



The Community Connection

AUGUST | VOLUME 50, ISSUE 8 2026

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

Website: www.mccfs.org

Facebook: Muskingum County Center for Seniors

SENIOR DAY AT THE FAIR TUESDAY, AUGUST 18

9:00 am - 3:00 pm

Join us at the North Stage for Senior Day at the Muskingum County Fair for a day of fun and music with Cardio Drumming, Ukulele Jam, Line Dancing, Dancing with the Divas, and Karaoke! Stop by to see our community partners.



OUR COMMUNITY

Staff

Executive Director

Kate Paul Ext. 103

Business Director

Chad Tyson Ext. 111

Operations Director

Jodi Paul Ext. 122

Administrative Assistant

Shannon Weaver 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. 107

Transportation Coordinator

Lesley Viney Ext. 112

Activities Assistant

Carol Morgan

Receptionist

Vicki Smith Ext. 101

Programs Coordinator

Billie Guerra Ext. 115

Nutritional Support

Karissa Moss Ext. 104

Office Support

Kathleen Soter Ext. 113

Lora Paisley Ext. 109

Goodwill Support

Carol Layman

Board of Commissioners

Cindy Cameron

Melissa Bell

Drake Prouty

Board of Trustees

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Jay Benson

Megan Durst

Wendy Harris

Ann Hollingsworth

R. Susan Jones

Flora Martin

James McDonald

Jeff Tilton

Brian Wagner

Keely Warden

Melissa Wood

Mission:

Our mission is to **ENRICH** the quality of life in Muskingum County by creating opportunities for healthy aging that **PROMOTE** social connectivity, **EMPOWER** mind and body wellness, and **CELEBRATE** lifelong growth.

MCCFS will be **CLOSED** on the following dates in 2026:

Monday, September 7 - Labor Day

Monday, October 12 - Columbus Day

Wednesday, November 11 - Veterans Day

Thursday & Friday, November 26 & 27 - Thanksgiving

Thursday & Friday, December 24 & 25 - Christmas Eve & Day

Thursday, December 31 - New Year's Eve

SERV TRACKER

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 website, Facebook, and WHIZ TV and radio. We will no longer use the ALL CALL SYSTEM.

Every effort is made to ensure the accuracy of dates, times, and activities in the Community Connection. 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.

AUGUST

Special Days August

- 1 Mahjong Day
- 2 Ice Cream Sandwich Day
- 3 National Watermelon Day
- 4 National Chocolate Chip Cookie Day
- U.S. Coast Guard Day
- 5 National Oyster Day
- 6 National Root Beer Float Day
- 7 National Purple Heart Day
- 8 Happiness Happens Day
- 9 Book Lover's Day
- 10 National S'mores Day
- 11 Son and Daughter Day
- 12 National Vinyl Record Day
- 13 Left Hander's Day
- 14 National Creamsicle Day
- 15 Feast of the Assumption
- 16 Roller Coaster Day
- Tell a Joke Day
- 17 National Thriftshop Day
- 18 Serendipity Day
- 19 Aviation Day
- 20 National Bacon Lovers Day
- 21 Senior Citizen's Day
- 22 Be an Angel Day
- National Tooth Fairy Day
- 23 Ride the Wind Day
- 24 National Waffle Day
- 25 Kiss and Make-Up Day
- 26 National Dog Day
- National Toilet Paper Day
- 27 Just Because Day
- 28 National Cherry Turnover Day
- 29 More Herbs, Less Salt Day
- 30 National Beach Day
- Toasted Marshmallow Day
- 31 National Eat Outside Day

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



Transportation Guidelines

Medical appointments are our top priority. If schedule permits, grocery trips may be arranged. We transport only within Muskingum County and do not provide emergency transports. The suggested donation is \$3.00 per trip (each way). **All transportation is by appointment only, and advanced notice is required.** Please call (740) 617-1402 to schedule a ride.

