCHRE 6:30 PM

**19** ARTHRITIS EXERCISE 9:30 AM  
 ART CLASS 12:30 PM  
 ENER-CHI 2:00 PM  
 CHAIR YOGA 3:00 PM  
 UKULELE LESSONS 4:00 PM  
 LINE DANCE 5:15PM  
 DUPLICATE BRIDGE 6:00 PM  
 EUCHRE 6:30 PM



**26** CLOSED

**07** BINGO 9:45 AM  
 ALZHEIMER'S REPRESENTATIVE 10:00 AM  
 APRON DAY! WEAR YOUR FAVORITE APRON!  
 BEGINNERS BRIDGE 12:00 PM  
 WA TERCOLORS 12:00 PM  
 FITNESS FUN 1:00 PM

**14** BINGO 9:45 AM  
 NCLS COFFEE & CRAFTS 10 - 11 AM  
 KARAOKE 11:15 AM  
 NAVIGATING DIGITAL INFO W/ NCLS 12:00 PM  
 SNAP ED 12:15 PM  
 FITNESS FUN 1:00 PM  
 3 SISTERS PAINT CLASS 1-3 PM

**21** PATRIOTIC DAY! WEAR RED, WHITE AND BLUE  
 BINGO 9:45 AM  
 BEGINNERS BRIDGE 12:00 PM  
 FITNESS FUN 1:00 PM  
 WA TERCOLORS 12:00 PM

**28** BINGO 9:45 AM  
 NCLS COFFEE & CRAFTS 10 - 11 AM  
 BIRTHDAY PARTY W/ JOAN TRAMER 11:15 AM  
 BEGINNERS BRIDGE 12:00 PM  
 BIRDHOUSE CRAFT W/ CINDY 12:00 PM  
 JOB AND FAMILY SERVICES, SNAP & MEDICAID BY APPOINTMENT 12:00 PM  
 SNAP ED 12:15 PM  
 FITNESS FUN 1:00 PM

**01** NO ZUMBA  
 ARTHRITIS EXERCISE 9:45 AM  
 BUTTON CLUB 11:00 AM  
 PERI 11:30 AM  
 EUCHRE 12:15 PM

**08** ZUMBA 8:45 AM  
 ARTHRITIS EXERCISE 9:45 AM  
 FAITH & SPIRIT 10:15 AM  
 TECH HELP W/ NCLS 12:00 PM  
 TURBAN PROJECT 12 PM - 3:30PM  
 EUCHRE 12:15 PM

**15** ZUMBA 8:45 AM  
 ARTHRITIS EXERCISE 9:45 AM  
 COMMODITIES 10:00 AM-2:00 PM  
 EUCHRE 12:15 PM  
 CARD CREATIONS 1:00 PM  
 GOSPEL NIGHT 6:00 PM  
 \*\*Doors open at 5:00 pm  
 Admission \$2

**22** ZUMBA 8:45 AM  
 ARTHRITIS EXERCISE 9:45 AM  
 FAITH & SPIRIT 10:15 AM  
 BOONERTUNES 11:15 AM  
 TECH HELP W/ NCLS 12:00 PM  
 EUCHRE 12:15 PM  
 HILLBILLY BINGO 2:00 PM

**29** ZUMBA 8:45 AM  
 ARTHRITIS EXERCISE 9:45 AM  
 BUTTON CLUB 11:00 AM  
 PERI 11:30 AM  
 EUCHRE 12:15 PM

**02** 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

**09** BINGO 9:45AM  
 CARDIO DRUMMING 1:00 PM  
 DUPLICATE BRIDGE 1:00 PM  
 NO EUCHRE  
 SQUARE DANCE 6:00 PM  
 \*\*DOORS OPEN AT 5:00 PM  
 \*\*Brando Sub - ADMISSION \$3.00

**16** CHAIR VOLLEYBALL 9:30 AM  
 BINGO 2:00 PM  
 CARDIO DRUMMING 1:00 PM  
 DUPLICATE BRIDGE 1:00 PM  
 DJ DANCE W/ DJ ADONIS GLOW PARTY 6:00 PM  
 \*\*DOORS OPEN AT 5:00 PM  
 ADMISSION \$3.00