Leave a Legacy

The Center 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 July. 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, August 11.**

Golden Buckeye Card

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

What's Happening



theCENTER
garden • community • culture

BOOK CLUB
Tuesday, August 11
1:00 PM
Meeting in the Art Room

THE LIFE WE BURY



theCENTER

**LUNCH BUNCH
PICNIC
IN THE PARK**



Tuesday, August 25
11am - at YMCA Armco Park

BBQ lunch is available from Bill's Real Pit BBQ including Burgers, Brats, Potato Salad, Baked Beans and Water \$20 per person. Orders MUST be placed by August 17th.
Inclement weather date: September 15.

Fun & Games

Bring your sunglasses, hat and a lawn chair.

theCENTER
garden • community • culture

Good Ole Gospel Music Night

Sponsored by
Helen Purcell

Hosted by Dick Pryor

Thursday,
August 13, 2026

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



Music by
Paul James Sound

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



All are welcome at the Center.

160 N. 4th Street, Zanesville, OH

theCENTER
garden • community • culture

Square Dance

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

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

Concessions Available

Admission \$3 per person

Open to the Public





Follow us on Facebook for updates and announcements.



Karaoke Night

BRING YOUR FRIENDS!
OPEN TO THE PUBLIC

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

ADMISSION \$5
PROFESSIONAL SOUND
MULTIPLE MICS
OVER 55,000 SONG CHOICES
CONCESSIONS AVAILABLE

WWW.MCLC.ORG



CARD CREATIONS
the CENTER

**AUGUST 20
1:00 PM**

Join our greeting card making class. No experience necessary, and no tools are required. Class fee is \$12 and includes four cards.

DJ DANCE PARTY

Friday, August 21
6 pm

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

the **CENTER**

**COST
\$3**



Line Dance Class

Mondays 5:15 pm
Tuesdays 5:30 pm



MCLC **Tech Help at the Center** the CENTER

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

Thursdays at Noon
August 13th & 27th

FAITH & SPIRIT



Thursdays at 10:15 am

August 13 The Practice of Meditative Prayer--This session will explore the history and description of meditative prayer. Examples and experiences will be provided. The session will conclude with making and using prayer station activities.

August 27 The Practice of Awe--This session will explore awe from a faith based perspective. The physical, mental and spiritual benefits of the practice will be reviewed. Participants will be encouraged to share their experiences with these. We will conclude with a mixed media art project to be used as an awe experience.



BASICS

The foundation of all martial art systems, basics include the practice of stances, foot maneuvers, blocks, punches, kicks, and the use of all other natural weapons on the human body.

BENEFITS

- Build self-confidence
- Improve balance & coordination
- Learn effective self-defense
- Stay active & healthy
- Join a supportive community

**MONDAYS
1 PM**

740-454-9763
160 N. 4th Street, Zanesville
www.mccfs.org

Alzheimer's Association Central Ohio Chapter



Office Hours at Muskingum County Center for Seniors

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

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

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

**Muskingum County
Center for Seniors**

160 N 4th Street
Zanesville, OH 43701

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

WALK-INS WELCOME

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

ALZHEIMER'S ASSOCIATION 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, August 13 from 12 pm to 3:30 pm and August 27 from 12 pm to 3:30 pm.** We welcome anyone who crochets and knits to come and make beanies. NO experience is necessary, and the more the merrier. Invite your friends to join this meaningful mission!



GRAB & GO ON THE GO



theCENTER



The Center is trying something new for our busy older adults—in the county!

Are you 60 or better and too busy during the week to come to the Center for lunch?

For a limited time, we will be offering our daily meal at select library locations for convenient pickup. Check out our menu and plan to pick up your reserved meal on **August 10, 11, 12 & 13!**

Register with the Center. Call at least a day in advance to reserve your meal. Pickup location will be at the following library parking lots from 11:00 am to 11:30 am



Muskingum County Library System

It's our **Meals on Wheels Grab & Go...** on the go!

**August 10 - South Branch Library
August 11 - Duncan Falls/Philo
August 12 - New Concord
August 13 - Roseville**

If this pilot goes well, we hope to add more community sites and expand opportunities so you never have to miss out on a great meal.

**TO SIGN UP OR LEARN MORE,
PLEASE CONTACT OUR NUTRITION
DEPARTMENT (740) 969-6129**

Suggested
donation **\$3.00**

MCCFS.ORG 160 N. 4th ST. ZANESVILLE (740) 969-6129

More of What's Happening

On The Edge Of Illusion
Variety Show

GRAND DAY

AUGUST 13 the CENTER
2:00 PM

EVERYONE IS INVITED!
Comedy
VARIETY
Exciting

Reservations not required but appreciated

MAGICIAN JOHN LOUIS

Live Animals **JUGGLING**

MAGIC **LOADS OF FUN**

160 N. 4th Street, Zanesville

Seasoned Skillets



**2nd & 4th
Wednesday
12:00 PM**



THE OHIO STATE UNIVERSITY
EXTENSION

Looking for easy ways to prepare nutritious meals without the hassle? Join us for ****One Skillet Meals****, a hands-on cooking demonstration designed for those who want to enjoy healthy eating with minimal cleanup. Learn how to create flavorful dishes using just one skillet.

To register 740-454-0144, ext. 4



TALK HIGHLIGHTS:
Meet, Regina Harris,
Nurse Practitioner,
Genesis Urology Group -
Urology Health

SPEAKER:
REGINNA HARRIS, APRN-
CNP
NURSE PRACTITIONER WITH
GENESIS UROLOGY GROUP

**THURSDAY,
AUGUST 20
12:15 - 12:45 PM**



OPEN TO THE PUBLIC!
FIND MORE INFORMATION
WWW.MCCFS.ORG

THE ELEVENTH IN A
SERIES AT THE
CENTER

160 N. 4th STREET, ZANESVILLE
(740)454-9761



**CAN YOU PEDAL A
SMOOTHIE?
BOB CAN!**



Public Health
Zanesville, Franklin County
Zanesville-Muskingum County

the CENTER

SMOOTHIE
ZMCHD
BIKE



**August 14th
12 PM**

160 N. 4th STREET, ZANESVILLE



Fraud Education



FRAUD

**August 11th
12:30 pm**

MCCFS.ORG

160 N. 4th Street,
Zanesville

Protect Yourself from Scams Targeting Seniors

- ② Join the Muskingum County Prosecutor's Office, the Muskingum County Sheriff's Office, and the Zanesville Police Department for an important session on fraud prevention.

② Learn how to:

- Spot common scams aimed at seniors
- Avoid becoming a victim
- Know who to call if you or a loved one is targeted

- ② Stay informed. Stay protected. Open to the public.



theCENTER

Pick your own bouquet of Flowers
& Enjoy Lunch

at Curly Girl Farm

Join us for a "cut your own bouquet" event! If you have a favorite vase, bring it along. If not, a selection of jars and vases will be available for your choice. The flowers may attract bees, if you are allergic, please be aware. You will be visiting a farm, wear sensible shoes. You may get dirty. This event can take place in light rain, prepare for the weather. In the event of a storm, the event will be canceled, and you will be refunded. Parking is limited. Registration begins August 3.

Limit: 20 people

★ Thursday, September 3

★ 10:00 am

★ 2444 South River Road

★ Includes lunch from the Walk

\$25 PER PERSON

★ Visit the Center for registration and lunch selection

HILLBILLY BINGO



THURSDAY, AUGUST 27

1:00-2:00 PM

**THERE IS A NEW BINGO IN TOWN!
YEEHAW!**



MAH JONGG IS AT THE CENTER!

MONDAYS AT 5:00 PM

**THIS CLASSIC TILE-BASED GAME IS FUN, SOCIAL, AND
A GREAT WAY TO KEEP YOUR MIND SHARP.**

**WHETHER YOU'RE BRAND-NEW
OR JUST A LITTLE CURIOUS, THIS
INTRO SERIES IS THE PERFECT
PLACE TO START.**

**160 N. 4th STREET
ZANESVILLE**

the Center NEWS

American Red Cross

Every 2 seconds, someone in the U.S. needs blood.