**23** BINGO 9:45 AM  
 CARDIO DRUMMING 1:00 PM  
 DUPLICATE BRIDGE 1:00 PM  
 NO EUCHRE  
 SQUARE DANCE 6:00 PM  
 \*\*DOORS OPEN AT 5:00 PM  
 \*\*PLEASANT VALLEY BOYS ADMISSION: \$3.00

**30** CHAIR VOLLEYBALL 9:30 AM  
 CARDIO DRUMMING 1:00 PM  
 DUPLICATE BRIDGE 1:00 PM  
 ELVIS' LOST BROTHER 6:00 PM  
 \*\*DOORS OPEN AT 5:00 PM  
 ADMISSION \$5.00



# 2025 MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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.</p> <p><b>*Lunch is served at the Hi-Rise and BLSC (Dresden) at approximately 11:00 AM.</b></p>			<p><b>01</b> BBQ Pork Tater Tots California Blend Pears Bread</p>	<p><b>02</b> Stuffed Pepper Mashed Potatoes Green Beans Peaches Bread</p>
<p><b>05</b> Cheeseburger Tomato/Pickle/ Lettuce Wedge Fries Fruit Juice</p>	<p><b>06</b> CLOSED</p> 	<p><b>07</b> Pizza Burger Tater Tots California Blend Peaches</p>	<p><b>08</b> Ham &amp; Cheesy Mac Stewed Tomatoes Spinach Pears Bread</p>	<p><b>09</b> Johnny Marzetti Green Beans Tossed Salad Applesauce Bread</p>
<p><b>12</b> Smoked Sausage Sandwich Mashed Potatoes Sauerkraut Peaches</p>	<p><b>13</b> Turkey Dressing Sweet Potatoes Capri Blend Fresh Apple Bread</p>	<p><b>14</b> Chef Salad w/ Chicken Boiled Egg Pineapple Brownie</p>	<p><b>15</b> Hamburger Gravy Mashed Potatoes Green Beans Pears Bread</p>	<p><b>16</b> Baked Fish Tater Tots Buttered Beets Banana Bread</p>
<p><b>19</b> Sausage Gravy &amp; Biscuit Hashbrowns Applesauce Fruit Juice</p>	<p><b>20</b> Chicken Soft Taco Mexican Corn Rice Mandarin Oranges</p>	<p><b>21</b> Ham &amp; Cheese Sandwich Potato Salad Broccoli Soup Banana</p>	<p><b>22</b> Meatloaf Mashed Potatoes Green Beans Fresh Apple Roll</p>	<p><b>23</b> Chicken Sweet Potatoes Mixed Vegetables Pineapple Cookie</p>
<p><b>26</b> CLOSED</p> 	<p><b>27</b> Coney Dog Diced Potatoes Mixed Vegetables Peaches</p>	<p><b>28</b> Sloppy Joe Tater Tots Carrots Fruit Juice</p>	<p><b>29</b> Sliced Ham Sweet Potatoes Lima Beans Pineapple Bread</p>	<p><b>30</b> Chili Soup Peanut Butter Sandwich Coleslaw Banana</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.



# ELVIS' LOST BROTHER

AT THE CENTER

PRESENTED BY



MOUNT CARMEL  
Health Plan

A Member of Trinity Health

MediGold



ELVIS PRESLEY  
TRIBUTE ARTIST



MUSIC PERFORMED BY

ERIC BRESSI

MAY 30 AT 6 PM

TICKETS \$5



## 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** 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:**

May 15	3rd Thursday of the month
June 30	5th Monday of the month
July 17	3 <sup>rd</sup> Thursday of the month
August 21	3rd Thursday of the month
September 18	3rd Thursday of the month
October 16	3rd Thursday of the month
November 20	3rd Thursday of the month
December 18	3rd Thursday 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!



## May 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, May 16th: Birthday Celebration with Striver'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.

*Coming in June*

**Picnic in the Park**

**Schubach Big Band**

**Grand Day with John Louis the Magician**

**Afternoon Tea**



# 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.