*Give blood.
Help save lives.*



The Center Blood Drive

**August 25, 2026
10:00 am – 4:00 pm**

The Center
160 N. 4th Street, Zanesville

Receive a \$20 Amazon Gift Card by email

Schedule your appointment today.

Visit RedCrossBlood.org, call 1-800-RED CROSS (1-800-733-2767)

1-800-RED CROSS | 1-800-733-2767 | RedCrossBlood.org | Download the Blood Donor App



DATE
Every Tuesday
August 11- September 29

TIME
10-11 a.m.

LOCATION
The Center
160 N 4th St, Zanesville, OH

Registration is required and space is limited. To request an appointment, please call 740-454-9761 or visit www.mccfs.org.

O
THE OHIO STATE
UNIVERSITY
extension

The Ohio State University is a part of The Ohio State University College of Health, Behavioral, and Environmental Sciences.

Stay Active & Thrive

Join us for Stay Active & Thrive, an engaging and uplifting event designed especially for seniors who want to enhance their well-being, stay connected, and live life to the fullest. This interactive gathering focuses on three key pillars of healthy aging:

Nutrition for Vitality - Learn simple, practical ways to nourish your body, boost energy, and support overall health through balanced eating habits.

Social Connection - Enjoy opportunities to connect with peers, build meaningful relationships, and strengthen community ties in a welcoming environment.

Tip for Overall Health & Wellness - Gain valuable insights on staying active, managing stress, maintaining mobility, and supporting both physical and mental well-being.

Whether you're looking to pick up new healthy habits, meet new friends, or simply enjoy a positive and informative experience, this event offers something for everyone. Come ready to learn, share, and be inspired—because staying active is the key to thriving at every stage of life!

For more information FCS Educator
Alexis Masterson 740-454-0144

WAKING UP WITH

NATURE WALK



August 6th **the CENTER**

9:00 AM

Dillon State Park
5265 Dillon Hills Drive
Nashport, OH 43830

Explore the Cypress Loop -
a one-mile loop on natural terrain

Register at the Center or
online mccfs.org

mccfs.org

740-454-9761

the CENTER the Wilds

OPEN-AIR SAFARI TOUR AT THE WILDS

TUESDAY, SEPTEMBER 1ST 10 AM

Cost: \$65 per person.** Ticket includes Center Chaperone, 2-hour Open-Air Safari Tour & Boxed lunch from the Overlook Cafe.
Parking included.

Tour is Rain or Shine - dress accordingly.
Some walking will be involved. Deadline August 10.

** Fee is non-refundable unless we can sell your ticket or trip is canceled due to lack of interest.

Register at the Center or online
www.mccfs.org



AUGUST 2026 ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM KENPO KARATE 1:00 PM NO ENER-CHI NO CHAIR YOGA UKULELE JAM SESSION 3:30 PM MAH JONGG 5:00 PM LINE DANCE 5:15 PM DUPLICATE BRIDGE 6:00 PM	04 CENTER OPENS AT 8:30 AM WOMEN'S EMPOWERMENT GROUP 9:30 AM ROUND DANCE 12:00 PM STONE ACADEMY TOUR 1:00 PM ACOUSTIC MUSIC JAM 3-5:30 PM LINE DANCE 5:30 PM EUCHRE 6:00 PM BALLROOM DANCING 7:00 PM	05 BINGO 9:45 AM ALZHEIMER'S REPRESENTATIVE 10:00 AM BEGINNERS BRIDGE 12:00 PM WATERCOLORS 12:00 PM FITNESS FUN 1:00 PM	06 ZUMBA 8:45 AM NATURE WALK AT DILLON STATE PARK 9:00 AM ARTHRITIS EXERCISE W/ ANNE 9:45 AM BUTTON CLUB 11:00 AM PERI 11:30 AM EUCHRE 12:15 PM	07 CHAIR VOLLEYBALL 9:30 AM DUPLICATE BRIDGE 1:00 PM NO CARDIO DRUMMING KARAOKE 6:00 PM ** DOORS OPEN AT 5:00 PM ADMISSION: \$5.00
10 ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM KENPO KARATE 1:00 PM NO ENER-CHI NO CHAIR YOGA UKULELE JAM SESSION 3:30 PM MAH JONGG 5:00 PM LINE DANCE 5:15 PM DUPLICATE BRIDGE 6:00 PM	11 WOMEN'S EMPOWERMENT GROUP 9:30 AM RAMBO WELLNESS CHECKS 10:00 AM STAY ACTIVE & THRIVE 10:00 AM JOYLIGHTS PRAYER GROUP 12:00 PM ROUND DANCE 12:00 PM FRAUD TRAINING 12:30 PM BOOK CLUB 1:00 PM ACOUSTIC MUSIC JAM 3-5:30 PM LINE DANCE 5:30 PM EUCHRE 6:00 PM BALLROOM DANCING 7:00 PM	12 BINGO 9:45 AM KARAOKE 11:15 AM ONE SKILLET MEALS 12:00 PM BEGINNERS BRIDGE 12:00 PM FITNESS FUN 1:00 PM	13 ZUMBA 8:45 AM ARTHRITIS EXERCISE 9:45 AM FAITH & SPIRIT 10:15 AM TECH HELP W/ MCLS 12:00 PM TURBAN PROJECT 12 PM - 3:30 PM EUCHRE 12:15 PM GRAND DAY MAGICIAN JOHN LOUIS 2:00 PM GOSPEL NIGHT 6:00 PM **DOORS OPEN AT 5:00 PM ADMISSION \$2	14 BINGO 9:45 AM SMOOTHIE BIKE W/ ZHCHD 12:00 PM DIAMOND ART 12:00 PM DUPLICATE BRIDGE 1:00 PM NO CARDIO DRUMMING EUCHRE 6:00 PM SQUARE DANCE 6:00 PM ** DOORS OPEN AT 5:00 PM Brenda Sue - ADMISSION: \$3.00
17 ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM KENPO KARATE 1:00 PM NO ENER-CHI NO CHAIR YOGA UKULELE JAM SESSION 3:30 PM MAH JONGG 5:00 PM LINE DANCE 5:15 PM DUPLICATE BRIDGE 6:00 PM	18 60 & BETTER DAY AT THE FAIR WOMEN'S EMPOWERMENT GROUP 9:30 AM STAY ACTIVE & THRIVE 10:00 AM NO ACOUSTIC MUSIC JAM CENTER CLOSSES AT 4:00 PM	19 BINGO 9:45 AM BEGINNERS BRIDGE 12:00 PM POTATO PEELING CONTEST 12:00 PM WATERCOLORS 12:00 PM FITNESS FUN 1:00 PM	20 ZUMBA 8:45 AM ARTHRITIS EXERCISE 9:45 AM TALK W/ A DOC 12:15 PM EUCHRE 12:15 PM CARD CREATIONS 1:00 PM	21 CHAIR VOLLEYBALL 9:30 AM DUPLICATE BRIDGE 1:00 PM NO CARDIO DRUMMING DJ DANCE W/ DJ ADONIS 6:00 PM ** DOORS OPEN AT 5:00 PM ADMISSION: \$3.00
24 ARTHRITIS EXERCISE 9:30 AM ART CLASS 12:00 PM KENPO KARATE 1:00 PM NO ENER-CHI NO CHAIR YOGA UKULELE JAM SESSION 3:30 PM MAH JONGG 5:00 PM LINE DANCE 5:15 PM DUPLICATE BRIDGE 6:00 PM	25 RED CROSS BLOOD DRIVE 9AM-5PM WOMEN'S EMPOWERMENT GROUP 9:30 AM RAMBO WELLNESS CHECKS 10:00 AM STAY ACTIVE & THRIVE 10:00 AM LUNCH BUNCH - PICNIC IN THE PARK 11:00 AM ROUND DANCE 12:00 PM ACOUSTIC MUSIC JAM 3-5:30 PM PRESENTATION W/ MIKE BRYAN 3:30 PM LINE DANCE 5:30 PM EUCHRE 6:00 PM BALLROOM DANCING 7:00 PM	26 WILD WEST DAY! BINGO 9:45 AM BIRTHDAY PARTY W/ BOB & FRIENDS 11:15 AM PET THERAPY W/ MIAH 11:45AM BEGINNERS BRIDGE 12:00 PM ONE SKILLET MEALS 12:00 PM FITNESS FUN 1:00 PM	27 ZUMBA 8:45 AM ARTHRITIS EXERCISE 9:45 AM FAITH & SPIRIT 10:15 AM BOOMERTUNES 11:15 AM TECH HELP W/ MCLS 12:00 PM TURBAN PROJECT 12 PM-3:30 PM EUCHRE 12:15 PM HILLBILLY BINGO 1:00 PM (TIME CHANGE)	28 BINGO 9:45 AM DUPLICATE BRIDGE 1:00 PM NO CARDIO DRUMMING EUCHRE 6:00 PM SQUARE DANCE 6:00 PM ** DOORS OPEN AT 5:00 PM Pleasant Valley Boys - ADMISSION: \$3.00
31 ARTHRITIS EXERCISE 9:30 AM COMMODITIES 10AM - 2 PM ART CLASS 12:00 PM KENPO KARATE 1:00 PM NO ENER-CHI NO CHAIR YOGA UKULELE JAM SESSION 3:30 PM MAH JONGG 5:00 PM LINE DANCE 5:15 PM DUPLICATE BRIDGE 6:00 PM		**TO REGISTER FOR MIKE BRYAN'S ESTATE, MEDICAID & VA PRESENTATION ON 8/25 CALL 740-452-8484 SEATING IS LIMITED		BINGO SPONSORS 8/5 - The Oaks at Bethesda 8/12 - 8/14 - 8/19 - County Fair Bingo Day! 8/21 - 8/26 - Seniors Helping Seniors 8/28 - The Enclave

Menu is subject to
change without
notice.

AUGUST 2026 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 Chicken Cheesy Garlic Mashed Potatoes Peas & Carrots Fruit Mix	04 Cottage Cheese Pineapple Tomato/Cucumber Salad	05 Sloppy Joe Casserole Tossed Salad Broccoli Peaches	06 Smoked Sausage Au Gratin Potatoes Buttered Cabbage Tropical Fruit	07 Tuna Salad Wrap with Cheese, Lettuce & Tomato Coleslaw Pineapple/Orange Blend
10 Pork Fritter Broccoli Wedge Fries Apricots	11 Cheeseburger w/ Lettuce, Tomato, Onion & Pickles Baked Beans Applesauce Animal Crackers	12 Pizza Burger Tater Tots California Blend Peaches	13 Egg Salad Potato Soup Pickled Beets Mixed Fruit	14 Lasagna Soup Tossed Salad w/ Tomato & Cucumber Pasta Salad Mandarin Oranges
17 Kielbasa/Potato/ Cabbage Bake Cheesy Mashed Potatoes Applesauce Cookie	18 Taco Salad w/ Lettuce, Tomato & Cheese Refried Beans Corn	19 Turkey Sweet Potato Tots Lima Beans Pineapple	20 Chicken Stuffing Casserole Peas Carrots Fruit Mix	21 Scrambled Eggs Hashbrowns Baked Apples Grape Juice Muffin
24 Fried Chicken Carrots Potato Salad Pears	25 Ham & Potato Casserole California Blend Peaches Juice	26 Chili Dog Diced Potatoes Brussel Sprouts Banana	27 Meatloaf Mashed Potatoes Green Beans Fresh Apple	28 Turkey BLT Wrap w/ Lettuce, Tomato & Onion Carrot Sticks Grapes
31	Lunch is served at the Center from approximately 11:00 am until 12:15 pm. *Lunch is served at the Hi-Rise and BLSC (Dresden) at approximately 11:00 AM.			The suggested donation for all SENIOR meals is \$3.00. For those under 60, the required cost is \$5.50.

Reserve a **Grab & Go Meal** at
least one business day in
advance by calling (740)454-
9761. **Pickup times are**
11 AM to 1 PM.

****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.

PUZZLE & DRESDEN CENTER NEWS

National BBQ Day

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

Word List:

BBQ	BARBEQUE	SMOKED	HICKORY
MESQUITE	OAK	APPLE	CHERRY
HAMBURGER	HOTDOG	BRISKET	BEANS
PORK	CHICKEN	SAUCE	SMOKE
RIBS	MOP	RUB	PULLED
COLESLAW	BASTE	GRILL	MARINADE
CAROLINA	TEXAS	PIT	MEMPHIS
SMOKER	SPIT	BARK	BRINE
KANSAS	KEBABS	SLIDER	CHOPPED
DIP			

Coming in
SEPTEMBER

MEDICARE CHECK-UP EVENT




Friday

**NATIONAL
SENIOR
CENTER
MONTH**

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, August 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, the Center may be closed during regular scheduled hours.**



Summer Crisis Program Begins July 1

More than 55,000 Ohio households served in 2025

The Ohio Department of Job and Family Services and the Area Agency on Aging, Region 9 are once again offering assistance to help Ohio's families stay cool during the hot summer months.

From July 1 through Sept. 30, income-eligible Ohioans can receive assistance in paying their electric bill, purchasing an air conditioner or fan, or making repairs to their central air conditioning unit through the Ohio Department of Job and Family Service's Home Energy Assistance Summer Crisis Program (HEAP).

The Summer Crisis Program assists low-income households and those that have a disconnection notice, have been shut off, are trying to establish new service on their electric bill, require air conditioning, or those with a household member age 60 or older and/or a household member with a documented medical condition. Qualifying medical conditions can include lung disease, Chronic Obstructive Pulmonary Disease, asthma, and others.

To qualify for assistance, Ohioans must have a gross income at or below 175 percent of the Federal Poverty Guidelines for a family of up to seven members, and 60 percent of the State Median Income for a family of eight or more members. For a family of four, the annual income must be at or below \$57,750.

Last year, the Summer Crisis Program assisted more than 55,000 households in Ohio, providing a total of \$12.4 million in benefits.

To apply for the program, clients are required to schedule an appointment with Community Action. Appointments can be scheduled by calling 740-302-8404, option 2. Clients need to bring copies of the following documents to their appointment:

- Copies of their most recent energy bills.

- A list of all household members and proof of income for the last 30 days or 12 months for each member.

- Proof of U.S. citizenship or legal residency for all household members.

- Proof of disability (if applicable).

- Physician documentation that cooling assistance is needed for a household member's health.

Ohioans enrolled in the Percentage of Income Payment Plan Plus (PIPP) program who meet the above criteria may also be eligible for assistance, or central air conditioning repairs, or may receive an air conditioning unit and/or fan.

For more information about the Summer Crisis Program and what is needed to apply, older Ohioans may contact the Center 740-454-9761. To be connected to your local Energy Assistance Provider, visit www.energyhelp.ohio.gov.

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.** Pick-up is 10:00 AM - 2:00 PM (NOT before). 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. If you or your designee are unable to pick up on the scheduled day, we must hear from you before 4:00 PM by calling **(740)454-9761**, or you will be considered a "no show." Two "no shows" for 2 consecutive months will result in removal from the program. 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 2026 are as follows:**

August 31	5 th Monday of the month
September 17	3rd Thursday of the month
October 15	3rd Thursday of the month
November 19	3rd Thursday of the month
December 17	3rd Thursday of the month

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.

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!



thank you



**POTATO PEELING
CONTEST**

BRING YOUR OWN PEELER
AUGUST 19 - 12PM
Register at the Center

The poster features a burlap-textured background. At the top is the Center logo, a colorful sunburst. Below it, a potato is shown with a large, thick slice of peel removed, revealing the yellow interior. The text is in a mix of bold, outlined, and solid fonts.

Visit the Stone Academy



AUGUST 4TH

1:00 PM

 \$5 Admission

The Stone Academy Historic Site and Museum, located at 115 Jefferson St, Zanesville, OH 43701, is one of the oldest and most historically significant buildings in Muskingum County. Constructed in 1809, this sandstone structure serves as a local history museum operated by Muskingum County History. It is widely recognized for its critical role in the American abolitionist movement and the Underground Railroad.

Provide your own transportation

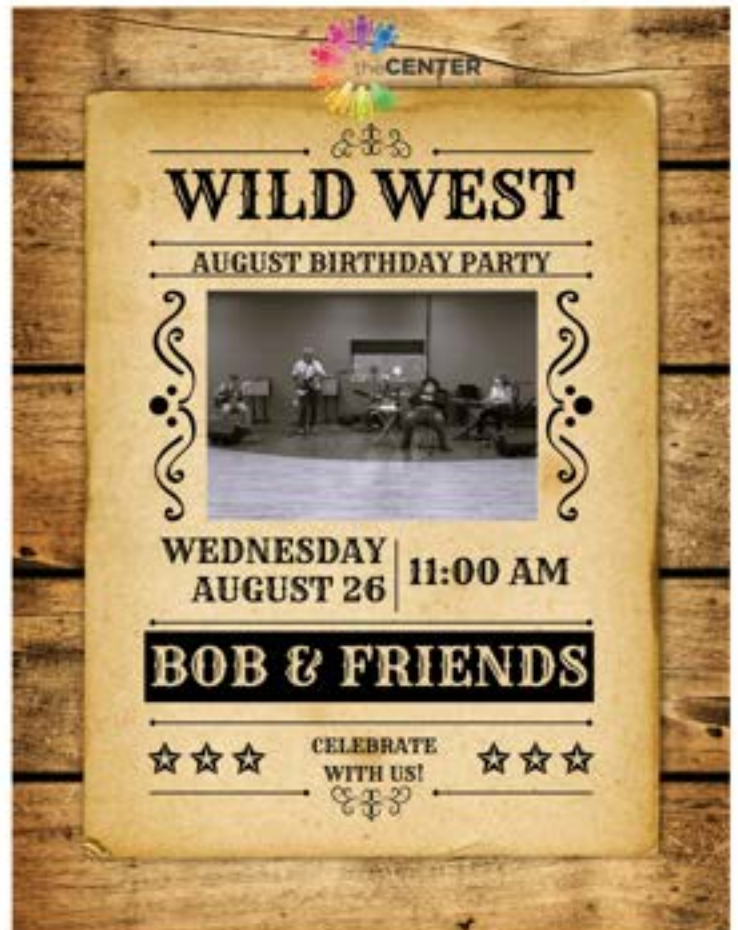
Registration begins 7/1/26



**the CENTER
Diamond
ART
CLASS**

Limited class size
AUGUST 14 12:00 PM
FREE
Register at the Center
www.mccfs.org

The poster has a vibrant, abstract background with shades of pink, purple, and blue. At the top is the Center logo. Below it, a diamond-shaped frame contains a colorful, intricate diamond art piece. The text is in a mix of bold, outlined, and solid fonts.



**the CENTER
WILD WEST
AUGUST BIRTHDAY PARTY**

WEDNESDAY | 11:00 AM
AUGUST 26

BOB & FRIENDS

CELEBRATE WITH US!

The poster is designed to look like a piece of aged, yellowed paper with decorative scrollwork and star borders. At the top is the Center logo. Below it, a photograph shows a group of people in a room, possibly a band or a group of friends. The text is in a mix of bold, outlined, and solid fonts.

theCENTER

160 N. 4th Street
Zanesville, OH 43701
(740) 454-9761
www.mccfs.org

Funded in part by the Older Americans Act through the Area Agency on Aging Region 9, Inc. and the Ohio Department of Aging



Scan to donate!

Our mission is to ENRICH the quality of life in Muskingum County by creating opportunities for healthy aging that PROMOTE social connectivity, EMPOWER mind and body wellness, and CELEBRATE lifelong growth.

